

1 YEAR ANNIVERSARY!

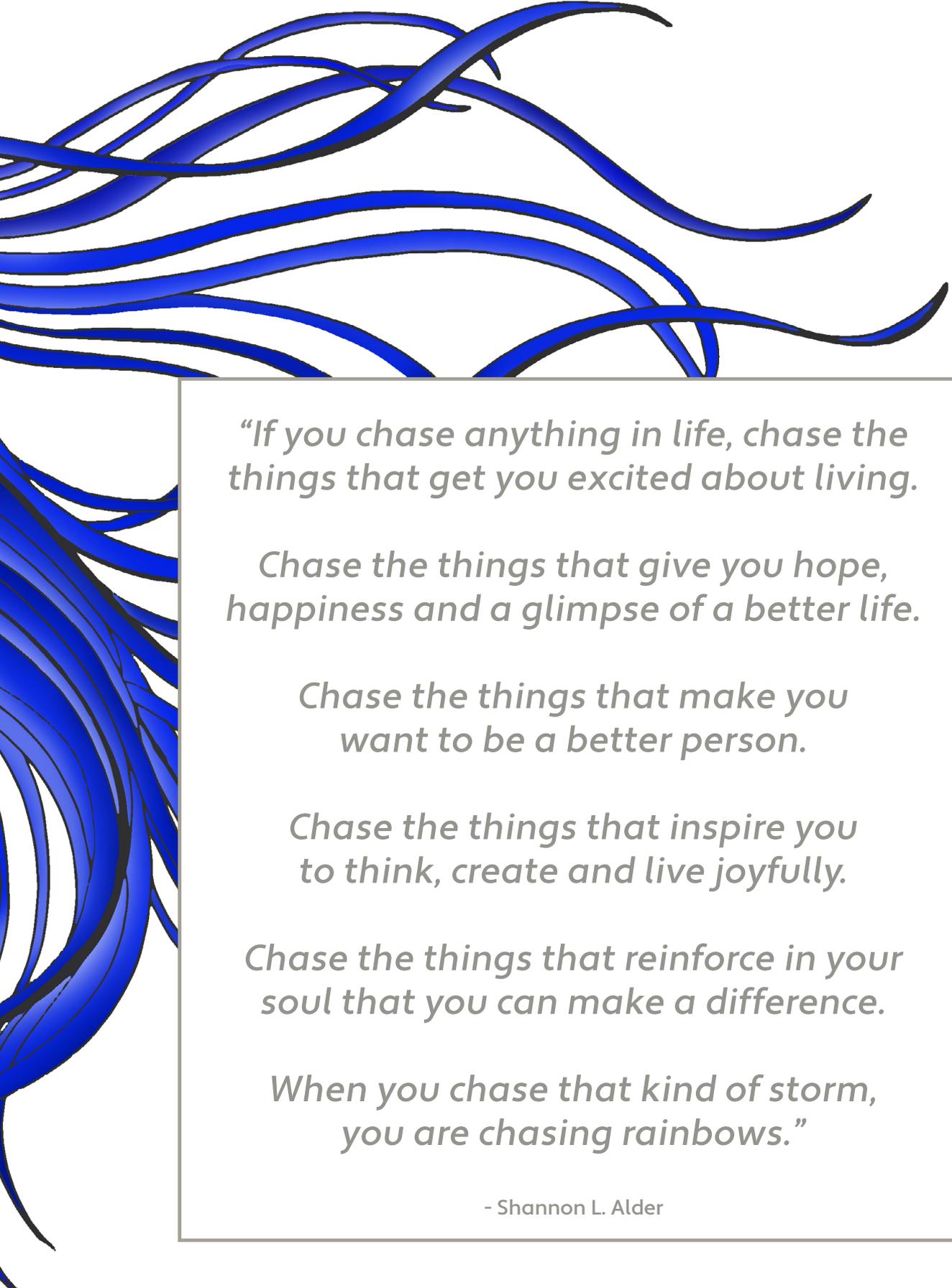
# THE *Inspired* GUIDE

CONSCIOUS LIVING & HOLISTIC WELLBEING

Issue #12 | June 1st 2020







*“If you chase anything in life, chase the things that get you excited about living.*

*Chase the things that give you hope, happiness and a glimpse of a better life.*

*Chase the things that make you want to be a better person.*

*Chase the things that inspire you to think, create and live joyfully.*

*Chase the things that reinforce in your soul that you can make a difference.*

*When you chase that kind of storm, you are chasing rainbows.”*

- Shannon L. Alder



*Welcome & Enjoy*

**Hello and welcome to Issue #12 of The Inspired Guide magazine!**

I am so excited to be bringing you the 12th edition of The Inspired Guide! I feel like it is a wonderful achievement, since as you may guess, putting together a magazine like this and doing all the editing, admin, communication, design and marketing is a big endeavour for just one person... but it has been a real pleasure! Not often does someone get to utilise almost ALL of their skills to date in one ongoing project. I am so thankful to all of the contributors, advertisers, readers and guests over the last year and going into our 2nd year!

