



Live Love Light

MAY 2019

7

HABITS OF THE
SPIRITUAL
ENTREPRENEUR

SPRING INTO SPRING
CLEANING

EMOTIONAL
BALANCING
WITH ESSENTIAL
OILS

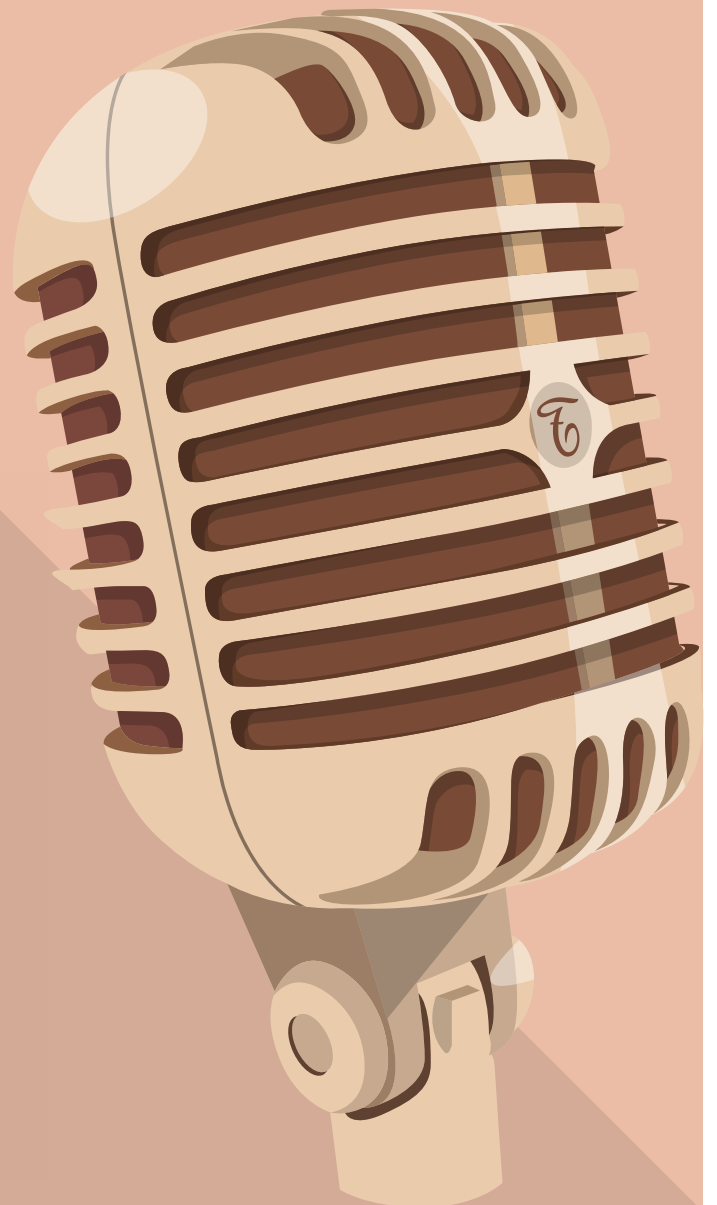
BEHIND THE
SCENES

OF LIVE, LOVE,
LIGHT

LIVE LOVE LIGHT

THE PODCAST

Coming Soon



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PUBLISHER'S LETTER



BLAIR HAYSE

Dear Readers,

As you open this first issue of Live, Love, Light Magazine, I hope you can feel the excitement!

First, I want to formally welcome you to the family. We are so glad you decided to subscribe and join our tribe of light.

Welcome!

It is with a heart full of gratitude I want to say thank you to each one of you who have subscribed during our launch and made this first issue a success right from the start.

You showed that you trusted we would deliver you a product that was amazing in quality before you ever even saw the first copy. I know that you are super excited to dig into the magazine, so I want to highlight a few things for you and then I want to let you get right into it!

This magazine is packed full of some great stuff.

As I was putting together the content, I could not believe how much great information, inspiration and impactful insights was packed into this magazine.

It is my hope that each month I can deliver this quality of a magazine straight to your inbox.

You will want to check out the great feature article that is all about a royal artist named Adam Podsednik. I was introduced to Adam through a mutual friend of ours Gabby Bernstein in one of her trainings. He was a former graduate of Spirit Junkies and I was going through the class at the time.

I immediately loved his personality, story and work. I followed him for some time and then I purchased a jacket from him that I love!

As I started the magazine, he was one of the first people I knew I wanted to interview and do a feature article on. I am so grateful that he allowed me to get all up in his personal space to learn more about him and be able to share with you all a line of work he is releasing soon that has NEVER been seen before this magazine. You are the first ones to lay eyes on this!

HELLO! How exciting is that?!?

PUBLISHER'S LETTER

You will also want to check out the guest articles this month which are all wonderful. There is an article about de-cluttering your life, one regarding embracing your shadows, one to help you understand essential oils better, one about healing yourself with EFT and one about dressing for success. I know for a fact you will glean a lot of information from these articles.

As I chose these authors and watched them craft their articles, I was amazed at all the wealth of knowledge they brought to the magazine this month.

Additionally, there are some great behind the scenes stuff, up and coming news, moon phase calendar, and a great article about manifesting what you desire.

I am so excited for you to dive into this magazine and I am even more excited as I get started working on next month's magazine. I know it will be just as divine. Until then....

Love and Light,

Blair xx



A ROYAL ARTIST'S PALETTE OF LOVE

A LIVE, LOVE, LIGHT MAGAZINE EXCLUSIVE INTERVIEW
WITH ARTIST ADAM PODSEDNIK OF REBIRTHE WHERE HE
UNVEILS HIS MAGICAL NEW, NEVER SEEN BEFORE,
COLLECTION.



Adam Podsednik, 36, former fashion designer for shows such as True Blood and Hannah Montana to name a few, exited the flashy life of California and re-located to Florida to be near family. What he found on the other side of the nation was a real contrast to the hustle and bustle of the city life in Los Angeles that he had grown accustomed to. "It was mainly just cows and pastures" said Adam as we settled into our Sunday afternoon interview, "I found myself slipping into a dark hole," Adam explained about how he began to drink a lot. At that time, he had no idea that the dark hole he was in would hold some surprising new beginnings for him on the other side.

It was in 2016-2017 that Adam was introduced to the teaching of Gabby Bernstein by his partner Val White. They attended the Spirit Junkie Masterclass I and II together. It was at this time Adam began his road to sobriety. As he took away his drinking habits, he decided he needed a new hobby to fill the void. He began making jewelry. He had always been creative and with his knowledge of the fashion industry, it made for the perfect match. The jewelry business took off and Adam named his new business, Rebirthe, in honor of his new beginnings. After a while, he stopped making jewelry. His partner, Val, was a yoga instructor and was bringing a new spiritual awareness to their town. Adam joined up with him as his assistant. One day Val told Adam to paint him an elephant on a shirt so he could wear it to yoga. "He pretty much just made me do it" said Adam as he recounted to me how his famous clothing brand began, "the rest was history, really."

A ROYAL ARTIST'S PALETTE OF LOVE

From the time he made that first simple piece, several years ago now, he has made many more to follow. His work has become much more intricate pieces. He works with denim, leather, luxury purses, t-shirts, and has even painted some converse shoes. While he has had a hand in diversity with items to paint, he states that denim is his favorite because it provides such a great canvas. He has found through the years that he is growing as an artist and as a person. He has seen so much progress since his first simple painting. He is often amazed when he puts pieces side by side of his work in the beginning compared to now. "It amazes me at the progress I have made as an artist" he stated.



"MY MIND GOES A MILLION MILES A MINUTE, I MEDITATE EACH MORNING, BUT IT CAN BE A STRUGGLE STILL."



ADAM PODSEDNİK

THE GUYS LOVE TO SHOW THEIR APPRECIATION TO THE ROYAL BACKGROUND THEY HAVE THROUGH THE ART THEY PRODUCE, THEIR COACHING THEMES, AND THEIR LOVE FOR TRADITIONS.

