



May Magick

2019

A Month of Daily Pause & Connection

ALAUNA
WHELAN

Contents

Introduction	3	Pause	25
Botanical	4	The Moon	27
Connection	5	Embodiment	30
Nature	7	Mandala	32
Cycles	9	Truth	34
Indigo	10	Adventure	36
Moments	11	Mountain	37
Journey	13	Ancestors	38
Portal	14	Teach	39
The Stars	15	Gemstone	41
Feminine	17	Courage	42
Light	18	Altar	44
Mother	19	Portrait	45
Listen	20	Angel	46
Glass	21	May was	47
Movement	22		
Story	24		

Introduction

Welcome to May Magick, a month long journey of sharing from the heart.

I am thrilled to be back with the third installment of May Magick!

This project started in 2017 as a way for me to ear mark the end of workshop season. Having shifted my focus to creative projects this past year means I haven't been teaching, therefore I haven't been gathering with women as often. I am grateful to have this annual event to connect with incredible women from all over the world to pause, reflect, and share from the heart.

My intention for this community project is to create space to gather, take pause, connect with our inner voice, and bravely share our passions. My hope is that by collectively standing together and sharing our hearts, we can gain traction and give ourselves permission to take up space in this world.

May is a transitional time for many of us. Here in the northern hemisphere Spring is in full swing and we find ourselves counting down the days to summer. This often translates to feeling more social and getting out into the fresh air. For those in the southern hemisphere, you are preparing to go within and cocoon, greeting the shorter days as a means to ground, reflect, and release. This project acts as a permission slip, allowing us to exhale and appreciate all the magick both within us and all around us each day.

Magick is our willingness to have courage, to maintain hope, and to go after what we want. It is found and cultivated in the liminal spaces. It's the air in our lungs, the fire in our hearts, the blood in our veins, and the earth beneath our feet. It's our truth woven into the stories and passions we share with others.

I hope this month will spark something for each of us. I hope it will assist us to unearth where our desires and passions lie, that it might act as a catalyst to claim what is ours. And finally, I hope it will weave intricate webs of admiration, connection, and inspiration.

I have invited some amazing souls to share from the heart. I feel these daily interpretations have the ability to act as a powerful reflection and journaling tool, they have the capacity to create connection, and allow us to uncover magick in ways we might not have yet discovered.

*Alanna ♡
xoxo*

Botanical - Elizabeth Milligan



Elizabeth has graciously offered both an audio and a written version for today's prompt of botanical.

You can listen [HERE](#) or simply keep reading.

Yesterday it rained. Big, fat drops of rain battering down and blowing in blustery gusts across the path. It hadn't rained for some time and, even in April, the earth was starting to dry and crack. I flung open the back door to breathe in the scent of wet earth and vegetation, inhaling the greenness and lushness of leaves dripping with rainwater.

Somehow this description seems like a good starting point for the prompt Botanical. A word that has become something of a thread in my life. I believe in the power of nature and plants to heal and make us well again, but when my botanical journey began, I had no idea it would be the start of something that has truly become a new way of life for me.

I have used essential oils in my work as an aromatherapist for over a decade now. At first, it was just the scents and smells of the oils that drew me. But the more I learned about the plants, the more I wanted to learn. I started to feel more in tune with the natural world. The slow discovery of my own interactions with nature and healing plants led me on a journey of self-realisation as I started to question my place in the world and what was important to me.

As it turns out, nature is my strongest ally. When I can't make sense of the world and start to experience the familiar feelings of overwhelm, then it is plants and nature that I turn to. A walk in the woods or quiet time outdoors. Herbal teas made with fresh garden or foraged herbs. Plant oils in a burner or bath. Or just gently inhaled as I bring myself back to the present. The rituals and scents of morning and evening skincare routines using products with botanical extracts that simultaneously aid both the body and the mind. Using fresh herbs as often as I can in the kitchen. Collecting and drying herbs and healing plants for use in oils and potions. Wild-crafting from nature is such an age-old practice. A path that has been walked for centuries by our ancestors and forebears. There is a tremendously deep connection there for me.

These are just some of the small things that now form part of my days, bringing me back to myself and helping to keep me sane and centered. I also love to photograph and draw plants, incorporating them into my artwork and creative endeavours. There's something about the gentle observation of the way that plants grow and change with the seasons that helps me feel connected to the earth and the cycles of growth and dying that we all inevitably face.

It comforts me to see how we share this common fate as I've often thought how alike we are to plants in our need for the right conditions to flourish and grow. Left to their own devices plants will instinctively seek out what they need. We are probably very much the same and if we are able to trust ourselves and our own intuition then over time I think we can also create the perfect conditions for ourselves to grow and flourish.

Working with the seasons, slowing down, spending time outdoors as well as bringing nature inside our homes and making it part of our lives. There is much botanical magick around us if we just stop and take a look.



Elizabeth Milligan

An aromatherapist and artist with a passion for all things outdoors, I am doing my very best to tread lightly on this earth and live a slower, more creative and eco-conscious life where the focus is on being rather than doing.

elizabethmilligan.com

Connection - Eli Trier

I never expected to be a community builder, in fact, if you'd told me twenty years ago that I'd be doing this work (and loving it), I'd have laughed in your face. I'm an introvert to the point of hermitude, and for most of my teens and twenties, I suffered from crippling social anxiety.

These days I teach the introverted, the shy, and the awkward how to meet people, how to connect, and how to build thriving, sustainable communities around their businesses. I'm brilliant at this work because I had to learn it for myself. I had to figure it out from the ground up and parse through a ton of information and advice, as well as my own fears, feelings, and experiments.

I used to say that I hated people, but that wasn't strictly true. I just didn't (and don't) really have time for anyone who doesn't ping my 'kindred spirit radar'. It sounds a bit harsh, but with limited energy for peopling (I'm sure my fellow introverts can relate) it's crucial that my interactions are valuable.

The key to all of this is CONNECTION.

There's nothing like the buzz of meeting someone for the first time, and feeling like you've known them for years – you immediately plunge into the depths and have wild, rambling, deep conversations about what truly matters to you. You end the conversation starry-eyed and breathless - tired, but full and happy and feeling seen, heard and understood.

Friendship is born at that moment when one person says to another: "*What! You too? I thought I was the only one.*" - C.S. Lewis

I believe that truly seeing someone is the greatest gift you can give anyone. To pay attention, deep attention, to someone. To hold space for them to be exactly who they are, and celebrate them in all their flawed and magnificent glory. That is beautiful.

I think the secret to connection is starting with yourself. When you know who you are and you're comfortable in your own skin. When you know where your edges are. When you can stand firm in what you believe in and what you know to be true. When you are unapologetic in being who you are. That's when you're able to get really connected and be a part of relationships and community where you feel you belong. To paraphrase Maya Angelou, you are only free when you belong to yourself.

We all have the need to connect, to belong. We all want to be seen and loved for who we are. It's a huge part of what it means to be human. It's fundamental to our well-being. But we live in this strange, fast-paced era of constant distraction, where traditional communities are falling away in favour of Facebook 'friends', and relationships are reduced to clicking the 'like' button once in a while. In an age where connection is more convenient than ever, we've never been more disconnected. What I'm attempting to do with my work is turn that around – to use the incredible tools we have at our disposal to find and communicate with our 'right people', our kindred spirits, but then to take it a step further so we can create real community, real relationships, and real connection.

Connection heals us. Connection makes us realise that we are not alone. Connection teaches us compassion.

Connection makes us better humans, and now more than ever, the world needs us all to be better humans.

Connection - Eli Trier

Eli Trier



Eli Trier lives in the wonderful city of Copenhagen, Denmark and is a community builder for Quiet Revolutionaries. She helps introverts with big dreams to get connected and build thriving, engaged communities around their businesses so that they can make a massive impact, find their dream clients, and make their corner of the world a better place.

A long-time business owner, Eli knows first-hand the power of human connection to build a business, and her unique approach got her featured in The FT Guide to Business Networking. She specialises in creating powerful, strategic online community projects and loves every minute of her work (even the boring bits). When she's not working you can find her curled up with a book, painting, or hanging out with her fiancé Lars.

elitriercommunities.com

Nature - Michela Carriere

How does nature inspire me? Steeped in the sensuous, nature inspires the senses of touch, taste, sight, smell, and hearing. We live in such a bottled world: beige walls, black chairs, artificial lights, filtered air, processed food... sometimes our only window to the world is through screens. We can't deny we live in a technological society, even though this has many benefits for our society, we forget our true natural selves, the ones that just want to live simply. Can your screen offer you a sense of the crisp green evergreen that is nature's spring smell? Does your device give you the taste of fresh wild mint tea? Does your I-pad stimulate the sounds that the northern lights whisper? Does your I-phone allow you to experience the touch of soil as you place a new plant in it?

Nature is sensuous.

I grew up immersed in nature, living in the middle of the boreal forest, my nearest neighbours 60km away. But I was never a lonely child, I had nature to delight me, there was always more to explore and learn. I would wake up to sounds of strange birds, I would run outside to see what they looked like, and the air would be misty cold, the grey sky highlighting against the brown trees, small green buds emerging from the tips... but most of all I felt a sense of calm. I felt at ease with the world, I felt good to be in it, I felt safe and protected. And this is the feeling that stayed with me throughout my years even now as an adult. Every time I step out into nature, I feel alive as my senses are awaked and that sense of calm envelopes me.

This is what inspired me to create my business.

I was chasing an ideal in my younger years, I knew I wanted to help people, but I didn't know how, so I went to university to become a doctor. Only 3 years into my education and I was feeling more broken than ever, I didn't understand why. My marks were good and I had a full ride scholarship. But I was so empty, I was studying 10 hours a day, always in a small room, the lecture hall or cubicle in the library. My cord from nature was cut. I had anxiety, depression, suicidal thoughts, chronic stomach pain, menstrual problems, infections, headaches, cystic acne, the list of health problems were immense. So I made the hardest choice of my life and quit university and went back home to live full time in nature. This is where I discovered holistic medicine, I read every book I could and dedicated my life to being holistic. I was able to turn my life around. I was able to treat my depression and anxiety without drugs, my stomach problems are gone, my skin is clear, and most of all my mind is calm.

There is an aspect of healing that is extremely powerful: Nature therapy.

It is so simple it's hard not to include in our busy lives. I know most people don't have the luxury to commit to a life in the woods as I did, so I thought: how can I bring this to people?

Nature - Michela Carriere

I created a nature therapy business called Aski Holistic Adventures. I take people on healing canoe trips, tipi camping, and medicine walks. I teach about the Ceremony of healing. It's more than just what you put into your body, it's about the whole sensuous process! It's so powerful to use your whole body in this healing process: to hike into nature, say the prayers, pick the medicines and make the medicines yourself, instead of buying something pre-packaged.

There is a deep connection to our ancestors that most of us haven't opened yet, and that is through a connection to nature. Our ancestors lived with the land, hunting, gathering, farming and exploring. They slept next to the earth on animal hides, they kept themselves warm by stoking a fire at night, they nourished themselves with the plants and animals around them. There is a deep sense of life in reviving those basic tasks of sustaining oneself.

We are often so far removed from our food, shelter, and water, that we don't know what it is to truly live anymore. We don't build our own homes, we don't gather wood, we don't prepare our meat from a living animal or from a plant still in the soil. We need to re-ignite this relationship and feel how it is to truly live.