**Amanda Sears** | Creator

## LOVE WHAT WE DO?

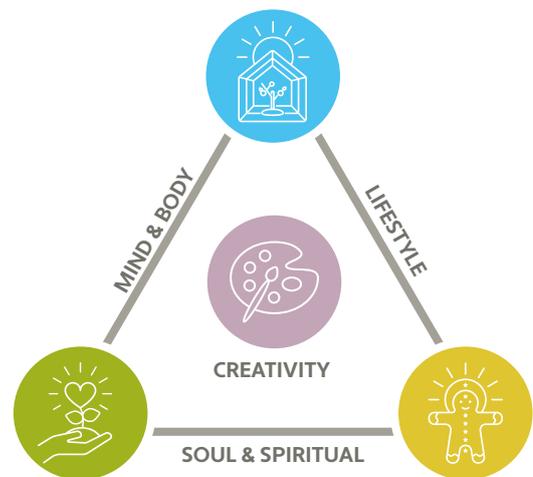
Donate to Help Support Us



[www.theinspiredguide.nz/donate](http://www.theinspiredguide.nz/donate)

# How to Make the Most out of THE *Inspired* GUIDE

Designed to inform and inspire all who seek to live more conscious lives. The Inspired Guide encourages a holistic approach to soulful living which stems from our innate ability to create our own reality for a more conscious, joyful and balanced life.



For a balanced life it is important to incorporate mindfulness and personal development in all areas of our Mind, Body and Soul.

## The Benefits of an eMagazine

**Links** are all active - so go ahead and click them to go through to that page *online* for more information

**Zoom** in if you want to see things closer or larger

**Share** easily with friends, family, colleagues and networks to spread the word and grow the awareness!

### Read ANYWHERE!

- ♥ Read with an open mind ♥
- ♥ There is no 'one size fits all' ♥
- ♥ Hold no judgement ♥
- ♥ Read what calls to you ♥

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# Get Involved!



Want to reach the right people who need what you have to offer, show or share? We offer a range of opportunities for conscious businesses, artists and individuals to get involved with *The Inspired Guide* magazine...

## ADVERTISE YOUR CONSCIOUS BUSINESS

Increase awareness of your business to the right people!

- ★ Take advantage of our low introductory pricing
- ★ Starting from as little as \$80p/month
- ★ Easy one-click links straight to your website or social media!

Request a 'Get Involved' guide [HERE](#) (limited availability)



## EXHIBIT YOUR ARTWORK

Display your art to the world on our innovative digital platform!

- ★ Reach people in New Zealand AND all over the world!
- ★ Various sizing and low pricing options + no commission!
- ★ Easy one-click links straight to your website or social media!

Request a 'Get Involved' guide [HERE](#) (limited availability)



## CONTRIBUTE AN ARTICLE OR YOUR STORY

Share your wisdom, experience or journey to inspire others.

- ★ Connect with people who need to read your words
- ★ Co-create positive change in people's lives all over the world!
- ★ Contribute to more conscious and sustainable lifestyle choices

Request a 'Get Involved' guide [HERE](#)



## SUBSCRIBE FOR FREE!

Receive inspiration and information straight to your inbox!

- ★ Get *The Inspired Guide* in your inbox (or spam) direct!
- ★ Get a download link to print or read offline any time
- ★ Never miss an issue and save time finding inspiration online!

Click [HERE](#) to subscribe for FREE



## SUPPORT THE MAGAZINE

Help us grow and establish *The Inspired Guide* by donating.

- ★ Donate towards the running costs while we are still growing
- ★ Give towards something that is inspiring more conscious living
- ★ Invest a little or a lot - it goes a long way to have your support

Click [HERE](#) to donate securely via [Givealittle](#) on our website



# The Good Guide

Not every day is a walk in the park or a breath of fresh air - but it can be... When you need a pick me up or something inspirational to shift that doom and gloom. Be **uplifted** & **inspired** with our carefully curated selection online...



GOOD NEWS

## WATCH

Look for the light in the world and you will see how bright it shines! Get a breath of fresh air with Good News!



BOOKS

## READ

A book can teach you or take you away on a journey - often both... enjoy our selection of inspiring and uplifting books.



ART

## ART

Art is subjective... it can inspire, soothe or insight action among the viewer. Our collection hopes to do all of these things...



PEOPLE

## BE INSPIRED

Hear the words from great minds around the world! Watch inspiring videos and learn more about these people.



MUSIC

## LISTEN

Soothe your soul, find that happy place and get your groove on with some of our uplifting musicians and singers.

**VIEW ALL COLLECTIONS HERE**  
[www.theinspiredguide.nz](http://www.theinspiredguide.nz)



## Cover Art

'Winter Brights' (2020)

Photographic Art by Amanda Sears

(Photo by Omid Amin | Unsplash.com)

# NEW!\*

## FIND A TOPIC or ARTICLE ONLINE!

We realise there is A LOT of great content in The Inspired Guide that you may want to find again, for example a chocolate cake recipe or steps on personal freedom... AND you probably don't want to search through all of our previous editions to find it! So we have created 'Topic' pages on the website where you can peruse for a certain topic that tickles your fancy OR find a topic from any edition to re-read or share.