A ROYAL ARTIST'S PALETTE OF LOVE

He went on to state that he finds his painting to be therapeutic and that he gets lost in his painting. "I tend to hum a lot while I am painting without realizing I am even doing it" he laughed as he told me about how Val will be on a coaching call and must tell him to be quieter in his humming. He compared it to meditation for him, he said that he finds himself drifting away and his painting is "like a four-hour meditation." He also confessed that who he is painting for is equally as important to him. When I asked if he had ever painted for anyone famous, Adam pointed out that he painted for a lot of spiritual superstars. Both present superstars such as Gabby Bernstein and Andy Love as well as those that are up and coming to the spiritual superstar stage. Adam said while painting that "intuitive styling comes through." He tunes in and listens to his guides.

He also went on to state that painting is "calming" for him as he "allows the spirit to come through and surrenders to let the spirit take over." "I remember every piece I paint because they are special" said Adam as he went on to explain how he co-creates his jackets with those who commission him to make one for them. "Even if that person is not wearing the jacket, I still remember it and I remember how it felt to paint it" the artist went on to say.

"To Adam it is more than just art, "I get to learn about them. Each piece is unique, intricate and full of love" he said. He admitted his art and painting was spiritual work to him. His voice went soft, "It feels amazing to change people's lives."

When asked about his inspiration for painting, he quickly let me know that it helped to have an amazing partner and coach in Val, "he pushes me and pulls these amazing ideas from me", he explained. He admitted that Val was great at giving him suggestions and helping him when he had a block with a piece. He also listed out intuition and the people he looked up to as forms of encouragement. The range of people he looks up to included Gabby and Oprah. Other forms of motivation for him, unique tattoo artists and fashion magazines. He went on to confess that he is a magazine hoarder due to his fashion background. As most artists he also finds that his creativity can be sparked by something as simple as a walk downtown in his current city of Asheville. He acknowledged that he carries a small journal with him wherever he goes so that he can jot down ideas as they come to him. He also keeps a journal beside his bed to write down anything that comes to him through dreams. "It is as if I am in constant surrender" said Adam, "I just let the downloads come as I see and feel them."

A ROYAL ARTIST'S PALETTE OF LOVE

He also explained that both he and Val came from artistic minded women. He largely believes that a lot of his creativity stems from his mother who might not have been present a lot in his childhood, but his memories of her were majorly about her being creative. This gives his art a deeper meaning.

Adam specializes in making unique denim jackets that hold sentimental value. Each jacket is one of a kind. I asked Adam what some of his most unique jackets were and he stalled to think. "That is a hard question" he laughed, "Mary, Queen of Scots that I made for Val" he finally admitted. "That particular piece took me 3 days to paint and is very intricate and detailed" he went on to explain that both he and Val had royal backgrounds. As we chatted in the interview, I mentioned that I loved his mommy and me collections he had started doing with the denim jackets. He confessed they had been growing in popularity and recently he had made one for Gabby and her new son Oliver. He said people had really taken to the mommy and me idea for jackets, using them for great photography ideas as well.

When posed with the question of where he wanted to progress, first on his list is that he wants to advance in coaching.

He has already started on this advancement by teaming up with his partner Val and doing more group coaching.

They recently held a live event that was a huge success and are already in the works of planning more live events in the future.

ADAM POOSEDNIK



At the live events he plans on doing some art therapy and other classes that hone in on his fields of expertise. With his background and what he has overcome personally, he recognizes that he has an amazing opportunity to use his knowledge to teach others and this excites him. He wants to continue to do more spiritual work. According to Adam "things are really blowing up" with the coaching that he and Val are doing together. As far as his art, he would like to see Rebirthe expand to boutiques all over. "Rebirthe should be in every boutique" said Adam laughing.

As we chatted through the interview, the art pieces hanging on the wall behind him caught my eye. They were detailed royal paintings in bold gold frames. I asked Adam about the art. "Val and I are both artists, so we painted all of those because we are royalty" he explained "both of us have connections to Mary Queen of Scots and have royalty in our bloodline."

A ROYAL ARTIST'S PALETTE OF LOVE



A ROYAL ARTIST'S PALETTE OF LOVE

In the past few months Adam found that he was longing for an exhibit of wearable art, so he took to manifesting that right away. It had helped that he recently moved to Asheville, North Carolina which has a lot more cultural variety to it than where he had lived in Florida. The art district in Asheville became a favorite of his right from the start. He immediately envisioned having an exhibit and have models wearing all his pieces of art. He also pictured having them online as an exhibit. Dabbling with that artistic vision, his creativity starting flowing, and he began to make pieces. It was as if he was overflowing with creativity and he needed to get it out. He now has a closet full of jackets that has never been seen before. He has yet to unveil the collection, but even as we sat there and talked, I could feel the excitement he had for this new collection.

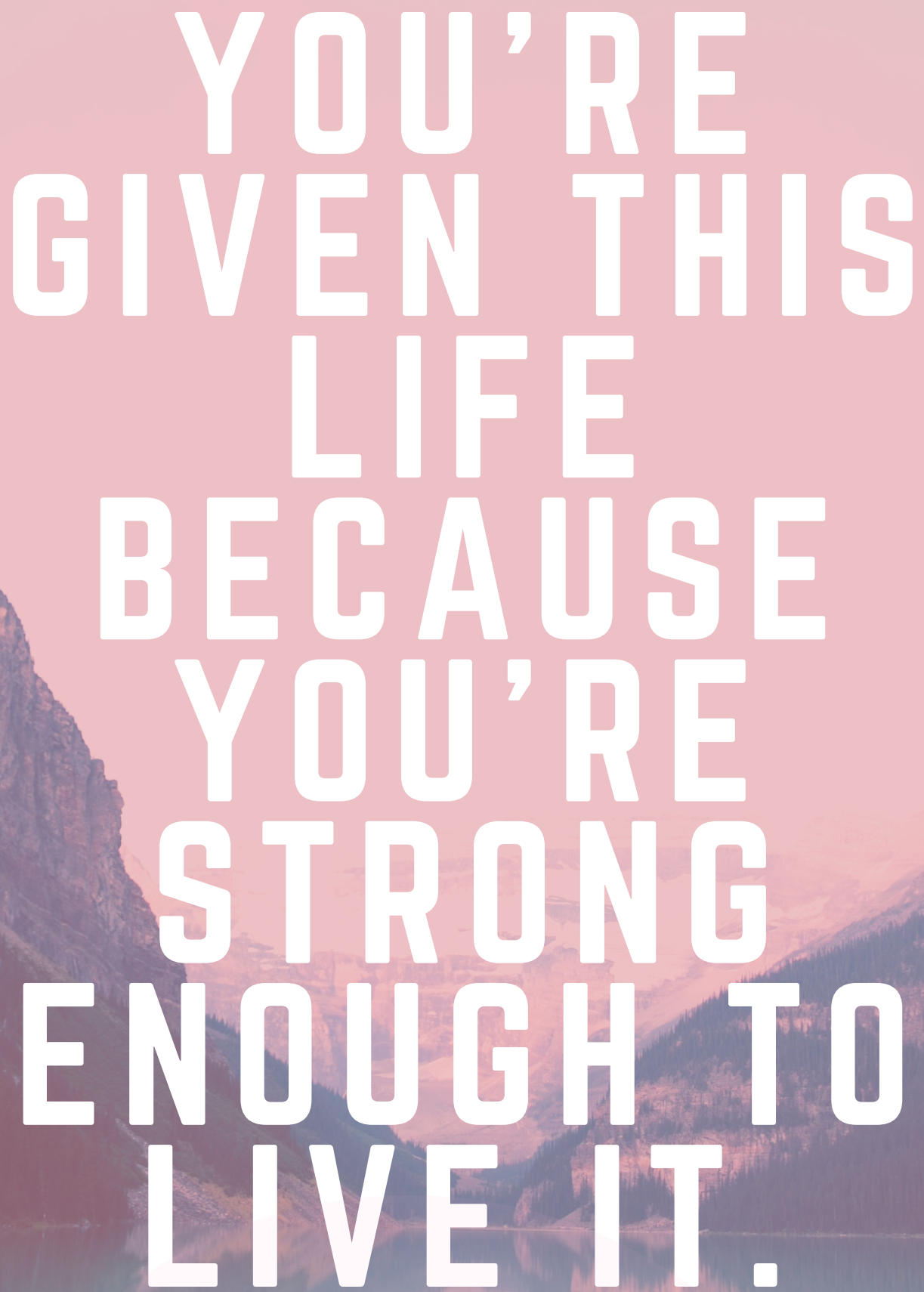


So, what has been hush hush up until now and never been seen, he told me he wanted to unveil them. He wanted this article to be the first time this collection is revealed. When I asked about details to the collection, he said that there was a theme to them, "Heavenly Bodies." The collection is amazing to say the least and as I glanced over the pictures that had never been shown before I could feel the goosebumps rise on my own body. He has an incredible talent and as publisher and owner of this magazine I am thrilled that my subscribers are the first to see this collection unveiled. It is breathtaking the details he has put into his painting. So, I hope you enjoy this remarkable collection and the information to get in touch with Adam is below.