Sometimes my business requires me to spend time online: advertising, calling clients, emailing, writing invoices. But I always pick myself up and take a walk outside before I feel that sense of panic or self-doubt overwhelm me. I take a basket and pick some plants, or take a cup of tea and go for a walk. But it's more than just taking a walk, it's about really sensing what is around you and creating ceremony; taking time to say a prayer of gratitude, or letting your worries float away on that branch in the stream.

Then go beyond this, seek out a nature focused guide in your area. Plan a trip into the woods, learn how to fish, go canoeing and camping, pick berries. Use your whole body in the process, feel it in your muscles, your bones. Transform yourself into something new, someone like our ancestors. We need these nature retreats to connect to ourselves, our family, our friends, and our ancestors. So be brave, take a step outside your limits into the vivid life of nature!

Michela Carriere

Michela Carriere is an Indigenous adventurer from Big Eddy Lodge, SK deep in the wilderness of the Saskatchewan River Delta. She was Homeschooled as a child and later studied Horticulture and biology in university. She is now actively learning traditional medicine as she pursues the path of a Cree herbalist. She has grown up in the tourism industry, living and learning from her parents and grandparents who have lived in this area for generations practicing the Cree way of life. She passes on her knowledge and experience through her company called Aski Holistic Adventures, where she guides people on healing adventures in the wild nature of northern Canada, on the homelands of the Cree and Metis.

askiholisticadventures.com



Cycles - Willemijn Maas

Feel the rhythm of your breath
cycling through your lungs...
Oxygen enters your cells
while only two days ago
it was breathed by lush green leaves
on the opposite side of Earth
Whirling winds brought it to your nostrils
for you to inhale

Look up at the night sky
the Sun has just set
after a full day of joyful play
The Moon takes you into the next cycle
Of sleep you so readily need

Beneath your feet
between the tall grass
an acorn lies waiting
without weariness, fear or haste
The promise of the tree within
abundance in its future
filled with gratitude and hope

Planets orbit
galaxies turn
nature dies and rebirths itself
cells renew
above and below
outside and in
forever cycling
expansion is your name

Willemijn Maas



Willemijn Maas is a holistic vitality and career coach. She transitioned from a traditional career as a Senior Medical Doctor and Operational Manager in a corporate healthcare company to an online coaching business.

Willemijn is the owner of Elemental Life. She offers holistic vitality & career coaching & online programs to professional women who suffered from energy issues like burnout or chronic illness. She supports them in creating an abundant and fulfilled new life.

She has been interested in feminine practices for over 15 years, including cycle tracking, living with the Moon and the seasons, and healed from severe physician burnout with the help of these practices.

Through sharing knowledge about the body and mind, Cyclical Living, yoga therapy and meditation practices, connecting to nature and the natural cycles, she helps ambitious, inspired women reclaim their energy, so they can make the impact they are longing for.

Willemijn is determined to lead the way to empowerment and healing for other women, her two daughters, and to contribute to healing and restoration of the planet we live on.

elementallife.net

Indigo-Kathleen O'Grady

My line of clothing was born out of my inspiration of indigo dyed fabric. For centuries, dye from the indigo plant was one of the only ways to create blue fabric and was a staple of world trade. The grady bleu® name was inspired by the history and tradition of indigo blue.

My initial introduction to indigo dying was through a class in the late 1970's, and from then on, I was hooked. Not limiting my designs to the color blue, I use a core colour palette of blues, browns, whites, beiges, blacks, and greys. Staying true to contemporary design, I also like to incorporate found and special fabrics as an accent in a one-of-a-kind piece.

To learn more about my company and inspiration, I invite you to watch [this short video](#).

Kathleen O'Grady

I am an independent clothing designer in Saskatoon, Saskatchewan, Canada.

My goal is to make beautiful, wearable clothing for women who appreciate quality and authentic simplicity in their dress. I like using natural fabrics such as silk, wool, cotton, linen and hemp in my design work.

My clothing line is called grady bleu® and is inspired by indigo blue and the beautiful colour it produces. Blue represents for me history, old-world traditions, skilled artisans and slow processes. Classic, down-to-earth looks with a minimalist sense and playful twist. In addition to the color blue, I use a core colour palette of blues, browns, whites, beiges, blacks and greys. I also like to incorporate found and special fabrics as an accent in a one-of-a-kind pieces.

My collection includes layered outfits of tunics, tops, dresses, skirts and bolero jackets, all in natural fibres such as linens, cottons, and silks.

gradybleu.com



Moments - Jennifer Cockcroft

A Moment. An unspecified portion of time. And something significant or of value.

This is the definition I began with when I first started my work – and my journal – with Moments. I'd been searching for a way to keep a journal that wasn't a simple and clinical diary of events, but also didn't involve writing lengthy reflections of my every thought and feeling each day. What emerged – or more accurately, sprung fully formed into being (don't you just love it when that happens?!) – was a way of capturing those unspecified portions of time that felt significant or related to what is important to me.

By first identifying the things that I value in life, the experiences I want to have, the qualities I want to embody, the feelings I want to savour – the moments that have meaning to me – I've been able to develop a journaling practice that has totally changed the way I think and feel, and has led to huge shifts in my life. It allows me to capture snapshots throughout the day that resonate and align with my values, and helps me gather evidence of all the good stuff, crowding out the times of boredom, frustration, fear, and any of those other less desirable emotions, though they are of course still an integral part of the human experience. But by collecting those moments that are representative of the way I want to live my ideal life, I've begun to move closer towards that dream becoming a reality.

The other thing about Moments is that they are the natural way that most of us form memories. We very rarely remember every detail of entire days – there will be routines and habits that we perform without conscious thought, and times that we'd rather not remember in the first place – but instead we store these brief impressions of particular experiences or events.

I often find the best ones are when we have a more fully immersive sensory experience – when we're totally present in the moment and taking it in on a deeper level than just intellectual thought. The ones where you can recall the sights, sounds, smells, tastes and textures, as well as your emotional responses. The moments you feel so strongly about pausing and savouring because you WANT to save the memory. Ironically, the moments that perhaps are almost impossible to explain because they defy description within the limits of language.

And that can be a rare and precious thing in these times of constant busyness, external stresses, and the pressures and expectations of social media. Not that I'm knocking them completely – I'm as addicted to Instagram as the next person!

So once I'd realised this, journaling in Moments – and LIVING the moments that matter to me – felt so completely natural and right, it's become my guiding passion in the way I aspire to live my life, and in the work that I share.

I truly believe that small moments add up and quickly become more than the sum of their parts. They can help remind you of what really matters to you – whether it's taking the time to deeply enjoy the scent of your first cup of coffee in the morning and the way the steam rises and curls in the air ahead of a frantic day at work; the sound of your child giggling uncontrollably until you can't help but join in and forget what set them off to begin with; the sense of pride and achievement at overcoming a challenge you feared; the joy of completely losing track of time when meeting with friends to chat about anything and everything and feeling truly seen and heard; the moments of awe and wonder when you see something or somewhere beautiful for the first time and it takes your breath away; the simple pleasure of clean sheets, an open window, a flower, a sunset.

Moments - Jennifer Cockcroft

I could go on and list hundreds, if not thousands, more moments from my own life, and that others have shown me the honour of sharing, but I hope you can already think of some of your own, some that you'd like to have more of.

And that's really where the magic of the Moments Journal lies: by capturing these snapshots that we want to treasure, our brains and hearts get re-wired to seek them out, and others like them, more often. In my own experience, what you focus on you really do attract – whether you believe it's the universe/source/God/whatever you want to call it sending them into your path, or your own thoughts creating a different reality from your shifting experiences – and that's when you start to see life changing before your very eyes.

I feel more pride in my work than I have for a long time, more confident in my worth and what I have to offer, more abundant in so many ways, look after myself better, manage my mental health, am filled with gratitude, and experience so much more magick of all kinds.

All of this is a constantly evolving process, but because curiosity is one of my most important values, it's that journey and endless opportunity for learning that excites me about continuing this work, continuing to explore how working with the concept of Moments can change my own life, and sharing the journey with others too.

If you're interested in finding out more, there are a number of blog posts on my website that meander in and around the idea, and you can find out more about the Moments Journal itself, how it came to life with the support of my wonderful Kickstarter supporters, and how you can get hold of one too. I always love to talk about the Moments that matter to you or about how using the journal could support you in living a more aligned life, so please do get in touch if you have any questions, or would just like to get a bit philosophical over a virtual cup of coffee and conversation!



Jennifer Cockcroft

I'm a multi-passionate colour-loving creative and maker, an eternally curious student of life, a photo taker, writer and mentor, and I believe that moments matter. I haven't got it all figured out yet, but I'm working on it, and I love to share the trials and tribulations, the joy and the laughs along the way.

@jennifercockcroft

Journey - Mystère Poème

May is a month of rising energy and blooming ideas. We dream of sun-soaked days and evenings spent among friends. It's also a time when we can forget to slow down, remember the long winter we survived, and prepare our hearts for what is next.

The journey prompt for May Magick led me to write a poem, and then set the words to travel images from my nomadic journeys. I hope it fills your heart and reminds you to release, reconnect, and reimagine what is possible.

You can view and listen [HERE](#).

Mystère Poème

Mystère's heartfelt mission is to inspire and equip women to fulfill their dreams, live with passion, and engage their creativity.

She has always been a teacher at heart: from teaching stuffed animals in her bedroom as a girl; to her years as an inner city junior high school teacher and on to the training ground of Apple headquarters. Her lifelong quest for knowledge and understanding is what wakes her up every morning (and keeps her up every night!).

Infused within all she creates is a desire to help people become more self-aware and able to design the life they were created to live because she believes that real is rare and creativity is the cure.

Her nomadic life leads her across the globe in search of beauty, connection and truth. You can follow her journeys on her website and Instagram and watch her bullet journal and travel videos on YouTube.

[@mystere.life](#)



Portal - Shinjini Mehrotra

Portal: noun:

a doorway, gate, or other entrance, especially a large and imposing one.

Portals appear fairly regularly in my paintings. Small portals and big ones. Underground portals and illuminated doorways to fantastical worlds.

Most often, they are abstract, filled with colors and shapes and light. Occasionally, there are people emerging from the portals. Once, there was an angel; another time, a goddess.

This is a symbol that appears most often when I am painting intuitively. It's also a symbol that I feel called to incorporate when I am planning a painting. And since it comes up so often, I've been sitting with the question:

What does the portal mean to me?

And while there are a lot of associations that came up, at the very core of it, was this:

Art, itself is a portal.

It's a portal to healing, to self-care, to transformation and transmutation. It's a portal to joy and play and working with emotions like grief and fear and shame.

At its very essence, art is a portal to my soul.

From this lens, it doesn't matter if my art looks "good" to the public; it only has to look good and make sense to me. Sometimes, my art practice is just working with a pencil in my art journal. Allowing the pencil to move in a way that feels aligned with what I am feeling - sharp, jagged lines some days; meandering and twisting lines on others, musical lines, straight lines, thin and thick lines, lines that slash through the paper.

This is art that is purely for my consumption...my transformation...my healing.

Often, I come to the page intuitively, allowing my impulse to dictate my color palette and symbols, allowing what wants to arise to arise, and what wants to go to go. There are times when I am much more intentional with my paintings, choosing symbols and images and words that mean something to me.

No matter what arises, though, there is almost always something that I learn from the painting process; something that I work through or heal; something that helps me see what has been swimming just beneath the surface of my consciousness.