Wrapping up the interview, I told Adam that when I had commissioned him to do my jacket, I was in tears when I unwrapped it. Adam's response "you had the one with windchimes and yellow butterflies, I remember that one well." He sure does remember every jacket because that was well over a year ago, I ordered it. To Adam, this is more than painting, or jackets, or art... it is changing people's lives and that can be felt every time I put that denim jacket on. They are made with love and that is not your average boutique piece of clothing.

ADAM CURRENTLY RESIDES IN NASHVILLE, NORTH CAROLINA WITH HIS PARTNER VAL WHITE.

HE CAN BE FOUND ON REBIRTHE.COM FOR HIS CLOTHING PIECES OR YOU CAN ORDER YOUR VERY OWN DENIM JACKET TO BE CUSTOM MADE. HE IS ALSO ON VALWHITE.COM FOR HIS COACHING, INCLUDING LIVE EVENTS.

The background of the image is a scenic landscape featuring a calm lake in the foreground, reflecting the surrounding mountains and sky. The mountains are rugged and covered in dense evergreen forests. The sky is a soft, hazy blue. A semi-transparent pinkish-red gradient is applied over the entire image, creating a warm, motivational atmosphere. Centered over this background is a block of white, bold, sans-serif text.

**YOU'RE
GIVEN THIS
LIFE
BECAUSE
YOU'RE
STRONG
ENOUGH TO
LIVE IT.**

Live Love Light MAGAZINE

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EFT – THE HEALING BENEFITS

For those that are not familiar with the term, EFT, one of the main questions they have is: "What is it?" Emotional Freedom Technique (EFT) or also known as "tapping" is a series of meridian based healing processes that combine acupuncture and psychology together. The effectiveness of this technique is achieved by disrupting the meridian system, the body's energy system, which can be negatively affected by emotional problems. Once the disruption is set, we start tapping on acupuncture points and sending energy through a meridian. This releases the blockages in your energy field so that you can experience a state of balance and wholeness.



WORKING WITH EFT AT A HOLISTIC LEVEL ALLOWS YOU TO HEAL ALL FOUR LEVELS OF THE HUMAN ENERGY FIELD AND AURA, OR WHAT IS ALSO KNOWN AS LEVELS OF CONSCIOUSNESS: PHYSICAL, EMOTIONAL, MENTAL AND SPIRITUAL.

CRISTINA PETTERSEN CARPIO



About the Guest Writer - Cristina Pettersen Carpio

In constant search to improve the quality of life and personal satisfaction; her life's purpose is to accompany people on their journey of transformation, so that they can release "negative" emotions and guide them with empathy to feel peace, love, better health, and achieve success in their lives.

International Life Coach and Holistic EFT Practitioner, Cristina has more than 7 years of experience in emotional management, empowerment from self-love and energy healing techniques. You will find Christina includes in her Coaching and Holistic EFT programs coaching, kinesiology, hypnotherapy and also her experience with NLP and Reiki Healing in order to release the blockages and old programming on the unconscious level, and then with the use of EFT and coaching start consciously creating and achieving goals.

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EFT – THE HEALING BENEFITS

The first level, the physical level, allows you to go from feeling pain, illness, and a lack of vitality to having a sense of physical wellbeing.

On the emotional or second level, painful memories and inner child issues are released in order to achieve emotional understanding and joy.

The third level is the mental level, which allows you to go from holding limiting beliefs that keep you stuck or hold you back, to experiencing unlimited thinking and possibilities.

Finally, on the fourth level of consciousness, we are loving and part of a unified whole.

During a Holistic EFT session many clients become aware of the challenges they have and how it is affecting them, and during a time span of six to twelve sessions they start healing systematically on all four levels.

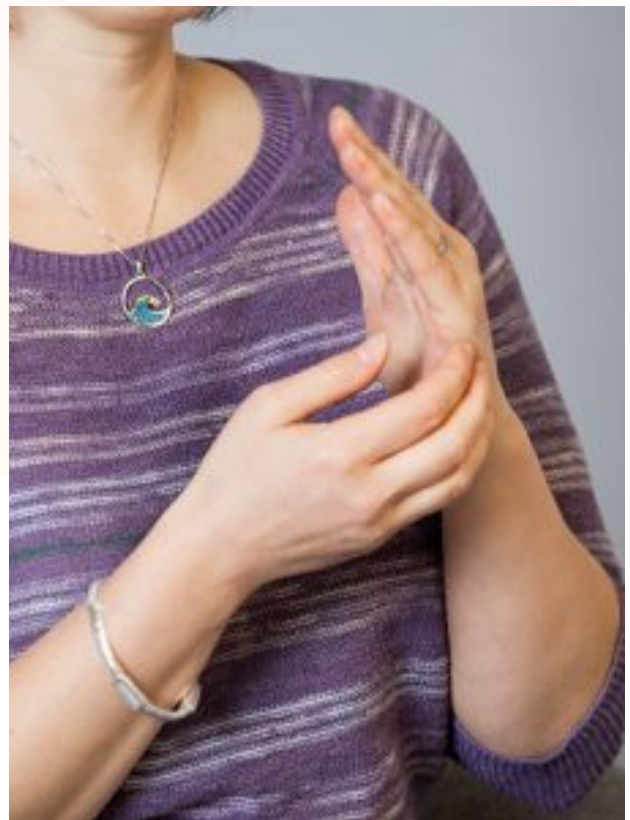
RELEASING STUCK EMOTIONS

During my years of working with emotions, most of us have been taught that negative emotions are bad, therefore we tend to ignore or repress them. Contrary to what most people tend to believe, negative emotions are as important as the positive ones. It is in fact, both types of emotions that allow us to have a balance in life. In addition, learning from these emotions and how to release them allows us to grow and keep moving forward in life.

This is one of the powerful reasons for using EFT Tapping.

LIVING ON AUTOMATIC

Most of the things we do in life come from old programming or unconscious activity in the mind. 95% of our actions are unconscious. This old programming creates blockages in the energy system and has us living on automatic with emotional patterns, reliving the same situations, persons, or emotions, making it almost impossible for us to overcome them with the use of willpower, on a conscious level. EFT is an excellent technique to heal and clear these blockages and to stop these automatic responses, so that we can stop reacting and can consciously start creating our lives.



WHAT CAN I USE EFT FOR?

Release stuck emotions:

My husband used to have a fear of flying, especially during turbulence, and using EFT has allowed him to become more relaxed during our flights.

I have had clients who have effectively released their anger, frustration and negative memories through my programs.

Personally, EFT has allowed me to release anxiety, fears and anger, as well as inner child issues that allowed me to heal and feel love and confidence in life.

Improve your health

It has been wonderful to lead workshops and have several clients release their food cravings that had them struggling with their health and weight goals.

Increase your effectiveness

Sometimes we are stopping ourselves with limiting beliefs such as “money is hard” or a fear of criticism or even a fear of success. As a result, from utilizing EFT, clients manage to release blockages and open the gates of abundance, speak in any public situation and improve their performance in sports and their careers as well.

In general, EFT Tapping allows you to get out of your comfort zone, challenge yourself, and release blockages in order to achieve your goals as well as feel peace, love and wholeness.

My Experience using EFT

There are over 14 million people in the world who use this healing technique and I, personally, have been using it for over 8 years. During this span of time, I went through several changes in my life, and no matter how much changed outside I ended up feeling lonely, depressed and disconnected. It was at this point I had to face my unresolved negative memories, inner child issues, fears and limiting beliefs.

I realized that all that I needed was to release those stuck emotions and inner child issues, and EFT became one of the main techniques I used for my inner healing journey.

As a result, after I managed to transform my own life, I decided to get certified as a Holistic EFT Practitioner and add this powerful technique as part of my Coaching and Emotional Freedom Programs. This has allowed me to help others by educating them on a technique that majorly changed my own life. It is something I have become passionate about and love helping others have transformation in their own lives with this technique.

CRISTINA PETTERSEN CARPIO

SPRING INTO SPRING CLEANING

Let me set the scene for you. It was a long weekend, packed with to-dos, laundry, grocery shopping, and kids' activities. My husband was out of town for work, so I was left to hold down the fort with two kids, while also being sick with the flu. Dirty dishes filled the sink, not a clean bottle in sight. Burp cloths littered the spit-up-covered couch. If there were any clean onesies for my infant son, I certainly couldn't find them. None of that mattered, because we were running late for my stepdaughter's volleyball game. This was not my finest moment, and I was less than "killing" it as a parent, let alone adult.

HALEY ROSE



About the Guest Writer - Haley Rose

Haley Rogers uses her personal experiences of decluttering along with her Type A and structured personality to coach others to simplify their homes and lives. She can use her professional experience of Advising and Project Management background to keep her clients motivated and on track.

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Facebook: Haley Rose Co.



MARIE KONDO, BESTSELLING AUTHOR OF THE LIFE-CHANGING MAGIC OF TIDYING UP, RECOMMENDS PUTTING ALL LIKE ITEMS IN AN AREA SO WE ARE CONFRONTED BY THE AMOUNT. SHE ASKS THE QUESTION, "DOES THIS SPARK JOY? IF IT DOES, KEEP IT. IF NOT, DISPOSE OF IT. THIS IS NOT ONLY THE SIMPLEST BUT ALSO THE MOST ACCURATE YARDSTICK BY WHICH TO JUDGE."

SPRING INTO SPRING CLEANING

I knew something had to change. I dreamt of hiring a cleaning crew to scrub my house top to bottom, simultaneously scrubbing away my tension and anxiety. But I knew the relief would only be temporary if I didn't address the root cause, clutter. Setting out to make my spring-cleaning list, my intuition told me the focus should be on simplification and decluttering. These tasks were in alignment with my vision to have a refreshed and relaxed home. And turns out I wasn't alone. Research conducted for the Huffington Post showed that 84 percent of Americans worry that their homes aren't organized (or clean) enough—and 55 percent of those folks say it's a big cause of stress.

SURROUNDED BY JOY

Marie Kondō, bestselling author of *The Life-Changing Magic of Tidying Up*, recommends putting all like items in an area so we are confronted by the amount. She asks the question, "Does this spark joy? If it does, keep it. If not, dispose of it. This is not only the simplest but also the most accurate yardstick by which to judge."

I started with an area of my home that I accessed every day, my closet. But some of the contents hadn't been touched in years. How could it be that I had a closet bursting at the seams but nothing to wear? All my clothes, even the ones hidden in off season totes, went onto my bed. After repeating the question of "Does this spark joy?" for each article of clothing,

I was left with a closet of neatly hung clothes, and drawers organized with shirts folded into compact squares. Now opening my drawers made me happy, because I was no longer confronted with ill-fitted or outdated items.

ALIGNMENT WITH YOUR TRUE SELF

My energy and happiness must have been contagious, as my 10-year old step-daughter asked if I could help her organize her room. I provided a brief overview of the steps and immediately she emptied her closet and dresser drawers.

Not wanting to hover while she sorted, I let her do this process on her own. Upon returning, there were two distinct piles. From her "keep" pile a clear sense of style emerged. Given the freedom to let go of gifted or hand me down items that didn't bring her joy, she was left with a closet full of clothes that she loved and would wear.

Sometimes the best way to align with our higher selves is to remove what no longer fits into our lives that we are trying to create. This applies to more than just our wardrobe and can be realized by evaluating our physical surroundings, daily habits, and even people in our lives. After getting rid of what we don't need, we're left with authenticity, and we don't get much closer to our higher selves than that.

SPRING INTO SPRING CLEANING

INCREASED ABUNDANCE

I replicated this same process with the rest of the belongings in my home: books, paperwork, baby items, toys, kitchen utensils; you name it, if it took up square footage, then I had to ask, does this bring me joy? After numerous trips to donation centers, sales transactions through Facebook Marketplace, and negotiations with my husband on what should stay or go, our home was finally decluttered. Decluttering is eye opening and reveals how much money has been spent on items that we don't use or enjoy. We can choose to learn from this lesson and be more mindful on our purchases moving forward. By shifting our mindset and only bringing into our homes what serves a purpose or brings us joy, we can reduce the amount of clutter in a proactive approach. By going through your possessions one by one, and essentially taking inventory of your home, it's easier to know off hand what you already own or what gaps exists. This can prevent purchasing duplicates and can save us money in the long run.



MINDFULNESS

I open the cupboard and can quickly locate a bag of microwave popcorn, nestled in a basket with other snack foods. Once it's popped, I walk around the baskets of neatly organized toys and board games to join my family on the couch for a Friday night movie. With less time spent on picking up after everyone else, I'm given back some precious time to be more present with my family. Sure, things still get unorganized from time to time, but my anxiety and stress levels remain low knowing that everything has a place it belongs.

Decluttering and organizing is so much more than putting items in a donation pile. It's refreshing our minds, bodies, and spirits, allowing us to just be in the present moment. This process also allows us to think about our possessions in a different and unemotional way. To quote Marie Kondo, "When you come across something that you cannot part with, think carefully about its true purpose in your life. You'll be surprised at how many of the things you possess have already fulfilled their role. By acknowledging their contribution and letting them go with gratitude, you will be able to truly put the things you own, and your life, in order. In the end, all that will remain are the things that you really treasure. To truly cherish the things that are important to you, you must first discard those that have outlived their purpose."

SPRING INTO SPRING CLEANING

SPRING CLEANING AND DECLUTTERING TIPS CORNER

1. **Say or write some positive affirmations** to set the intention for your project. Here are a few examples to get you started:

-I am relaxed and at peace in my organized home

-Now that I have decluttered, I love everything that I am surrounded by

-I am intentional about what I choose to bring into my home

1. **Envision what you'd like your home to look and feel like.**

What kind of energy does it have?

2. **Pick a day, weekend, or even week to clean and declutter.**

Make it an event to look forward to!

3. **Get everyone in the household involved, make it a family affair!**

Everyone had some part in contributing to the clutter but can also realize the benefits.

4. **Make a high vibe playlist and use your favorite candles or essential oils to keep the energy up.**

5. **Enjoy the process.**

After all, you deserve to be surround by only things that bring you joy.

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BEHIND THE SCENES

LIVE, LOVE, LIGHT MAGAZINE CAME ABOUT BECAUSE OF A VISION. A VISION THAT WAS HELD BY A YOUNG LADY WHO LOVED TO WRITE, BUT ALSO LOVED HER SPIRITUALITY.