Shinjini Mehrotra



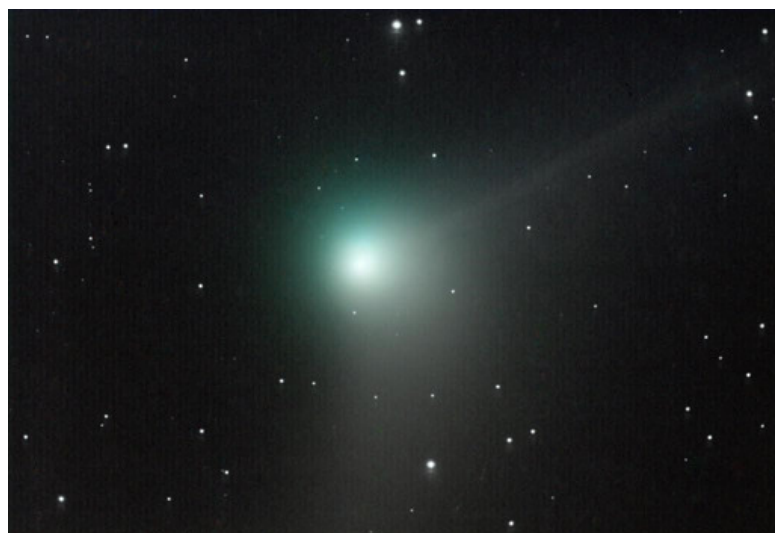
Hello! I'm Shinjini. I am an artist, tarot reader, and believer in the mysteries of the Universe.

As a long time journal keeper and tarot reader, I have witnessed the transformative power of stories and symbols. Fusing these with a regular art practice has opened me up to the inherent magic of art and creativity. And I'm passionate about sharing these tools and insights with you!

I offer mini art + soul ecourses that include curated meditations, journaling questions, and an art journal project from start to finish. These are designed as a complete self-care/wellness package that you can dip into in even a small little pocket of time. I also offer tarot readings via email, as well as a beginner's tarot ecourse that offers you a quick way in to understanding and working with the tarot cards.

The Stars - Gail Overstreet

What The Stars Are Trying To Teach Us



1. Stay Grounded

Gravity rules everything in space – literally everything. Gravity’s external pull results in a lot of chaos: leading one galaxy to consume another, or comets – like Comet Catalina, above – to be propelled at astounding speeds, out of our sights forever.

Gravity also (thankfully) keeps our bodies firmly planted on Earth. Honor the Ground.



2. Be Generous (and Be Willing to Receive)

Most stars are binary, meaning they group together in pairs and orbit around each other, due to the pull of gravity between them. A more-rocky star usually begins to pull space dust + rocks away from a more-gassy star, which increases the rocky-star’s size. And, sometimes, it shifts: the gassy star starts pulling from the rocky one, increasing the gassy-star’s size.

It’s an ongoing dance of give-and-take. Be generous, and also allow generosity in.

The Stars - Gail Overstreet



3. Take Risks

Nebulas are star nurseries, the place where stars are born. In this image of the Wizard Nebula, blue (oxygen) clashes with orange (hydrogen) – and births a new star: something beautiful and unique that did not exist before. Science shows us, time and again, that nothing thrives in a monoculture: not crops; not nature; not humans. Diversity, paradoxically, creates both balance in a system – and also results in new creations through embracing powerful synergy.

Take the risk, be the first, create through cooperation.



4. Hold a Vision

Whenever astronomers look at celestial objects through a telescope, they always use a Guidestar: a fixed star, an anchor, that they use as a reference point that ensures they stay on-track (it's a big sky out there, and it's easy to get lost).

Have a Vision, a touchstone. Keep it close: in the mind, in the heart. Anchor to it and a path will be illuminated.



Gail Overstreet

Hi, I'm Gail. Nice to meet you!

I've been coined a Mystic-Scientist, and my passion is bringing greater understanding of our cosmos – and our beautiful planet, Earth – into focus for fellow humans. I do this by helping to create astronomy outreach programs, as well as write about and photograph the wonders of nature.

My aim is to communicate through metaphor and awe, and ways of storytelling that connect us to each other and to our universe. You are warmly invited to learn more about me at the link below.

gailoverstreet.com

Feminine - Melanie Morales

The feminine that lives within each of us. She is strength through softness. Seeing her many faces, guiding you back to the void through trust and surrender. Back to her womb, place of creation. She is rhythm with many heartbeats, that connects us all together. She is vast, infinite just as we are. There is no end nor beginning. We meet many pieces of ourselves through what she offers. Let go, and you'll feel her cocoon you, picking you back up a new.

I feel the most connected to my feminine through my yoga practice. Along with offering energy healing. Taking the structure of the masculine, and flowing where I am guided to go. - Though when I practice through movement, I become my own flow. There are no rules. Only my breath guiding me where to go.

There is a subtle and great trust in the intangible gifts carried through one. For me, it is seeing the next moves and trusting the transition. It becomes a dance. Your own dance of self-expression. Harnessing her flow, the life force within.

She is our sacral, womb. Here is where we tap into her infinite source of creation. Our intuitive nature. It is here where I listen. And speak the truth of my being. It is here where I see my journey taking me. To aid others to connect back to their own, through exploring and healing sexual trauma. It has been a journey of mine, healing my ancestral line.

Bringing back a healthy, integral feminine aspect to my being. That is what I wish to share with others. Reminding them of their passions and gifts. One step at a time as I ease and trust my own spiraled journey.

Melanie Morales

Born and raised on the prairies of Saskatoon, Saskatchewan, Melanie has been working with clients as an energetic holistic practitioner, sharing her gifts of energetic touch, insight, intuition and more since 2013.

She has indigenous traditional teachings, ancestral wisdom, as well as other holistic methods and knowledge. She guides those on their self-healing journey, aiding them to find their stillness within, clear and transform energetic blockages from current lifestyle to ancestral patterns and past traumas.

@melmystica



Light - Jenna Pullen

"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when (wo)men are afraid of the light" - Plato

How many of us stand on the edge, look out beyond the crowd and know “if only I’d step into that light, it might be different”. It beams like a spotlight for some, dances on the peripheral for others & seduces us all to step in. It reminds us that a new opportunity has broken on the horizon, that the dark can't last forever and that there remains so much good in the world. For me, seeing the light also means recognizing the beauty in the contrast of the dark.



I wouldn't describe myself as someone who is naturally optimistic - it's a purposeful effort for me to find the light. I'm skilled at doing the shadow work to know more about myself, to deep dive into a world that's addicted to fear, hellbent on ensuring we see our differences instead of our similarities, and know I can swim through the darkness towards the light to catch my breath. I think it's that ability to sit with the things we hide away, the pieces we ignore, that makes me so appreciative of the simpleness of the good. The way the light streams through the trees, illuminating the tiniest specs of moisture rising from the ground. The way being out in nature brings us back to our wildness and reminds us of the simple joy that is the sun on our face. About how different the light looks reflected back off the elements and what it feels like to come home to ourselves.

As a photographer, it's an honor to create a safe place for someone to know their light is safe to be seen with me. To remind them of all that they are, all they bring to the table and all the ways they shine, when the roles they play, the ideas they've curated about themselves and the way they believe they present to the world, are left behind for an afternoon in the trees.

Why are we so skilled at recognizing the light in others, but fail to see our own?

Jenna Pullen

A self-proclaimed observer, a giant book nerd and a textbook introvert - taking photos is my way of translating the world around me. Making my home on the west coast of Canada, I feel most at home barefoot in the trees, next to water. I'm learning to let it unfold the way it wants to, rather than trying to predict the outcome.

flintandfeatherphotography.com



Photo credit: @janeswildheart

Mother - Jenna Stubbe



A wind exhaled, gently rushing through the trees, gusting across waves and whistling into cavernous corners. Unyielding and timeless, it sang an ancient melody in many tongues to all who wished to listen. It spoke of a being that has been both loved and feared intensely since time immemorial.

Within it's breathing euphony it tells us of her burning heart. A heart that beats with such strength and medicine, drums were fastened in its honor. And from that heart flowed life of water and blood; reaching every distant corner. Pulsing, rushing, rippling. The harmony of which is still sung to us even deep within the womb; shh, shhh, shhhh.

In blood and water, she welcomed us to live. She welcomed all to consciousness. With that came willow and reed, milk, fish and seed. Her harmony growing both the beautiful and brutal. She shared with us to weave, to pummel and breathe. To hunt, to gather and even passionately breed.

Alas though in this timeless chorus so blows about her misty deeds and darkened melodies. Stories of her heartbreaking cries ripping up seas, as her anguish quakes and shakes. Hot words erupting and engulfing, even upon that which she loves, changing the landscapes of herself forever. Sometimes though it says as if by lullaby she merely closes her bright third eye so the blackness may dance about. During such lightless moments, the wind tells us of leaving offerings. Gifts of bleeding, sleeping, passing, decaying.

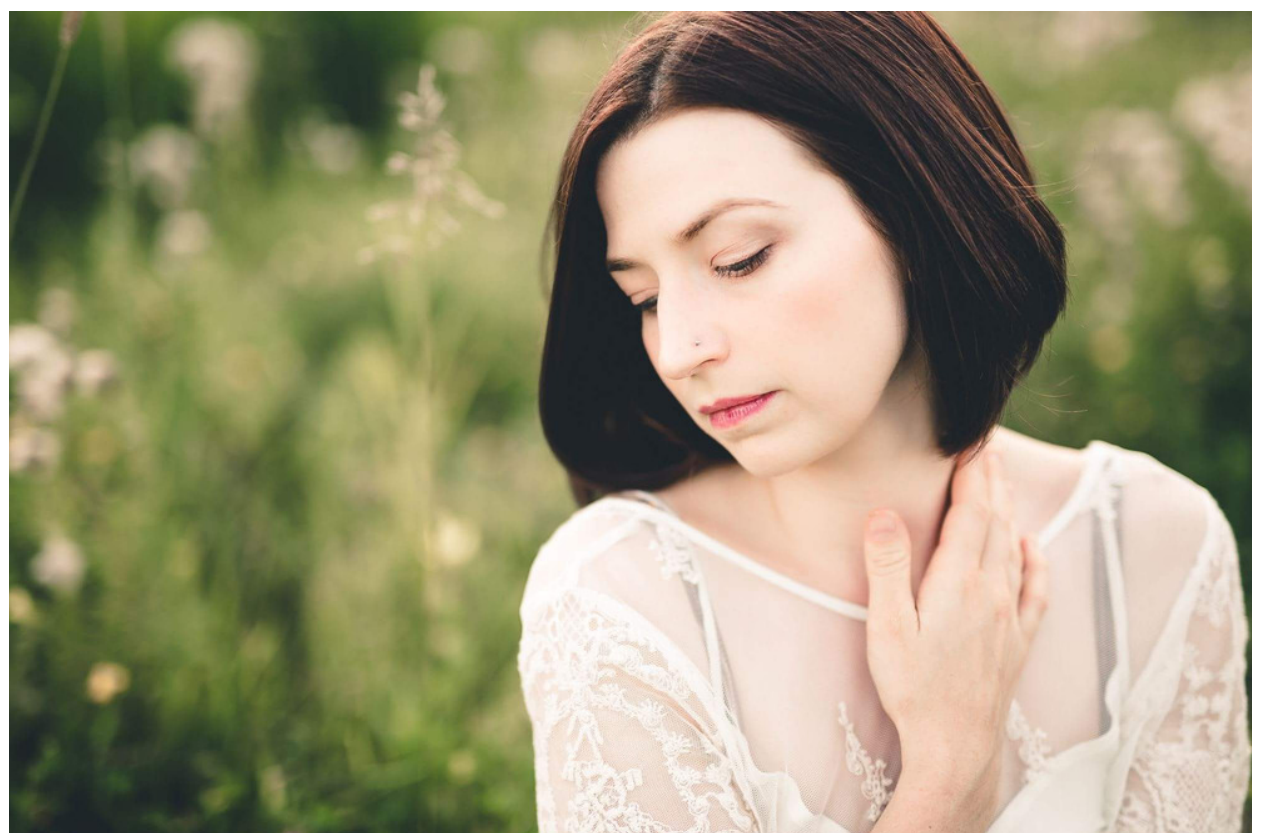
Thus we hear from sky to dirt, in blood and sea, the love and enmity shared by she. A maker, taker, lover, and rager. And upon this distant breeze, we heard the whispers of her name... Mother.

Mother of earth.
Mother of child.
Mother of friend.
Mother of self.
Mother of creation.

Jenna Stubbe

Jenna is a mother, maker, artist, and birth worker living in beautiful Central Alberta. Jenna spent most of her upbringing alone amongst mother nature at her rural childhood home. It was there where she feels she had some of her most valuable life experiences. Lessons from which she infuses into her practices, creations and everyday life.

@willowandwomb



Listen - Naomi Whelan

As a Naturopathic Doctor, my job is to listen to the patient. Lab work and imaging are helpful but they are a small part of a larger picture. Many clues and answers are presented when a patient is able to tell the whole story in their own words. The act of telling one's story can be extremely therapeutic.

We are constantly being overwhelmed by "noise" - external things that distract us and keep us from tuning in to what is going on inside. Social media, television, crowds, competitiveness and unrealistic expectations- even our families and loved ones- can prevent us from checking in with ourselves. You may feel fine, or you may be getting by, but do you actually feel good and whole and happy?

From a health perspective, I want my patients to listen and pay attention to their energy levels, mood, sleep quality, digestion, hormone cycles, pain, and internal dialogue. Listen to your gut - does anything feel like it's not quite right? Are any basic bodily functions causing distress? Are you exhausted after exerting yourself even a little bit? Are you being as kind to yourself as you are to others? Did you have a satisfying, effortless bowel movement today :) We have become a society that dismisses chronic or subtle health issues as "normal". I want to be very clear - "common" health concerns should not be accepted as "normal". They are a sign that something is out of balance and should be addressed.

This winter and spring have been particularly difficult for me because of too much time spent indoors (trying not to become a human icicle). Sunshine, fresh air, and mindless physical work are what make me feel alive, tuned-in, and connected. Listening can be enjoyable. When I take off my doctor hat at the end of the day and need to unwind I love to listen to nerdy podcasts about Game of Thrones or archaeology. I can get my usual household chores done and feed the side of me that enjoys history and fiction.

My recommendations for healthy listening are: music that makes you happy and stimulates movement, podcasts that stimulate your mind, creativity, and sense of humor, guided or body scan meditation, and of course, nature. The birds and frogs are out and greeting our chilly Saskatchewan spring despite the weather. A reminder that summer is just around the corner!

What do you love to listen to?

Naomi Whelan, ND

I am a licensed ND and Bowen therapist practicing in Saskatoon, SK. I believe in making sustainable changes towards better health and searching for the root cause of disease. I have a sassy little dog and enjoy part-time poultry farming.

drwhelan.ca



Glass- Erin Pell



Except for a very brief time when I thought being an Olympic figure skater would be awesome. I always knew I wanted to be an artist or craftsperson when I grew up (despite my guidance counselor's serious misgivings). I didn't know what exactly I wanted to make, but I think I was destined to work with glass.

I've been collecting handmade glass pretty much from birth when my parent's friend Ruby made me a glass baby cup with my name etched on it. I was probably the only kid around buying little pieces of handmade glass with my birthday money. I love the way that light reflects and plays through glass, the durability of it, but also how fragile and special it is.

Glass was never really on my list of mediums to work with, I was thinking of studying jewelry design or pottery. But, I kind of fell into learning to blow glass when I found myself living in California and hanging around an artist colony. The glass blower Mark needed some help at events and in the studio so I began an apprenticeship with him and ended up falling in love with the flow and rhythm of molten glass.

It may sound silly but glass very much has a spirit and will of its own, and if you don't respect it you'll have nothing but frustration and broken glass. I can guide it, work with it to make my design. But, as soon as I try to force it things will go bad and fast..... pieces go wonky, crack, or smash into hundreds of pieces on the floor. Even after all these years it stills challenges me and causes so much frustration that I just need to walk away. But there really is nothing better when I'm in the flow with the glass and it just seems to be flowing out of me.

I love the meditateness of working with glass. You have to keep yourself in the present focused on your movements and the glass, so everything else tends to slip away. Little things like the music playing can affect the style and speed of what you're doing. Even in the toughest times, I've been able to find peace and rest in my studio.

I'm a glass artist based in Saskatoon, SK Canada. For most of my career, I have mainly worked doing lampwork jewelry, though I originally apprenticed to be a glass blower.

Erin Pell

As my kids have gotten older and more independent I've been getting back into blowing glass. I love making very functional everyday items like tumblers and cups, that may bring a little bit of brightness and joy to their owner's days.

My lampworking has also evolved over the last few years, (cause doing the same old thing is kinda boring), from jewelry to more sculptural work like window hangings and now my botanical sculptures.

This new work is inspired by my love of flowers and plants especially the wild determined ones that seem to grow in the most difficult conditions. The bases I use are usually wood that would otherwise be discarded like broken shovel handles or tables, and natural wood such as tree pruning or storm felled branches. They are all cleaned, sanded, and sealed with my own beeswax and olive oil finish.

My work has been sold across Canada and internationally.

erinpell.com



Movement - Nina Zettl

Consciousness is only possible through change; change is only possible through movement." - Aldos Huxley

Nature is in a constant state of change and movement - dancing between seasons, day and night and energetic states of yin and yang. The cyclical rhythms that happen around us also happen within us. As we attune to these fluid movements, we tap into the joy and creative energy that accompanies it.

My favourite moments in life have been spent in movement; impromptu dance parties with my family, the intense but powerful surges of contractions as they brought my babies earth-side, in a dynamic flow yoga practice and in clinic when I hold space for the universal life force energy to move through me and into my clients.

One of the ways I love to move is through dance. Dancing is an innate part of being human, babies as young as five months move their bodies to a rhythm and it is found across all cultures. It is not a learned behaviour but in fact, something we are born with that evolutionary scientists have struggled to explain its purpose. Perhaps, its purpose is purely for joy and to connect us to creator. For me, dancing liberates me from my busy mind and connects me to my body. As a child, I have fond memories of dancing for hours whether at music festivals, concerts or in dance class. Dance can be a movement meditation wherein during the process of moving your body and letting go of your busy thoughts it enables a reconfiguration of sorts connecting mind and body.

Yoga is much like dance for me. After practicing yoga for many years with my mother, my passion for it really ignited upon discovering Prana Vinyasa, a practice by Shiva Rea which is described as, “a life-realization, embodiment practice & global collective based on the roots of yoga, evolutionary pathways, the art and science of flow, and tools for wellness for our vitality and sacred earth.” Prana is Sanskrit for the vital life force that permeates through all living things, also known as Ki in Japanese and Chi in Chinese. Within each wave, I connect to the life-force pulsing within, begin to peel away the layers of illusion and awaken to my most conscious self.

The movement, in this case, brings about the transformation of consciousness and the awareness of belief systems that the mind has created to protect us from a perceived threat. As early as childhood we are exposed to traumatic events that put our nervous system into a fight, flight or freeze response that shape our perception of the world. Something as insignificant as tripping will put our system into a 100% response as our nervous system is all or nothing. If we are not allowed an opportunity to move through this, our bodies hold on to this thwarted response. Over time, our nervous system becomes full and as a result, our capacity to deal with daily stress and events are lessened. It is unlikely that movement alone can resolve past trauma however, in combination with other healing modalities daily movement can increase your awareness of what is being held in the body and enables more effective healing.

Movement - Nina Zettl

Consciousness is only possible through change; change is only possible through movement." - Aldos Huxley

Movement is an avenue to not only become aware of what is held within but also what is around us. As we continue to move and explore the boundaries between self and the outside world, we become aware of the unity the binds us to the universe, because we are the universe.

For me, movement in dance and yoga deepens my connection to joy, mind-body and the creative forces of the universe as well as help me to become aware of what I am carrying that may no longer serve me and find conscious awareness. For you, it may be walking, hiking, golf or sport.

At least once a day push yourself away from your desk and move your body. The contrast between movement and stillness can allow for perspective and awareness. Consciousness, after all, is a journey and not a destination, and all journeys are comprised of movement and observation, that ultimately deepen our understanding of ourselves and our role in the universe.

Nina Zettl



I am a mother, yogini, healer, and mystic weaver. I live in Saskatoon with my husband and four beautiful children. I am a Yoga Teacher, Birth Doula, Reiki Master, and Self-Regulation Therapist and my business is Freedom From Within.

I believe everyone is born 'enlightened' and through various life experiences and the trauma we endure, barriers are built up against our true self. In my work, I hold space for my clients to connect to their innate wisdom and soul purpose, to the rhythms and patterns of nature, and the mysterious forces that flow within in order to achieve unity of the mind-body-soul.

My goal is to empower my clients to be their own healers and to remind them that all the answers they seek are already within.

saskatoonyoga.ca

Story - Karin Gutman

Dear Storytellers,

I created a short video for you. I hope it helps you to unlock your story—those buried treasures held deep inside that are uniquely yours.

View it [HERE](#)

For this community of Magick Makers I am gifting a complimentary subscription to The Daily Prompt, which delivers a creative writing prompt directly to your in-box every day for a year! (coupon code: MAGIC).

Sign up [HERE](#).

Warm wishes,
Karin



Karin Gutman

Karin Gutman, MFA, is a memoir and story coach who has been guiding people for over 15 years towards discovering and writing their personal, life-based stories. She is the founder of Spirit of Story, a dedicated creative space for truth, creativity and celebrating what it means to be human. Her signature workshop Unlocking Your Story has attracted hundreds of students and landed books with major publishers. Karin is also a published author and produced screenwriter, and has taught at UCLA and California State University Fullerton.

spiritofstory.com

Pause- Elaine Watson

Hi darling, I'm Elaine. Can I tell you something? Something that I've been marinating on for a bit here....

Are you ready?

Okay, here it is.

I believe that we all crave so much more for ourselves than we are always willing to admit.

What do you think?

Can you PAUSE with that statement for a moment?

Notice how your body reacts...

Does it tense, ever so slightly? Did you hold your breath for just a second or two longer than it took you to read it? Did your chest lift, feel lighter for a moment? Or did your shoulders drop?

What did your mind jump in to say, after that first embodied reaction?

Recognition or skepticism? Did it jump in with a counter response? About your limitations and the realities of daily life? Did it dismiss the statement and move on? One more email to skim through? Or did it step in with a protest of, "Nah, I know what I want, and I go after it."

Did your heart have a different response than your mind? Or were they in sync?

Did a subtle emotion float up? Did anything inside you soften? A particular desire lean forward... Or did your nervous system jolt, clamping down before anything too threatening to the status quo could be revealed?

I'd ask about how your spirit is doing too... but I know we may just be getting to know each other, so I'll take it slow.

BUT, I will tell you... that the things we are able to notice when we Pause, the ways we are able to get to know ourselves anew in each moment... this is what captivates me. This is what compels me. This is what makes me most curious and is the igniting force behind nearly every personal and professional adventure I've moved towards.