When she wondered why she couldn't have them both, a wise mentor told her: "Then don't choose. Do them both." The mentor offered a suggestion about a local magazine targeted to the spiritual audience, but it was only magnified later by the young lady's vision to become a much larger audience. She wanted the magazine to be global. To be digital. To be there for anyone who was aligned with it. This is how the idea of Live, Love, Light Magazine emerged into a reality. We have worked hard to assure that this first article hit your inbox with all the bells and whistles to make it a magazine that would continue to leave its impact on others for many years to come. We wanted to make sure that the articles were inspirational,

informative, and most of all impactful. It is something we have invested a lot of time and effort into. We screen each guest writer and make sure that their content is something that will benefit our readers. We want you to open each issue and have information that you need. We want you to look forward to each issue as it comes because you know the great content it provides. We welcome anyone who wants to write for us to make sure they submit their articles to blairhayes@gmail.com. We would need your article...1000 to 1200 words in length, your bio with links included to how they can work with you, and a head shot picture for us to use. We do not charge currently for our guest writers to place articles in the magazine, instead we only ask that you help promote the magazine through your own social media base as well as subscribe to the magazine to show your support to other authors like yourself.

We spend hours editing articles, making sure only the best lands on the page in front of you, we contribute articles ourselves, and we work on the layout of the magazine to make sure that everything is created in a way that will present well to the reader.

We absolutely could not do this without our graphic designer, Fran Matteini who makes it all look beautiful, I know when you think graphic designer you think of the person behind the scenes who gets all the technical stuff right and who designs all the pictures, but this is so far from the truth with Fran. Fran has become a soul sister over the past few years of her working with me. She does amazing work herself, that you can read about in this magazine. She coaches, designs this beautiful magazine, has helped me on all my own coaching projects, is in the process of becoming a published author, and she collaborates with me on this magazine. She is the one person I bounce ideas with, who helps me consider all the aspects I need to consider as a publisher, and so much more. It is an honor to have her in my corner and her play a huge part in this project with me. I am so grateful for all she does and all she continues to do. I can never express that enough.

So, that is behind the scenes here at Live, Love, Light Magazine. We have some exciting new things in the pipeline as the magazine gains momentum. We welcome you to please invite your friends to subscribe and partake in the magazine as well.

Until next month...Lots of Love and Light to you...

Blair

THE GREAT POWER OF MANIFESTING WITH THE MOON

i've always been a child of the Moon. Since I was just a little girl, my connection with it was extremely strong and that's when i started my journey, exploring and getting to know all about it.

I deeply believe that our lives are influenced by the moon and you might believe it or not... This beautiful being will continue to do so! It is important to living in harmony with the cycles of the moon, and understand how to live in tune with it to bring action to your intentions. It's important to use the full moon to amplify your intentions through the second half of the cycle.

Rituals are a beautiful way to connect to your inner being throughout life.

The full moon and the week leading up the full moon can bring some crazy energy with it. However, it's a magical time to spark intentions that you are holding in your heart and take them to a new vibration in order for them to finally manifest. It's a wonderful time to activate the Law of Attraction.



FRAN MATTEINI



About the Guest Writer - Fran Matteini

Fran has worked online for a long time. She has started her entrepreneurial career as a virtual assistant, until she found out that her passion and love for manifestation, ritual and all the good witchy things could have helped other women succeed and become more aligned.

She is going to launch her new business in a few weeks and her manifestation program along with it!

You can find Fran at:

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IN ORDER TO MANIFEST MORE ABUNDANCE INTO
YOUR LIFE YOU NEED TO BE READY TO SPARK A
DEEPER CONNECTION WITH THE UNIVERSE.

THE GREAT POWER OF MANIFESTING WITH THE MOON

Full moon rituals have the power to recharge and recalibrate your energy by allowing you to channel the “crazy energy” into a useful method of consciously manifesting your desires. But you need to know what to do and how to ask for what you have been desiring.

Here are The 5 Powerful Steps to activate the full moon manifestation energy and make the most of it!

USE WHAT YOU HAVE

Don't wait until you have everything YOU THINK it might be necessary for this ritual. Take all the things that make you feel inspired, like an Oracle deck (to use after the ritual), some candles, sage to burn, your crystals. And of course, a journal, in case you feel like putting down some powerful affirmations!

CREATE A SACRED MANIFESTING SPACE

Now, take all of your stuff, make sure you have a comfortable place to seat on the floor, if that's in front of a window and you can see the moon right through it, it's even better!

I always suggest to get in nature, when the weather is good. That's a potent way to reconnect with the ancestral and get in alignment with our power.

CLEAR YOUR SPACE BEFORE THE RITUAL

Now, it's time to burn! Take your sage, or palo santo or if you don't have them, you can use an incense stick, and burn the negativity out!

Say a small invocation before you clear the space.

“Dear Universe, May I now be permitted to clear this space so that the power of my manifesting ritual is magnified and amplified with the energy of the full moon. So be it, so it is.”

Grounding is really important when you do new moon or full moon rituals.

BE PRESENT

Allow yourself to lead with your heart with this process. It's so easy to get taken off track with the urge to self-sabotage. Remember that doubts are part of the process. You can't control how you feel when the doubt rises up, but you can choose to re-frame it in order to see it as a vital balancing force for the process to be successful.

Really dive into the core feelings of having what you really want. Ask yourself "What my highest self would do now?"

But don't forget to have fun while doing it and enjoy the magical journey of manifesting your desires!

DRESS FOR SUCCESS

HOW YOUR STYLE AND CLOTHING
AFFECT THE MESSAGE OF YOUR
BRANDING AND BUSINESS (AND
SUCCESS!)

Visually how you show up online matters;
what you wear and how you present yourself.
The basic take-away from that means every
split-second counts.

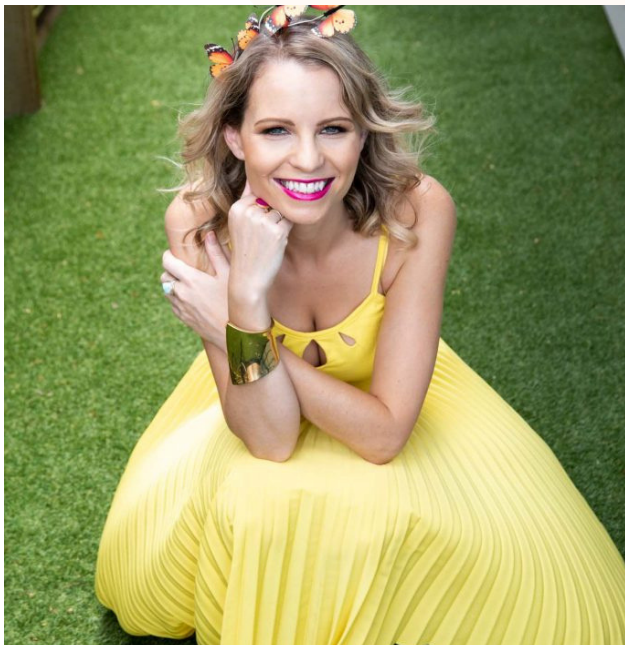
We have approximately 1/10 of a second to
make the right impression.

Let me explain that to you what that means,
before you've spoken, your potential client
will have already summed you up, decided
who they think you are, what you represent,
how you can help (if you can help), and if they
like you.

So what do they use to sum you up in such a
short time frame?

It's what you look like and how you present
yourself – because believe it or not, how you
look is a WHOLE language of itself.

As a woman or man in business, or one who
may want to start a business, your clothes
and style is a weapon you need to use as one
of your strongest resources.



HAYLEY HENDERSON



About the Guest Writer - Hayley Henderson

I'm Hayley, Branding Stylist and Communication Alchemist, a practical modern catalyst for deep and positive change.

I help ambitious entrepreneurs who want to get on with running their business and don't want to worry about 'their look' or 'pretty' stuff (aka Branding).

I show you how to use Style and Colour to reflect and strengthen your message, so you have a brand that builds authenticity, brings in cash, clients, and deep connections so you are living your purpose in divine alignment.

Lashings of Love and Lipstick,

Hayley

www.pearlsandarmour.com

Facebook: Pearls and Armour – Hayley Henderson

DRESS FOR SUCCESS

THE CLOTHES IN YOUR WARDROBE NEED TO BE YOUR WEAPON OF WHAT YOU WANT TO SAY TO THE WORLD.

Let me give examples of this in motion...

You wouldn't wear your PJ's to a boardroom meeting, because no one will take you seriously.