One thing I know is that life drops us clues along the way that point us towards our own belonging, to our own inner and outer congruence. Sometimes the answers we seek.... the ease, the breath, the balm, the beauty, the vibrancy, the insight, the kick, the drive... they can be so much simpler than we think is even possible or allowed. But we will never know for sure if we are afraid to Pause. We may have been conditioned to place more "value" on constant motion (physical, mental, emotional), but I think more and more, collectively we're seeing the inherent flaws & stagnation in a lack of rhythmic responsiveness in our lives. We need the invitation a Pause brings us. I believe that on a deep cellular level, we may even crave the mystery and potential inherent in it, as much as our conscious mind craves certainty and a clear path.

Pause- Elaine Watson

I've been a seeker, a friend, a daughter, a sister, a wife and a mother, a social worker, a massage therapist, nutrition & embodiment coach, a virtual course facilitator and all of those have brought me into so many endlessly curious conversations. And the thing I remain most fascinated about is the deep connection between our bodies, our wise intuition and the many ways that both try to communicate with us. Those small daily discomforts and irritations we try to brush off, those small flickers of desire that catch our eye or our breath or our hearts... and I've come to believe, that our first steps towards coherency are so much smaller and more accessible than we sometimes fear.

I believe that we each hold a deep, specific connection to our own next steps.

I believe that we each contain a far deeper capacity to experience the beauty and the sorrow in our lives than we may be giving ourselves credit for.

And I also know, with certainty, that you and I both know in our bones how important it is to pause, discover what nourishment we need in any given moment, and take the necessary steps to fill ourselves up. Pausing, for me, is a muscle that can be built, against all the hardest attempts of cultural conditioning. It's a skill that can be practiced, even in the face of uncertainty. It's a beautiful ritual and a sacred meeting we can have with ourselves, that can feel rebelliously luxurious, even if it only takes a few minutes.

How do you feel, right now?

What do you most need?

What do you crave?

What do you wonder?

And are you willing to Pause and find out?

I know you're brave enough ☐

Elaine Watson

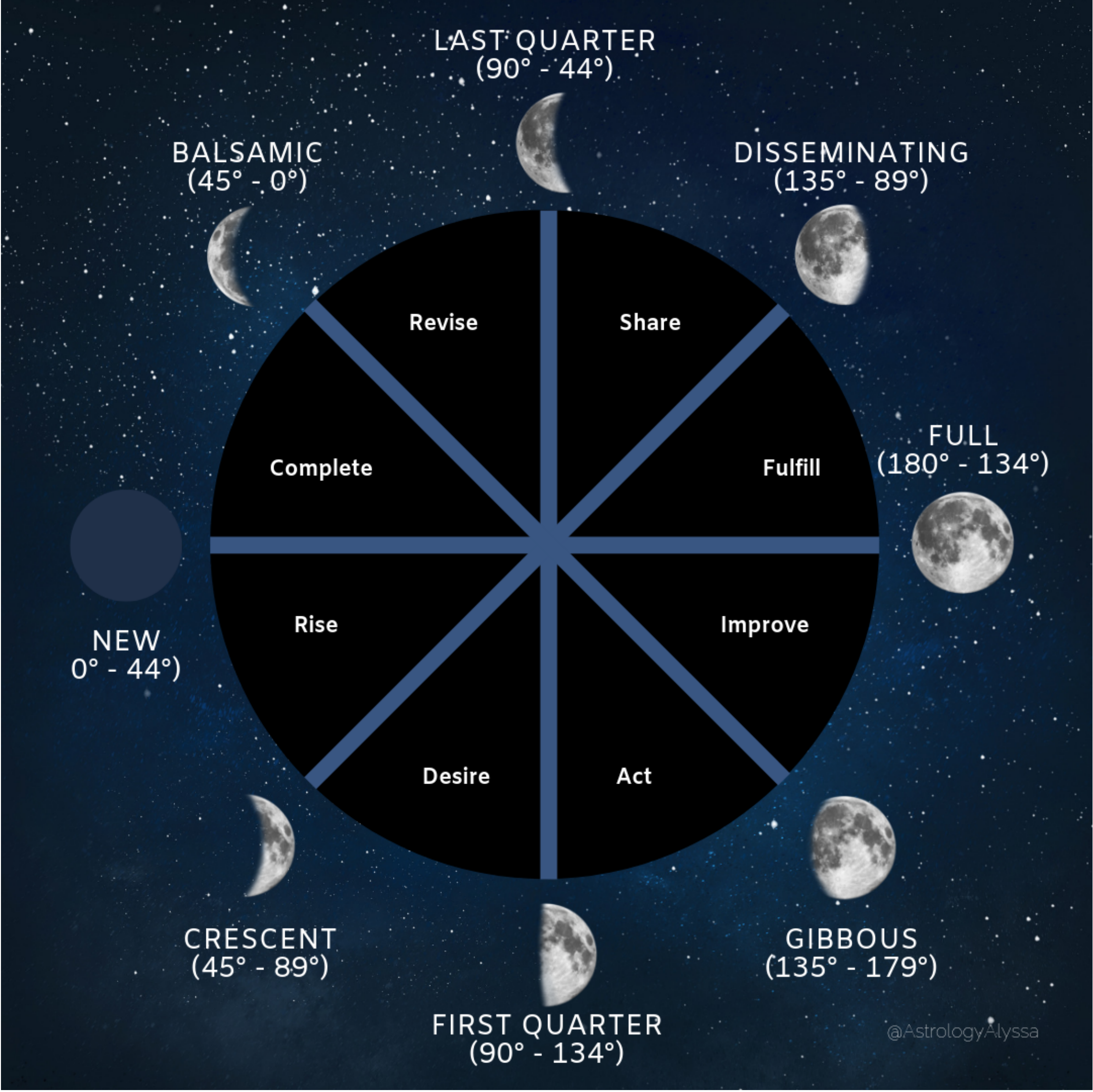


Facilitator of Coaching Conversations and Virtual courses centered on Embodiment, Intuition, and aligning these with the way we navigate our daily lives.

I help women realign their lives by connecting to the messages of their bodies and the truth of their intuition. Do you feel slightly off? Like things SHOULD be good, but somehow, something's missing? Is your nervous system jamming in a freeze of paralysis? Do you have a sense of embodied stuckness, like you can't actually make the shifts? The places where you feel off (your body and your clarity) are also the places where your answers lie. I help you remember how to access your inner-power and knowing, and open you to the flow of your truest call.

readytopause.com

The Moon- Alyssa Ostrander



The Moon- Alyssa Ostrander

Wisdom from the Moon

When I was about 5, I had questions about the mystery of the night sky.

What's out there? Where does it end? How could it be infinite?

And when you think about it, these are questions you ask about everything at every age of life.

As a seeker, and now astrologer for over 30 years, I've discovered how the Moon holds the answers to these questions, and more, if you pay attention to her way.

It's easy to take the Moon for granted. She's always there. A little different every time. And she's always beautiful.

The Moon watches over the physical world while she moves the waters deep within. From ancient times, the Moon has been a symbol of birth, growth, death, and the cycle of renewal.

Compared to understanding outer space, the Moon is like an open book ready to guide you in understanding your personal evolution.

So close to the Earth, the Moon offers the key to the secrets beneath the surface of your routine world. Each lunar cycle is 29.5 days. The Moon is always moving. Her appearance changes as she moves around the shadow of the Earth and reflects the changing light she receives from the Sun.

To learn how this applies to you and your life, begin with the date and time you were born. You can go to [this page](#) to quickly look up your natal lunar phase.

The Moon demonstrates the continuous cycle of renewal. There is always new growth and there is always something ending and evolving into something different.

Find out where you began on the lunation cycle. There are infinite uses for it.

For now, I'll leave you with a simple interpretation of each of the 8 phases:

A New Beginning: New Moon

Every lunar cycle begins with the dark New Moon when it's hidden by the light of being in the same zodiac sign as the Sun.

A New Moon holds the promise of the sign it's in and any other planet it's influenced by. Those born under a New Moon are spontaneous and forward-looking. It's the energy to eagerly begin anew.

Push for Growth: Crescent Moon

As the Moon begins to wax (grow) and pass 45° ahead of the Sun, it enters the Crescent phase. This is a breakthrough time of new growth energy that pushes forth with the desire to become something else.

Those born under a Crescent Moon have to persevere to push out of old patterns. They're good at using all their resources to strengthen their push to overcome whatever has held them back.

Challenge to Act On: First Quarter Moon

Once the Moon waxes 90° ahead of the Sun, it enters its First Quarter phase of action to change what has already grown but reached a challenge of some sort that needs an adjusted strategy to keep moving forward.

Those born under a First Quarter Moon are learning to harness the energy of change to create something different. Their personality is highlighted to act and build from what they know.

The Moon- Alyssa Ostrander

Perfecting What Is: Gibbous Moon

As the Moon waxes from 135° to 180° of the Full Moon, there's an anxious expectation of what is forming and how it can be improved.

Those born under a Gibbous Moon like to evaluate where they stand. They want to become aware of how they can contribute something of value that can be put to practical use.

Fulfillment Blossoms: Full Moon

After four phases of inward understanding, the Full Moon is full at 180° and now behind the Sun. A phase blossoms with conscious sharing of what has been learned.

Those born under a Full Moon find how personal responsibility for their words and actions in relationship dynamics supports their true fulfillment in discovering ways to wholly express themselves.

Sharing the Good: Disseminating Moon

As the Moon wanes and becomes smaller, there are abundant fruits of the lessons learned to share with others. Behind the Sun, this Moon walks its talk with integrity.

Those born under a Disseminating Moon stand for a purpose and actualization of the Moon and Sun they were born under.

Wounds of the World: Last Quarter Moon

As the Moon wanes to 90°, experiences in life create an internal crisis to revise the approach to life. Old patterns are released so that new growth can take root.

Those born under the Last Quarter Moon go through an internal transformative process that can be shared once it is complete. They are wise beyond their years but can't express it fully until they put the new pieces together.

Karmic Completion: Balsamic Moon

Behind the Sun and becoming darker in the sky, the seeds of the lunation are dispersed to begin again.

Those born under a Balsamic Moon feel they are different than others. There's a karmic current in all exchanges as if they are finishing up old business. They are aware of their mortality and know with intentions, transformation and new growth happens.

Alyssa Ostrander



I empower others with readings that combine over 30 years of astrology, numerology, and intuitive practice along with 13 years as a Reiki master healer.

As a lifelong seeker, I weave decades of practical and spiritual wisdom into every personal session and weekly horoscope.

I'm honest, positive, and deeply supportive. I offer targeted insight to boost your spirit and support you on your life path.

alyssaostrander.com

Embodiment- Gabrielle Walker

Spreading my holy wings.
Has never felt so good.
For this woman is done.
Being disembodied.
By the theories of men.
Albeit, Holy men.
Unable to comprehend.
How the sway of our womanly hips.
Calls forth our power.
Nor that our full breasts.
Are not made to only absorb your kisses.
But as Guardians to our powerful heart.
Gateways to our magic.
This tender strength.
Screams Embodiment.
Lingering in this moment.
Touching the boundaries.
Of pure intimacy.
Join us men.
For with you,
Our soul clutches skin.
Our mind touches spirit.
Her body knows herself.
~ Ode to Embodiment

Embodiment- Gabrielle Walker

As I sit here writing this I am about to head away to a 10 day Vipassana sit. Discovering this Buddhist practice when I was 24 unequivocally changed my life, I returned from my first time no longer tied to the need to drink alcohol (so much), my behaviour up until that point had been a little messy, to say the least. I had connected with a deeper part of myself and I KNEW without a doubt that there was more than meets the eyes.

As I prepare to head away for my 7th 10 day sit, I reflect on the prompt given to me. Embodiment. Embodiment flies in the face of what we are taught at Vipassana, and what many of the "Holy men" that I refer to in the poem above teach, that our body is temporary from life to life and so in some ways, it is irrelevant. I have even heard the words "repulsive" thrown around in some of the dharma talks or discourses. In essence, many of the Vipassana teachings, while valuable come from a place that does not know the pure presence of embracing all the spiritual sensual pleasures of being in a body.

Embodiment to me feels feminine in energetic essence. She is the movement and manifestation of spirit through the body. She is presence deeply felt in the heart and she is a listening to and embracing of sensuality. Embodiment is both natural and taboo. For she has been quietened in many public spaces. Shared in intimate moments, our most natural right has become, sensual. Purely because we are re-learning to engage her. We are re-memembering how to move spirit through our body. And we are re-capturing all the essence that it is to be human.

So I share this poem with you today from my deeply feminine heart that has benefited from growing my spirit amongst the masculine who kept their wisdom. That feels and knows the benefit of sitting in silence and discipline. But who also can never forget the feminine.

Nor the body. Nor to punish men for all that they know. For it is through prayer and meditation that we learn and it is through our body temple and her pleasure that we really change.

Gabrielle Walker



I am a RomiRomi Healing Artist and Co-Reflective Coach and Poetress. I draw on ancient traditional Maori teachings and philosophies and combines this with the emerging energies and messages that come from today's contemporary energies.

The healing practice of RomiRomi is drawn from a range of areas. The work I share comes through generations and across cultures, it was handed down through my whakapapa, taught to me by my teachers, refined through feedback and practice with my clients and combined with the emerging energies and messages pertinent in today's modern world. I work with clients online and in-person in Perth, Western Australia.

E toru ngā puawai o taku putiputi. Ko te tumanaako, te whakapono, me te aroha. Te tino puawaitanga o taku putiputi ko aroha.

For my flower to bloom, there must be desire, faith and love. The most important bloom is love.

~ Whakatauki from my Great Great Grandfather ~ Iriapa Aranui.

wanderkind.com.au

Mandala - Moni



What started off as a study of the Chakras led to drawing the Chakra Mandalas. My first few attempts were filled with resistance and so much negativity. I disliked every shape I attempted and nearly gave up. But the next thing I knew I couldn't stop drawing them. Because it was so cathartic. So much unraveled as I kept at it. And I've never looked back.

Discovering Mandalas along my healing journey has helped me heal so many facets of myself and put me on this path that is now Mandala Soul Designs :)

In the beginning, Mandala Soul Designs was only meant to be a place to showcase my Mandala art, to put myself out there, to heal my lack of self-confidence and self-belief and to follow my heart and soul. What blossomed out of this I'm so deeply grateful for!

These days Mandalas are included in everything I create. They are part of me and what always brings me back to myself.

I love this following quote by Pema Chodron - it really sums up beautifully what a Mandala represents.

"Each person's life is like a mandala – a vast, limitless circle. We stand in the center of our own circle, and everything we see, hear and think forms the mandala of our life...everything that shows up in your mandala is a vehicle for your awakening."

What I love the most is weaving together Mandalas, Chakras, and the Lunar cycle into my daily routine and the offerings I create.

Mandalas are an incredibly beneficial tool for connecting with our soul and they can be the most soothing of balms on a mind that is in overdrive (which for me personally is often lol). They are meditative, transformative and restorative. They are truly Magickal!

Working with our Chakras or energy centers allows us to enter a wonderful relationship with our bodies. Connecting to our energy helps us become more aware of our emotional state and how we are feeling.

And following the Lunar cycle and mapping out our month with her in mind is so wonderfully rewarding. In my own experience and especially living with a chronic illness, following the Lunar cycle every month helps me "see" my own cycles. It has been so insightful and has helped me both heal and understand so many layers of myself.

These are the tools that keep me nourished, connected and in good health. Making it possible for me to keep creating and live with intention and flow compared to a few years ago where my chronic illness had me bedridden and at my lowest point in my life.

Mandala - Moni

At the heart of what I do and what I feel so passionate about, is to help both myself and others to live a life filled with magick, intention, connection and being grounded within our bodies - through the guidance of Mandalas, Chakra and energy work, meditation, mindfulness and in tune with the natural elements and the cycles of the Moon, Earth and their Celestial companions.

Traveling along this path and following my heart and souls calling hasn't been without its challenges. But what brings me back and keeps me going is the connection with like-minded souls through social media, my customer base, and subscribers. Being part of their journey and these wonderful souls being part of my journey makes me feel so empowered, grateful and filled to the brim with love!

And when I receive beautiful messages from courageous souls whose lives have improved or changed with the help of my offerings it lights me up to no end.

When I serve and offer from my heart and soul I heal myself a little more. It's been so rewarding and enriching and it keeps me fuelled up and continuing along this magickal Mandala journey!

Moni

Moni loves creating tools like workbooks and planners to help herself and others heal and live every day with more flow and ease, incorporating Mandalas, Chakras, Mindfulness and the Lunar cycle, many which are available when you sign up to her newsletter Lunar Rhythms.

She's the author and creator of the 2019 Astro & Luna Planner as well as the popular Chakras, Mandalas & Crystal Grids workbook, both which you can find on her website.

[@mandalasoul designs](#)



Truth - Jessica Ulys

Several years ago a friend of our family spent some time in therapy. I don't know anything about what came up for her in those sessions other than what she chose as a response. And that was to tell her truth.

The consequences were disastrous. Unkind words and no-holding-back sharing of everything she felt about her childhood, her parents and her siblings. Her perceived truth was that she was better off without any of them. Needless to say, her mother was heart-broken. And her family left in tatters.

This kind of "truth-telling" is brutal. And I wonder if it's why the truth has a bit of a bad reputation. We've all seen examples of heartfelt messages turn into emotionally destructive rants. We've seen truth-telling confused with excruciating over-sharing. And many of us have been on the receiving end, left feeling hurt, perhaps confused, and in many instances believing that silence is the better virtue.

But that's the thing about truth. When we hold it back for extensive periods of time, when it does reveal itself, it's ugly.

And not because the truth itself is ugly. The truth, when felt at a heart level, is beautiful. It's liberating. It's empowering. It's sincere. And when we connect with our own personal truth, we feel an enormous sense of relief in finally being able to stop the self-editing and share of ourselves, as we really are. Honest, unshackled and free.

No, it's not the truth itself that's ugly, but the feeling of not being able to access it, that is. We feel a sense of suppressed anger at not being able to be ourselves. The feeling of entrapment that comes from occupying insufficient space in the world. The sense of shame that comes from believing our truth is somehow less important than anyone else's. That our needs matter less. And the deep realisation that without accessing this truth, we're really just compromising ourselves.

There is not a single person who wants to feel this way. It's contractive. It's stifling. It's living a small life when we know our true nature is craving something greater. And yet we all do it from time to time. Often, for what feels like good reason.

Sometimes it's about our perceived external situation: We're afraid of the consequences. We don't feel as if the environment is safe enough. We'll get shut down. We don't want to hurt anyone's feelings. The reaction won't be worth it.

And sometimes it's more of an internal nature: What I have to say isn't important enough. I won't be liked anymore. My point of view doesn't matter. What if I don't have what it takes to deal with the consequences? It's easier to keep the peace.

I don't believe it has to be this way.

I believe truth-telling can be done gently, and consciously. That it can be both healing and liberating. Grounding and enlightening. Calming and empowering. And that when we know our truth and learn to speak it, it opens up the space for honesty, empathy and connection. With ourselves, and also with others.

Truth - Jessica Uys

Wherever you are on your truth-telling journey, here are some principles I find useful:

1. To speak your truth you first have to know your truth.

To speak your truth, you have to know what's important to you. What you value. What you desire. Where your boundaries lie. Without this clarity, you may feel unease in an area of your life, but unable to put a finger on it. If you're unsure, start with some journaling, using a simple prompt such as "I want..." "I need..." to help you reconnect with your inner truth.

2. Truth-telling is only as good as its highest intention

Before telling the truth, we need to check in with our intentions. What do we hope to get out of this? Are we wanting to assert our boundaries? Are we hoping to iron out an area of conflict? Are we needing to share our vulnerabilities? None of these scenarios are good or bad in their own right, but we'll know how aligned our intentions are by how they feel. If we're really honest with ourselves, is this a healing moment or is it an ego moment?

3. We don't need to tell the truth about absolutely everything

When we experience the relief of truth-telling, there can be a tendency to apply it to everything. Sometimes this is just the swing of the pendulum so I'm learning that it's also about knowing when to keep quiet. We can certainly have a truth, but we don't have to speak it at every opportunity. When the situation or relationship is important enough to seek clarity and healing, speaking the truth is critical. But not everything is.

4. The truth, when spoken with awareness, is more readily received

When we speak with respect for the other's highest good, we tend to speak in a way that is more easily heard. We communicate with less judgment or blame. And more from the vibration within our hearts that truly seeks peace. By checking in with our own higher selves before speaking the truth, we bring a sense of balance, groundedness and heart to our words. And this energy is felt by others.

5. Learning to speak our truth is a skill we can practice

This can be new terrain for many of us, but it is accessible to everyone. We can allow ourselves a gentle introduction to get used to flexing that muscle. Maybe we start by sharing how we really felt about the movie we just watched. Perhaps we replace "I'm fine" with a more sincere answer. Or perhaps we stay in the journaling space a little longer, speaking these truths only to ourselves, for now.

Jessica Uys



Jessica is a Coach, Facilitator & Researcher who helps people wake up to their true selves so they can live an uncompromised life.

After 14 years in the corporate world of Consumer Insights, she's spent the past 7 years challenging people to tune into what they really want, to look at themselves through a different lens and to design their lives based on conscious choice.

Jessica works intuitively, integrating her business experience alongside her work as an Enneagram Coach, BodyTalk Practitioner, Eating Psychology Coach and Breathwork Practitioner. Her corporate work includes both Enneagram facilitation and research into organisational culture, diversity & inclusivity.

jessica-uys.com

Adventure - Kendra Hadley

ADVENTURE

Noun: An undertaking usually involving danger and unknown risks; the encountering of risks; and exciting or remarkable experience.

Verb: To expose to danger or loss; to venture upon; to proceed despite the risk; to take the risk.

I got this word because many believe me to be adventurous and I don't disagree.

But I wonder: what makes any of us more or less adventurous? Maybe this is a stretch but isn't everything we do an adventure?! Think of your life, what part of it doesn't involve some sort of risk? There's very little we do that doesn't involve proceeding despite danger and unknown risks.

Vulnerability and adventure especially aren't that different when you break it all down. To be vulnerable means to open ourselves up to be physically or emotionally wounded, attacked or damaged. That's pretty damned risky if you ask me!

Every day we run the risk of a piano dropping on our heads (or more likely getting hit by a truck) and yet we leave the house. We run the risk of having our hearts broken, but we love. We could be rejected, but we interact (even if it's online). We could fail, but we show up (even if it's not fully with confidence).

This is where language and mindset can be everything. Vulnerability is often seen as 'weak' while adventure is often seen as exciting, and courageous. But what is more courageous than opening yourself up to be hurt?? Realistically, LIFE is an adventure!