You wouldn't wear casual clothes to a ball, because you will appear effortless.

You wouldn't wear dirty clothes, well, because you will appear dirty and lazy. I'm pretty sure we can all agree on that one!

What you wear matters, your clothes (including the colours) conveys a message about who you are (the queen wears a crown), tells strangers you belong to a team (think sports or work uniforms), what you wear also tells people about your beliefs, where you come from, how old you are, etc.

THE PIECES OF CLOTHES YOU WEAR EVERYDAY ARE A SOURCE OF COMMUNICATION.

In the online world, the branding and marketing visual presentation of your business is **CRITICAL** to conveying the right message about you, your services, and your products.

Take Facebook videos and live videos as an example, when someone is scrolling through their newsfeed, they see your video, which is immediately on mute before they hear you speaking. They don't hear your important message, but they see your clothes, your face, and whatever background you have behind you.

They decide at that split-second moment, based on what they see, if they should click to hear the words being spoken.

Based on the information I just gave you; I'd like to talk about something that is an easy move you can make today to create a fierce and authentic message.

Did you know if you wear clothes of a particular colour, they vibrate a particular frequency and that frequency is a message to anyone whom sees you?

You've all heard of frequency and vibration.

You've all heard of chakras (hopefully).

Well, did you know the colours of the chakras create a particular message to the conscious and the subconscious?

Let's begin at the bottom of the chakras with an example to help bring the importance of this home for you.

Red.

Red is the colour and vibration of our root chakra. The red of this chakra is the root of the physical body in three dimensions. It focuses on our earthly life and deals with issues associated with survival (blood included), endurance, grounding, maintaining and nourishing vital life. It is also deeply associated with our sexual organs and glands.

The colour red symbolizes courage and success. It is hot, stimulating and it's our life force colour.

Red is the colour of our blood, red is the colour of fire, red is the colour that commands attention and connects viewer's right into that part of themselves.

DRESS FOR SUCCESS

Think about what happens when a woman wears scarlet red lipstick around a man, he notices, and it gets his blood circulating. Think about when you wear red lipstick, how sassy and on fire do you feel? A lick of red lipstick can go a long way when you're tired and don't have the energy to show up.

Because red is stimulating, it is often used for companies in the food industry, i.e.: McDonalds.



Red is also the first to emerge on the visible light spectrum and is the longest of the visible rays. As the first colour to emerge, it speaks to creation and its structure (the physical side of life).

Red is the colour of Christmas, gifts of money are placed in red envelopes in Eastern Cultures, and we speak of 'painting the town red' = all of which indicate the material, spending, and speaks abundance.

Because red speaks to our beginnings in life, symbolically we use red to demonstrate love and passion i.e.: red roses.

I recommend using red in your online marketing to get attention, a smooch of red lipstick for an important video teamed with red nails will get a lot of attention and engagement. Red is exciting and people are always looking for exciting things. If you show up today wearing red, it will gain you instant attention and engagement. And what that means in the online world of marketing, including being personal business, is engagement.

Engagement = money.

Red is also just the beginning of how colour, style and clothing affect branding and business success both online and offline.

There are any more chakras to explore along with how to wear clothes to effectively communicate the message you want and need to get out into the world.

If you would like to create more engagement, attention and convert more clients, you must be using your visual presentation and style of clothing to your full advantage.

Ready to nail every piece of content you produce for your business and stop spinning your wheel to get engagement? You can find me on Facebook or visit my website www.pearlsandarmour.com

Sending you lashings of love and lipstick...

Xo
Hayley

LIVE LOVE LIGHT

THE ONLINE STORE

Coming Soon



EMBRACING THE DARK SIDE & OUR SHADOWS

Most may not realize it at first, but your shadows are your biggest blessings. Your shadow side is an integral part of your being. You wouldn't be you without the light OR the dark (your shadow side).

If you aren't familiar with the term shadow here's a brief overview. Your shadow is another way to refer to your subconscious mind, a.k.a. the thoughts you aren't fully aware of, or even 'dark' emotions like anger, depression, anxiety, addiction, etc.

Not all shadows are on the negative spectrum, though. Often we have been conditioned to hide our quirks and free-spirited nature, too. Your shadows are quite simply everything you keep hidden.

Most tend to view our shadow side as bad and undesirable when in all reality it's just another part of your being. It makes you whole and complete. It allows you to know and experience joy and bliss, because you cannot know true happiness until you've experienced pain, as well.

Interesting way to reframe your less desired behaviors, huh?



AMANDA HERR



About the Guest Writer - Amanda Herr- Soul Whisperer & Intuitive Life Purpose Guide

Amanda is an Intuitive Life Purpose Guide here to help you create your spiritually-centered, soul-led business. Her mission is to help you clarify your path and purpose in life so you can create a business that feels right to you so you can create the life you've have always envisioned. One of freedom, impact, abundance, and bliss.

Website: coachalifeofdreams.com

Free 3 day email course to guide you on how to move from your shadows & Step Into Your Purpose

IG-@lifeofdreams333,

Pinterest: www.pinterest.com/coachalifeofdreams/

FB Page: <https://www.facebook.com/livealifeofdreams/>

EMBRACING THE DARK SIDE & OUR SHADOWS

So now that you have an understanding around your shadows and how it's here to serve you let's talk about how you can move into shadow work so you can use your shadow side to your advantage.

2 SIMPLE STEPS OF SHADOW WORK

1. Recognize Your Shadows

The first step in shadow work is learning to recognize your shadows. In other words, bring awareness to your dark side. In order to understand something, you must first be aware of it. Awareness is key to everything in life.

This may seem a bit tricky though, since our shadows reside within our subconscious mind. If your shadows are a part of your subconscious mind you may be wondering how you can even begin to recognize what they are. Well, it's easier than you think. To recognize what your shadows are, you need to tune into your emotions and what you tend to shut out. The emotions that we feel hard wired to shut down are the parts of ourselves that we are hiding from the world.

If you want to experience the world with your mask off, in full bloom, without a care in the world, you **MUST** learn to understand and recognize your shadows so you can release the power they hold over you!

Action Step: *Take a moment at the end of the day and write down as many times as you can remember when you stopped yourself from experiencing a 'negative' emotion, such as, anger or anxiety or from experiencing your quirky, silly side. Try to recall what triggered the emotions and why you choose to hold back.*

The point of this exercise is to simply bring awareness to what you experience. You are not trying to fix or change anything about yourself.

Don't expect to have everything all figured out when it comes to your shadow side right now. This is a massive process. Right now, you are opening the door to understanding so that what is revealed at other times can be dealt with in an easier manner.

EMBRACING THE DARK SIDE & OUR SHADOWS

2 SIMPLE STEPS OF SHADOW WORK

2. Address Your Shadows

Now that you have a better understanding of what your shadows are and are aware of them, you can begin to address your shadows.

The reason you feel self-doubt, unworthiness, etc. is because you are not addressing your shadows. You are not allowing yourself to heal.

To address your shadows, you must accept your shadows. You are aware of some of the shadows you hold, and you will become more and more aware of others over time, but to truly move forward with your life you must accept that your shadows are a part of who you are.

You are not meant to hide your shadows from the world. You are meant to experience every emotion you feel. This is not to say you need to take your emotions, like anger, out on others, but it is to say that it is perfectly okay for you to be angry. You don't even have to hold it back in the moment. Allow the other person to know that you are upset and angry.

Communicate your experience with them. A part of living in this world is learning and relaying important information to communicate. Your world opens when you learn to open up. If someone doesn't wish to experience this side of you, perhaps, they aren't meant for you.

Of course, this means you must be willing to open up and listen to their shadowy emotions too which will be much easier now that you are dealing with your own shadows. In fact, you may be able to help them navigate certain aspects of it, but you are not expected to. Support what you can handle but know that you are never required to do more than you can handle. That doesn't serve you or them.

It's time to accept every part of your being. Love yourself just as you are. That is what it means to heal your shadows.

Once you accept yourself, others will accept you. And for those that don't, you can release them, because now that you are on the path of self-love you will find others that accept you for you.