So, what if: instead of calling it vulnerability we called it adventure?

What if, instead of waking up and "adulting", or going to work, or dating, or whatever other high risk thing we are doing we went on an adventure?! What would change for you? How would you approach life and especially love differently?

Kendra Hadley



Kendra is a Confidence Coach, Registered Professional Counsellor and Self Love Ambassador based in Vancouver BC who helps people all over the world, from many nationalities and backgrounds, build confidence and dig deep to heal past pains, and work towards becoming the best version of themselves.

Her direct and nurturing approach connects people to themselves and others creating happy healthy relationships.

Kendra is the founder of the Self Love Sisterhood, a community and Meetup group where she hosts workshops, and programs empowering women to create connection, community, and self-love.

She also hosts multiple wellness workshops and retreats on anger release, self-care, workplace wellness, and volunteers with girls empowerment groups.

When she's not helping you find love, Kendra can usually be found at the beach with her loves, hiking Vancouver trails, petting everyone's dog, and planning her next workshop, retreat, or personal adventure.

kendrahadley.com

Mountain - Stephanie Sharp

Why are we so drawn to mountains?

Maybe it's the sheer massiveness of them?
Maybe it's the mystery of what hides inside
each crevasse, cave, or canyon?
Maybe it's the humbling and grounding
feeling that sweeps over us, feeling almost
insignificant next to such greatness?

All I know is this.
They are magnetic.
They pulse magnificent energy and pull you in.

Mountains are powerful forces that can take
ahold of you.
They can bring feelings of peace and
tranquillity by simply having gazed upon
them.

The stable structure of their vibrational
frequency draws in our unstable human
vibrations.
So when asking, why are we so drawn to
mountains?
It is because they radiate the most incredible,
irresistible energies.



Stephanie Sharp



Stef is a mama of 2, a creative entrepreneur and a barefoot gardener.

She and her husband create home decor products inspired by the local Rocky Mountains with their business Needle & Pine.

When they are not creating at home - they are exploring with their two little ones. They dream of living sustainably off the land, somewhere out in the middle of nowhere someday. But until then they practice the homestead life from their little home in the city with a small vegetable garden plot. They like to live the quiet life, working with their hands.

[@needle_and_pine](#)

Ancestors - Karrol Rikka

The Living Ancestors

by Karrol Rikka

Indigenous cultures across the globe acknowledge the interconnection and relatedness of all things. Teachings passed down throughout generations speak of the Earth as our Mother, Sun as our Father, and the trees, flowers, animals, insects, wind, and water as our brothers and sisters. Our ancestors have long held the wisdom that family extends beyond our biology and into nature itself. Inherited stories and myths recount the many tales of humans and the natural world as descendants of the same Source, therefore sharing a common ancestor. These stories affirm how we rely and depend on one another to maintain harmony and balance.

During times of change, I find a sense of comfort and belonging as I deepen further into these teachings. It reminds me to return to my roots. In the darkest of healing moments, I've often called upon the energy of my biological ancestors for support, while also feeling into the vibration of the living ancestors, the natural world. In the heart of this exists a sacred bond. It is a connection that requires tending, nurturing, nourishment, and most importantly LOVE. Cultivating my relationship with the Earth benefits my relationships with family, friends and myself. Developing the connection is as simple as taking a moment to pause. I tune into my body and my surroundings to receive guidance. This allows me to open up to the energetic flow of a given situation so that I may understand how to better transform and contribute to the world around me in a way that is beneficial for all.

So I honor my ancestors to assist in honoring myself. I honor those who have come before me. I honor those who are still with us and may soon make the transition. I honor those who will come after, the future ancestors who at this time lean on our teachings and wisdom for guidance. And in the spirit of sacred reciprocity, I honor Mother Earth, Father Sun and all their children as natural living ancestors because we are forever linked in the preservation of this world that we share.

Karrol Rikka

Karrol Rikka is a contributing author in three volumes of the 365 Book Series - 365 Ways to Connect with Your Soul, 365 Moments of Grace, and 365 Life Shifts.

A descendant of Filipino folk healers, she is a student, practitioner, and teacher of Andean and Peruvian Q'ero wisdom teachings.

Continuously inspired by the indigenous, mystical traditions of her elders and mentors, she combines her culture and heritage into her practice.

karrolrikka.com



Teach - Kerstin Martin



One of the things I most love about the internet is how it's opened up opportunities for EVERYONE to create a life in non-traditional ways: millennial graduates skip the 9-5 office and start their own online business, seasoned professionals leave their corporate jobs and become digital entrepreneurs, pensioners get another chance at fulfilling their lifelong dreams (read my mom's story at the [bottom of this page](#)).

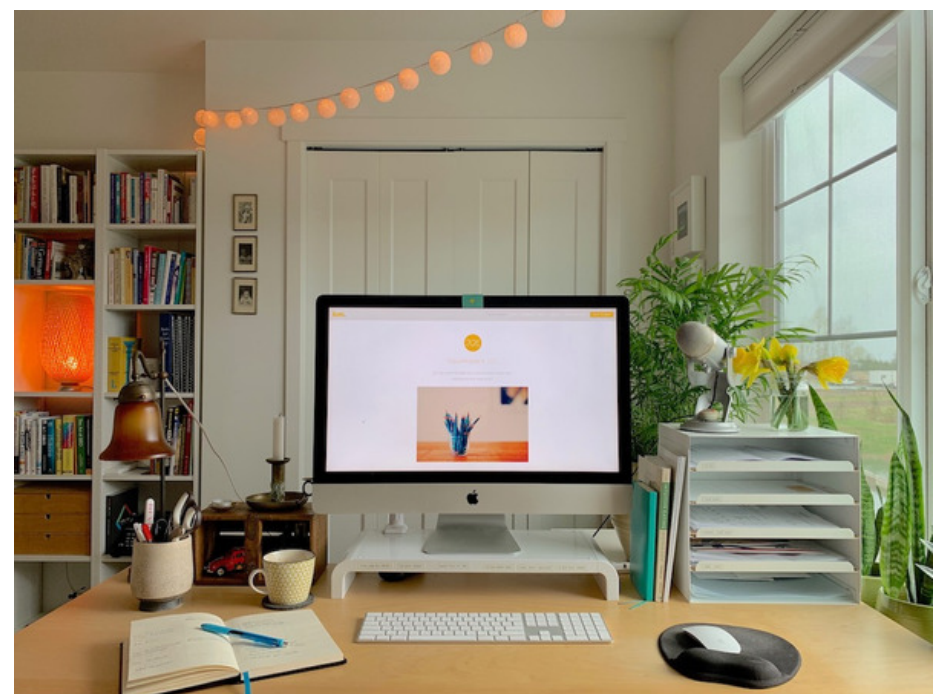
Or, in my case, non-academics get to teach what they are passionate about.

The internet is truly changing how we learn and teach which is great news for people like me who are university drop-outs and entirely self-taught instead. I have always been a very reluctant academic student, I much prefer to learn by doing and at my own pace. Rather than spending years on theoretical study without real-life application, I do much better if I can jump right in and learn along the way. Which, by the way, is not a derogatory reflection on the hard work and money people put into their degrees, nor the value of thorough training and intellectual pursuits. I am just saying that we are all different in how we process knowledge and traditional schooling utterly fails to recognize or facilitate that fact.

However, while the conventional classroom model is still widely used, the internet has opened up so many more opportunities to those of us who either don't respond well to the old-school system, or who cannot afford it or are otherwise excluded or discouraged from it. Well, guess what?

We can now go online and learn and teach in a way that aligns with our preferences, means, values and desires.

I'm actually not a complete stranger to teaching, during my airline career I loved and had a knack for presenting customer service and technical workshops, and I also created and facilitated a few self-development seminars on how to get over a broken heart! But had you ever told me that one day I'd be teaching online web design and business courses I probably would have laughed at you in disbelief. Web design required a degree or certification and that just wasn't on my radar at the time.



Yet here I am - in my 50s - teaching my heart out online and loving it!

Web design has been my geeky passion since 1999 when I spent a lot of money dialing into the internet (remember those days?) and taking HTML classes and creating my first website. In 2005 I started blogging and used Wordpress for a few years until discovering Squarespace in 2008. I never looked back. A platform like Squarespace allows someone like me, who is not a coder or developer, to focus on what I enjoy the most – visual design – and use my nonetheless substantial CSS and HTML skills to make it my own.

Then, in 2015, I joined Susannah Conway's class *The Inside Story* and it changed the trajectory of my business and life. (It is also where I met one of my favorite fellow Insiders, Alauna!)

I was fascinated by how Susannah had created an online business around teaching her craft and sharing her heart. She is one of the eCourse pioneers and the perfect antidote for the dreadful 'passive income' movement that tells us to identify a need in the market and then create eCourses and 'secret' formulas for success around this need so that we can eventually sit back and enjoy the passive income that will come rolling in. (Erm, there are no secrets, and there is nothing passive about being a successful online entrepreneur.)

That is so not what teaching is about, at least not for me.

Teach - Kerstin Martin



I first heard the phrase ‘heart-centered business’ in Inside Story and while it’s become one of those over-used and mis-represented terms I still like it because it best describes what running a business and teaching online courses is all about for me:

Creating a livelihood from a passion, utilizing modern technology with intention and heart while caring about providing a great service and delivering high-quality content and training.

I still love 1:1 web design but at the beginning of my fifth year in business, I realized that I could no longer do it all and shifted my full-time focus onto my eCourses which have grown a lot since taking Susannah’s class more than three years ago. Sharing my knowledge with my students and seeing them learn and thrive in a way that is aligned with their own values and passions gives me so much pleasure and does feel a bit like a calling.

These days I make a very good income from my courses but teaching is not just about the numbers for me, it’s about relationships, opportunity and substance. I go deep, not wide, and as my client or student you will always be seen and heard.

I believe that anyone can change their life, and that of others, by teaching online. In fact, we need more teachers who share from the heart and help us connect to our own passions.

Kerstin Martin



Kerstin Martin is a Squarespace Web Designer and officially endorsed Squarespace Authorized Trainer. Her popular online classes help both beginners and advanced users build beautiful websites, eCourses and thriving businesses with Squarespace.

Originally from Germany, Kerstin has traveled the world and lived in four countries on two continents before settling down in the beautiful Pacific Northwest with her husband and fluffy grey cat. Her path to web design includes working for an airline as well as information technology, corporate finance, and educational institutions, all of which informs and enriches her unique style and business acumen.

Kerstin believes in a heart-centered approach to business: providing great service and delivering high-quality content and training is at the core of everything she does. As her client or student, you will always be seen and heard.

kerstinmartin.com

Gemstone - Melissa Fenton

Drawing **manga** made it easy for me to explore my life and new situations. It was a form of therapy as I drew out situations and allowed the completion of a comic to guide me out of problems. Though I may have utilized knowledge in this world to form ones of my own, it was an escape from reality, from the universe, in many ways.

Had I paid attention to what the universe was guiding me to do, I would have saved myself a lot of energy throughout my 20s striving for a life I later fell out of love with. Completing my Bachelor of Arts at UVIC left me with a great education but I no longer felt the passion for drawing manga, something I 'knew' I wanted to do from an early age.

This falling out of love with my one passion left me empty inside, but at the same time allowed me to become receptive to the outer world. I climbed the corporate ladder at the company I was working for at the time, which I put all my energy and passion into. It left me dry and unhappy. Sure I was making decent money, but it wasn't fulfilling me...it didn't give anything back other than a paycheque.

One day a repeat client was digging around in her purse when all these gemstones fell out, each in their own little baggie. To me, it looked like treasure was pouring out. I inquired and she said she carved them all and proposed that I come to class and learn Lapidary.

Eventually, I went and thought it interesting that it existed walking distance from my home. I was instantly attracted to the art – I put in time and passion, and the result was a tangible piece of art in which could be used by others in a variety of ways. I made a circle, a free form, and a heart, as required to pass the class.

Ironically it was at the heart that I received the 'aha' moment that the universe was pushing me towards: “If I can make a heart, I can make ear plugs”, and with that, I went to drop-ins and carved myself a pair of Labradorite plugs. I was hooked.

You see, gemstones gave me hope. One passion died and I had no replacement that affected me in the same way. I gave my time and love and could see the end results with carving, just as I had done with drawing. The journey was something that allowed me to process things, but the end result was for others to enjoy. Making a comic and making stones fulfilled that same need in me.

Opening a small Etsy shop, I only had around 30 plugs/gauges to contribute. I had my first sale which felt incredible, but it was the shop feedback that made me grateful.

I carved raw stones into a circle so I could make plugs for stretched ears, and realized the end of the circle was receiving gratefulness from others who enjoyed my work.

Now gemstones give me community, as I share the same love many others do at rock and gem shows.

What do gemstones give you?

Melissa Fenton

Mel is a lapidary artist living on the west coast of Canada.

@gotstonedjewelry



Courage - Honey Trabitz

You've been invited to a party. A party thrown by kind people who you enjoy. The thing is, on the day of the party you find that you have no desire to go.

You come up with all the should's and could's. You should show your face. You could only stay for 30 minutes, then make your excuses.

But why though? Does bringing *meh* energy into someone else's space actually serve anyone? This happened to me recently.

My lovely new neighbors invited me to their baby shower. A short commute down 2 small sets of stairs. I already had a gift and easily could have popped in and out without disruption.

The thing is, I really did not feel up to socializing.

My inner critic warned me they'd think me rude. That it was selfish to not put on a smile and make an effort. That if I wasn't going to go I better make up a good excuse to explain why.

There was a time, years ago, when I would have listened -- dutifully doing all the things I "should" while ignoring what I really needed and wanted. Rather than make excuses I simply thanked them for the invitation and wished them a great time.

So, what does this have to do with courage? This low-stakes example highlights that we need to remember to listen to ourselves in all situations in order to determine what is true for us and then be willing to speak it out loud. Even when it might not be well received.

If we don't do it for the small things how will we ever manage when the stakes are much higher? To live an authentic life requires courage.

"Authenticity is not something we have or don't have. It's a practice — a conscious choice of how we want to live. Authenticity is actually a collection of choices, choices that we make every day. It's the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen." -- Brené Brown

And then like clockwork, my inner critic piped up again while writing this piece, asking, What if the readers think I'm a selfish hermit who shouldn't be invited anywhere ever again? -- giving me yet another opportunity to notice, even with all my professional training and practice, how wily the voice is that tries desperately to keep me safe and help me fit in. And so...more practice to ignore that voice, and continue to lean into authenticity.

"Fitting in is about assessing a situation and becoming who you need to be to be accepted. Belonging, on the other hand, doesn't require us to change who we are; it requires us to be who we are." -- Brené Brown

Courage - Honey Trabit

While my official title is Life Coach what I really do is stand in the proverbial open field calling, “Olly olly oxen free!” inviting everyone to come out of hiding. To get reacquainted with ourselves and what matters most to us. My heartfelt wish is that we would all drop our charades and characters in order to speak honestly, unapologetically so that we can live more authentically. This requires courage which requires vulnerability.

Living unapologetically is not about anarchy or rudeness. It is about aligning your life with your values and having the courage to live accordingly. In order to belong you must first discover and accept yourself for who you really are and who you are becoming.

The thing is, as a reformed people pleaser, putting myself first is still not easy, but I never regret it. Is there an area in your life where you might be hiding out? Where you are doing what you think you “should” instead of what you need or want for fear of not fitting in?

A powerful exercise that helps to bypass the should’s of your inner critic and determine what you truly think and feel is with a writing prompt.

Prompt: The thing is...

Grab a pen + notebook and write the prompt at the top of the page. Set a timer for 10 minutes. Keep your pen moving as you write. Don’t stop to think or edit or censor yourself just let whatever comes up come out.

Honey Trabit



Hello you!

As a Certified Co-Active Coach (CPCC) I believe we are the experts of our own lives. That when we allow ourselves to get quiet and move freely in nature, even better with bare feet, we can attune to our body’s wisdom and hear ourselves more clearly. I work with people who want to feel more deeply connected to their desires and values, creating resonance and understanding in their lives and relationships.

If this sounds like you or something you want to experience I offer complimentary, confidential chemistry sessions. Let’s explore what is possible for you from here!

honeytrabit.com

Altar - Brooke Russell

I have a great affiliation and deep love for altars and altar making. Altars have always represented a dynamic method for me to overlay this 3D physical reality with the intangible qualities of the higher spiritual realms: the end result is the creation of a bridge or portal between different dimensions and realities. Once an altar is constructed, the resulting spiritual/physical crossroads become a dynamic focal point for me to conduct mystical practices such as meditation, channeling, prayers, and alchemical/magickal spell work. Most importantly, my altars also become an open doorway to consciously welcome divinity into my personal space.

The high priestess in me is itching to provide concrete examples of what items and parameters are essential for a proper magickal altar - but my highest guidance knows that this information would do more hindrance than benefit if shared. Truly, altars need not be elaborate like those used in rituals of high ceremonial magick. I have had enormous success with small altars consisting of a single candle and a picture hidden in a closet to protect it from prying judgemental eyes.

Essentially, the most important aspects of constructing a successful altar are openness to spirit, conscious intent, and creativity. Humans are creator beings after all and our imaginations, intuitions and sincere invitations are actually all that is needed to create a meaningful sacred gateway for the divine to peep through the veil that separates physical reality from the higher realms. As I make all of my altars I simply drop into my heart space, tune into the essential qualities of the divine and let my creativity lead me forward. I am always amazed by what Spirit and I can co-create in this reality.

Brooke Russell

Brooke Russell is a crystal fanatic, tarot enthusiast, channeller of spirit and Registered Nurse.

@origamibrooke



Portrait - Heather Fiechter



Drawing and painting is my passion. To me, portraiture is the most alluring of all art. Nothing captivates me quite like a portrait of the human form.

My own artwork has morphed and changed so much over the years but one thing remains steady in my practice: my muse is always the human form. In college, I was enamored with the self-portraiture of great artists. Frida Kahlo and Vincent Van Gogh stick out in my mind as examples of the sort of self-exploration practice that touches my heart.

I have decided to share here a self-portrait that I made 11 years ago alongside a self-portrait from last month - April 2019. It feels a bit narcissistic to me to create a self portrait. I would like to challenge my thought process about that.

Are we all not worthy of exploring ourselves and being seen? I draw people almost every single day. Why not make some time for me? I wonder if you can see in the brush strokes and pencil smudges, all the things that girl in the first portrait has learned and felt and experienced.

A few things have certainly changed based on my weird to-do list in the first portrait. First of all, I have not gone to a gym in 10 years. Secondly, my mom asks ME for money now! I do love that I was prioritizing Harry Potter. Atta girl, younger Heather.

Note: I am 17 or 18 in the first portrait. I took that photo reference on my first ever digital camera (hello classic selfie) that I believe I received as a high school graduation gift and I am eating a hamburger before heading to the Fringe Festival in Saskatoon. The recent portrait reference was taken with an iPhone self-timer for the sole purpose of this project.



Heather Fiechter

Heather Fiechter is a visual artist born and living on Treaty 6 territory, Saskatoon, SK. Heather studied for 4 years at the Alberta College of Art and Design where she obtained a Bachelor of Arts degree in drawing.

Upon graduation, Heather opened an Etsy shop where she sells whimsical custom portraits.

[@lovelyworksbyheather](https://www.etsy.com/shop/lovelyworksbyheather)

Angel - Patti Stobbe

When most people hear/see the word Angel it conjures up the classic image of a lovely delicate feminine woman dressed in white, with wings and possibly a halo. To the best of my knowledge, I have never seen an Angel; however, I have felt and know their presence. Even as an Angel Empowerment Practitioner, I don't need to see to believe. I 'feel' my Angel team around me and that is enough.

Since I was a teenager, I have lived by the words, "If you don't ask, you don't get". Those words are never truer when it comes to the metaphysical world. I believe that you can tap into the Angel realm by engaging and integrating them into your daily life. I talk to my team all the time and know they are there, listening, and waiting to help, guide, and support me. I think of Angels as the quiet workhorses of the metaphysical world.

I believe that every person has and is supported by their team of Angels. Ask, listen and you will be heard.

Patti Stobbe

I began my journey into the metaphysical world with essential oils and crystals a number of years ago. I am now a certified Angel Empowerment Practitioner (AEP) and Hands-on Healer. For a number of years, I was an Angel Card Reader at a great crystals & book store in Calgary. My love for crystals and shiny bling you things has led me into making jewelry in my spare time.

I recently moved from Calgary, Alberta to Sarnia, Ontario for a new job. Without hesitation, I knew this was what I should do and where I should be. I drove 3,000km by myself, to a city that I had never been to and to a rental home that I had only seen pictures of. I believe my Angels answered by restlessness and presented me with this great new adventure. Look out world, here I come!

@patti.stobbe



May was... - Alauna Whelan

To sum up all that May has been would be an impossible feat! This was the third year of May Magick and each year it is incredibly special. Watching it grow and shift year over year is such a humbling experience.

The theme this year was to share heartfelt stories; whether that was sharing publicly, writing them down, through a photo or quote, or simply spending time with our own thoughts.

The email submissions provided by the 30 women who courageously agreed to join me had a depth and quality to them that has left me speechless. Their generous words and freebies were such a joy to look forward to each day.

We were blessed to gather together as a global community! It has been wonderful to learn from one another and find pieces of our own story reflected in others.

How often do we tell ourselves that our words don't matter, that our voices won't be heard? As I sit down to write this there are currently over 680 posts on Instagram using the hashtag [#maymagick2019](#).

The wonderful thing about Instagram is that it also groups similar hashtags. I scrolled through the ones that were connected to our group hashtag of [#maymagick2019](#).

They included:

[#windsofchange](#)

[#seethebeauty](#)

[#naturemeditation](#)

[#grounding](#)

[#impermanence](#)

Knowing that we all had a hand in curating those words speaks so deeply to my heart. In an age where our attention is constantly being clawed at, we carved out a quiet corner amongst the noise for pause, contemplation, and reflection.

Collectively we made our voices heard, we spoke our stories, we took up space!

Together we have woven the threads of connection yet again. Each year I never know what will transpire, what we will uncover, whose words or work will be what we have desperately been needing.

As we wrap up this incredible month together, I hope that you have found some solace, peace, and contentment along the way. I hope that you felt seen, heard and that May Magick contributed to something meaningful for you.

Alauna Whelan



Alauna believes that small acts can have a lasting impact.

She offers tools that assist women to cultivate peace, connection, and understanding within themselves.

As someone who has overcome PTSD, her work is built around the embodiment and care of self.

The act of lighting a candle, using an aromatic mist as a reminder to pause, wearing a piece of jewelry that represents empowerment, can provide profound solace and support.

Her products offer an opportunity to connect to your heart and feel at home with yourself.

[alaunawhelan.com](#)