Action Step: Take 3 'negative' parts of yourself and write out an affirmation for each one. Write out something that you fully believe. If you deal with a lot of anger write out an affirmation that speaks to your anger. For example, "My anger is another version of my love. It is here to serve me". In saying this you are now able to see your anger for what it really is.

EMBRACING THE DARK SIDE & OUR SHADOWS

Part of living in this 3D reality is to experience the duality of it all. The light and the dark. The happy and the sad. The bliss and the rage. The healing and the pain. The other part is recognizing that all of it is just a part of what we are here to experience and that in order to move forward, heal, and transcend we must be willing to accept everything as it is. This is how we see ourselves as whole, complete, and perfect just as we are. This is how we use love to transcend everything.

You are a beautiful, amazing being, made perfectly, despite what you may think. Your greatest lessons come from you being just as you are.

AMANDA HERR



7 HABITS OF SPIRITUAL ENTREPRENEUR

Being an entrepreneur is hard.

And by hard, I mean it has days you want to literally throw in the towel and walk away.

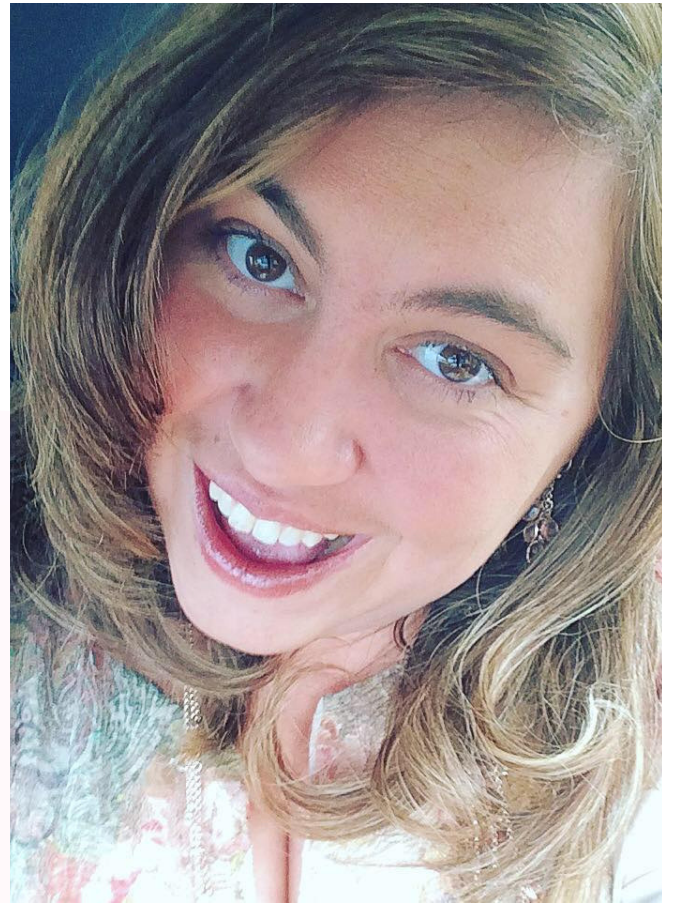
Then there are days that you are on an emotional high and so thankful that you do the work you do.

Then there are days you break and cry.

It is an emotional roller coaster like no other. Until one has walked a mile in the shoes of the entrepreneur then they really have no idea. They only see the glam and the ease of working from home. Not all the sweat, tears, late nights you sacrifice and early mornings you work because you have clients in all corners of the world. They do not see all the programs you launched and ideas you had that fell flat until you found something that took off. They don't see all the doubt you had and maybe still have on certain days if this is the right path that you chose to walk.

So, yes, being an entrepreneur is hard.

BLAIR HAYSE



About the Guest Writer - Blair Hayse

Hello...I am Blair Hayse, a grief and Loss Coach, author and motivational speaker.

Founder of Live Love Light Magazine.

I also speak and write on inspirational subjects such as hope in grief and other topics of motivation using my personal story as the base of all the work I do.

Click here for your very own free copy of 5 Ways to find hope in your Time of Loss



7 HABITS OF SPIRITUAL ENTREPRENEUR

On top of that being a spiritual entrepreneur is even harder. There are hardly words for the resistance you first receive when you decide this is your calling and this is your path. I always refer to this phase as the test phase. The one where you come so close to folding your cards that the Universe knows that you have truly chosen this path because you keep a poker face and hold on for the ride.

As I dive into the 7 habits of the spiritual entrepreneur, I hope you find them helpful in your daily walk. Whether that be the walk you just started, one you have been on for many years or one that you are trying to decide if this is your own path.

THEY KNOW THE IMPORTANCE OF RECHARGING.

One of the most important habits you will find the lightworker putting into place is time to recharge themselves. When you give light every day, you find that you need to replenish that light within you. For every person this act of recharging is different. For some it is spending quality time “unplugged” or with family. Others find it in nature or in art. There is no right or wrong way to recharge yourself. Find that one perfect moment where you forget you exist because you are in the moment of happy bliss and that is where you should recharge. Think about the activity you run to when your life is a mess and you need to calm down or refocus. What activity do you find yourself gravitating to when you have had a bad day, more than likely that activity is your answer for recharging.

The world sometimes tried to make you feel guilty for taking time for yourself, but truth is the spiritual entrepreneur knows that this is a key ingredient. You cannot pour from an empty cup and therefore refilling your cup becomes a priority.

THEY TAKE TIME TO MEDITATE.

The spiritual entrepreneur has learned that getting quiet and looking within helps them maintain their lifestyle of spirituality. It is a necessity and once in the habit to do it one will easily see why it is important. Meditation can truly change your life and your outlook in life. It can help you make better decisions, calm down when worried, find more peace, lead you to answers you may seek, or even write your next program you want to sell. Taking time to look within and ask for guidance is a habit that the spiritual entrepreneur takes on with grave importance. Life can throw you so many curves, but meditating can help you take those curves with more grace and a better peace of mind. Your reactions to life become more thought out and you learn to walk the path of being quiet because that is when you hear the most.



7 HABITS OF SPIRITUAL ENTREPRENEUR

THEY ALWAYS, I MEAN, ALWAYS, TRUST THEIR INTUITION.

I can not stress this enough. When you are aligned you will find that your gut tells you all you need to know. The spiritual entrepreneur knows that this is important because you will never have a clearer compass than that of your intuition. You know that feeling you get in the pit of your stomach when you do something and then when something happens you say, “I knew it” or “I had a feeling this was a bad choice”?

That is your gut trying to warn you not to do it. How many times have you made a choice and then wished you had listened to your gut instinct?

Or how many teachers have told you when taking a test to go with your first pick to a question you don't know because your gut is usually right. The more you practice using this internal compass, the clearer your road ahead will get with each turn. The more you use it, the better you get at discerning it. And the more you see how well it guides you, the more you will lean into it because you know the power it holds.

THEY BELIEVE IN AND PRACTICE THE POWER OF MANIFESTATION.

They know that to see it and believe it will bring them to their goals faster. They know the power of visualization and the power of overcoming limiting beliefs that hinder them. They are willing to break through those limiting thought patterns so that they can create a better life for themselves.

They know that with manifestation comes hard work. One without the other will never work. You can have all the belief in the world, but if you do not back it with action, then it is dead. You can work hard all the time, but if you do not believe in what you do, it too will never succeed. They have learned to bind those two together and break through the glass ceiling that most people settle for in life to achieve what others only dream of achieving.

THEY BUILD A STRONG INNER SUPPORT SYSTEM.

The spiritual entrepreneur knows that they need to surround themselves with those who will lift them up. They only allow people in their inner circle who will challenge them to keep fighting, encourage them when they feel like throwing in the towel, that practice the same strong spiritual beliefs they do. Why? Because the old saying “you become who you surround yourself with” is true. It has been said before, “show me a man's friends and I will show you that man.” What a true statement. We become like those we surround ourselves with. The spiritual entrepreneur has figured that out and has chosen to surround themselves with people who make them better. This ensures that person success for their future. You are who you spend time with. If you want to become a better person, maybe changing to surround yourself with a stronger circle of friends is exactly the first step you should take. .

7 HABITS OF SPIRITUAL ENTREPRENEUR

The spiritual entrepreneur also knows when they want to grow and become even better than they are to choose friends who have the qualities or success in life they want...then spend time with them, learn from them, practice what they teach and do daily



*THEY HAVE ACCEPTED THAT
THEY ARE IN CONTINUAL
SPIRITUAL GROWTH.*

The spiritual entrepreneur knows that we are all in different stages of growth. This realization helps them stay out of the judgement zone because it allows them to realize just because they might see something differently does not make them right or wrong. Instead it means they are at a different stage of growth in their life than the other person. They are more prone to listen, respect other's opinions, try to see a different point of view, and are not afraid of challenging their own viewpoint because it might be an opportunity for them to grow themselves. When you realize that we are all on this journey of life,

and we all are trying to be better people then you can respect that other's will not always see things the way you do and you will no longer feel the need to make them come to your conclusions to validate yourself in what you believe. Instead you will know what you believe and why you believe it, but you also know you are always growing, and those beliefs can shift and change as you see the world differently in your growth. The ground principles will always be the same, but how you practice them can be very fluid.

THEY PRACTICE GRATITUDE.

The spiritual entrepreneur knows the significance of being grateful. It isn't that their life is always perfect or that they sometimes do not feel fear creep in. They are humans and they too experience the ups and downs of life, but during these times whether good or bad, they are grateful. They are grateful for others in their life. They are grateful for what they have in their life no matter how small that might be. They are grateful even for the things that are not right in their life because they realize that those things are what is building them to take the next step in their journey. They practice this gratefulness each day. They make sure to tell others their appreciation. To leave tokens to the universe thanking it for the guidance it gives, and they may even keep a gratitude journal where they can write those things each day. They know that without gratitude they are nothing and with it they are everything. They realize gratitude transcends all physical circumstances.

7 HABITS OF SPIRITUAL ENTREPRENEUR

So, no matter where you are in your journey as a spiritual entrepreneur then be sure you find your own pace and habits then stick with them. If you are leading a tribe, make sure that you what you choose to do in your own spiritual path is duplicatable to those who watch you.

You can lead people down a path to more light just by creating habits of growth and love that those who follow you duplicate over and over. Being a spiritual entrepreneur does not mean you have to wear all white and hum while meditating.

What it does mean, is that if wearing white and humming while meditating is your thing and it creates a spiritual path for you – then DO IT!

We all are on this path together and there is no wrong turn unless it is away from love. So we are all in same river of love, just some of us use different boats to get there...but we all are headed the right direction and that is the only thing that is important.

GIRL,
You Already Have
WHAT IT TAKES

BLAIR HAYSE

Grief and Loss Coach, Author &
Motivational Speaker

A traumatic loss can literally cause you to lose your hope.

It can make you feel alone and that no one understands the hurt you are feeling.

It can cause you to be angry, so angry you could demolish things.

It can cause you to cry. To cry so hard that you cannot breathe. To cry when you least expect it, over something that reminds you of the loss.

Holidays and special occasions are something you wish you could skip. There is nothing happy around them.

You feel like the grief will not end. You feel like your life as you know it has ended and maybe at times feel guilty that your life is going on.

How do I know this so well? Because I have lived it. I have felt all those things and more. I have wondered if I could face another day...or if I even wanted to face another day.

If this resonates with you, I want you to know you are not alone. I am here for you. I support you.

Be sure to connect with me on Facebook so that I can support you and you can take advantage of the resources I have for you as you go through this time.

COMING SOON - A BRAND NEW BOOK FALL 2019
DETAILS OF LAUNCH SOON, ALONG WITH BOOK SIGNING DATES

*If you would like to discuss booking me to speak at an event please contact me at
blairhayse@gmail.com with details.*



EMOTIONAL BALANCING WITH ESSENTIAL OILS

Have you ever seen the movie “I Don’t’ Know How She Does It” with Sarah Jessica Parker? It’s about a working mom who makes lists to balance her life. There is a scene in the movie where she lies awake in bed and starts making mental lists. The lists appear as text bubbles above her head.

The main character, Kate is trying to manage it all, being a good wife, being a good mom, excelling at work, spending time with family, maintaining a social life. She was relatable to me because I am also a driven career woman, wife, dog mom, daughter and friend. An overachiever, Enneagram Type 3, I am a natural pleaser, managing work and personal life all while trying to get in a workout and make sure I’m drinking enough water. But how can someone function on little to no sleep? I know I couldn’t, because I wasn’t. You see, I was waking up 2-3 times a night feeling anxious or like I forgot to do something (which sometimes, I did), and would end up being exhausted during the day, sleeping through my workouts, over caffeinating myself, then rinse and repeat until I could catch up on sleep (barely) on the weekends. I knew that I wanted to do better for myself.



SANDRA WYCKOFF



About the Guest Writer - Sandra Wyckoff

Sandra Wyckoff is a lifelong resident of Swedesboro, NJ. She loves to make charcuterie boards, Sunday Brunch, and spending time with her husband, Daniel, and two beagles, Rocco and Daisy. Sandra specializes in Direct to Consumer marketing and has worked for national brands in various industries including all natural and organic foods, fashion apparel, and financial services.

Sandra has a passion for networking and connecting with likeminded people. She believes that women should feel empowered to educate themselves on health and wellness, as they are the decision makers of their household. When you know better, you do better.

[Click here to connect with Sandra and learn more about Young Living Essential Oils.](#)

EMOTIONAL BALANCING WITH ESSENTIAL OILS

I started seeking out natural remedies to help with sleep. I had tried taking over the counter supplements, but those just left me feeling extremely groggy the next day and weren't really solving the root problem. I tried guided sleep meditations that helped me drift off to sleep but didn't solve the problem of waking up in the middle of the night. During my research, I learned that essential oils were successful for sleep support.



Essential Oils are the lifeblood of a plant and are made up of teeny tiny molecules so small that they can pass through our tissue and directly into our cells. They can aid in keeping our bodies healthy, well, and happy, and take 26 seconds to hit our bloodstream. My favorite application methods are applying topically and diffusing.

This all sounded interesting to me, so I purchased some from an online retailer. To my disappointment, I still wasn't sleeping consistently, which left me disappointed.

When my college roommate told me about Young Living, I was immediately interested in purchasing their brand of essential oils because of their proprietary Seed to Seal process, which means Young Living never compromises the quality of essential oils by combining synthetics, fillers or contaminants into the bottles of essential oils that are delivered to your home. They own all their own farms and you can go visit them any time you like.

I started diffusing Lavender and Cedarwood oils at night which support my sleep consistently through the night. With consistent sleep comes more productivity, more energy, better metabolism, and better focus. Because I purchased the premium starter kit, I had 12 different oils that helped me beyond just sleeping to experiment with.

With a busy life comes stress and for me, a little bit of anxiety. I use Stress Away essential oil blend applied directly on my skin (wrists and behind my ears) to keep my level headed during a busy day, prepping for a tough meeting, or those unexpected moments of feeling overwhelmed. I always keep a roller top bottle with me for easy application.

My all-time favorite essential oil blend is White Angelica. My favorite way to use this is to apply directly on my skin above my heart chakra to promote positive thoughts and protect from negative energy. This oil blend has gotten me through a very tough time in my life, through infertility struggles and the IVF process.

EMOTIONAL BALANCING WITH ESSENTIAL OILS

In addition to emotional support, I use essential oils in my beauty regimen, cleaning my house, as perfume, replaced candles (because scented candles are equivalent to smoking cigarettes). I've even replaced supplements that I used to purchase at the pharmacy with Young Living. I've joined an online community of people who share diffuser recipes, cleaning hacks, and inspiring stories of how essential oils have helped them improve their life. Becoming a Young Living member has opened my eyes to how I can do better for myself and my family.

If you could do something better for your life, what would it be? How would it change your life? Your family's life? Even just taking a step to educate yourself on how you can do better is a step in the right direction.