**You can now use our NEW search option to find a specific article by typing in what you are looking for! So easy!**

**CLICK BELOW OR GO TO THIS LINK**  
[www.theinspiredguide.nz/topics](http://www.theinspiredguide.nz/topics)



# SEARCH

# 1 YEAR ANNIVERSARY





**Hello Everyone! WOW! 12 editions! How fast time flies! I am so excited to reach this milestone. What a wild 12 months it has been!**

The beginning of this magazine were some of the hardest few months of my life - not because the magazine was hard to put together, but because my personal life and health were super intense and rough... the magazine was like a lifeline; each edition filled me with so much joy; the feedback from readers has been a blessing and the connections I've created have inspired me every month to continue... Who knows what the future will bring and where we will go on this journey but I am so thankful for all of your support and love along the way! Many blessings and love to you all! - *Amanda Sears*

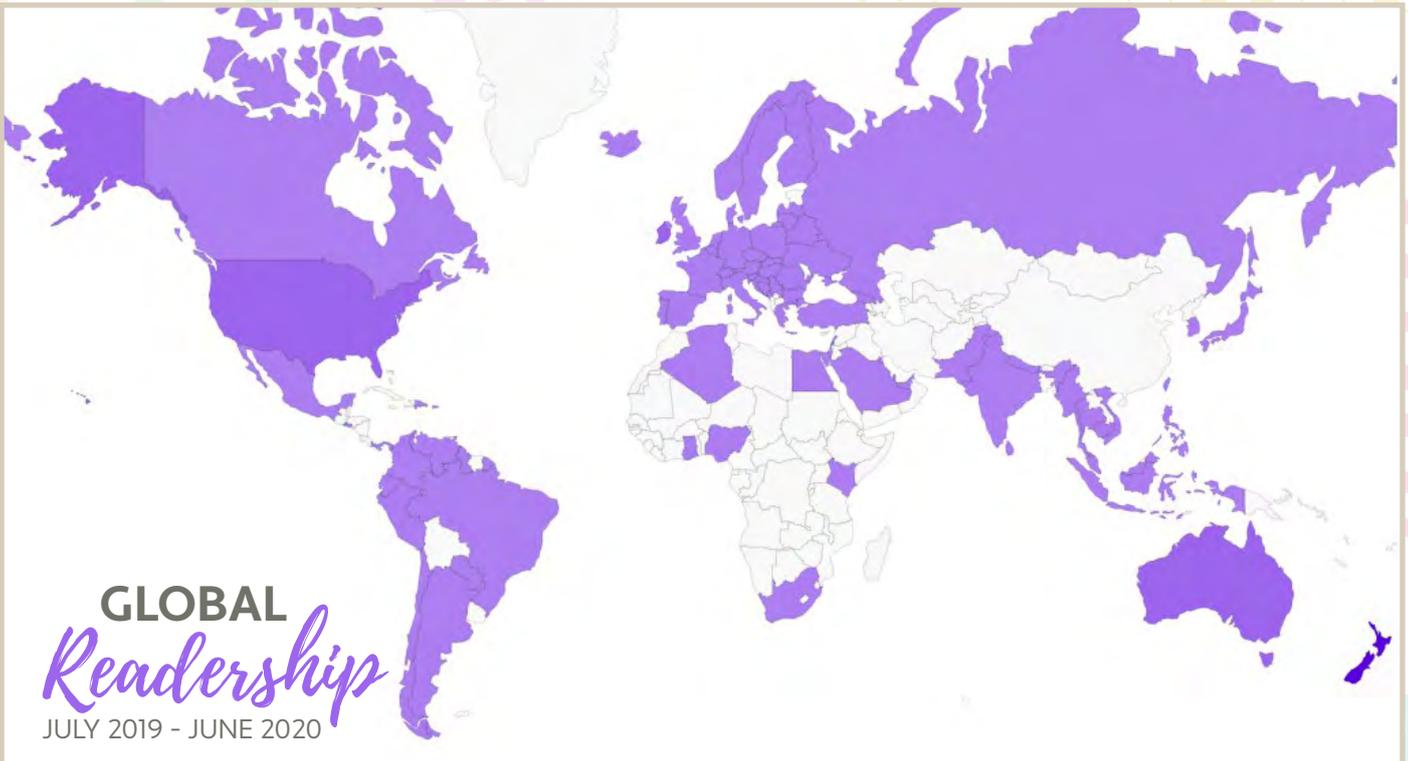
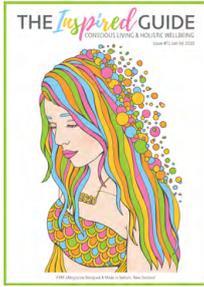
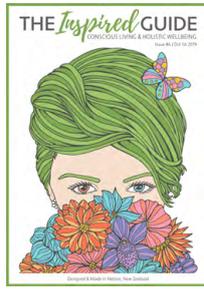
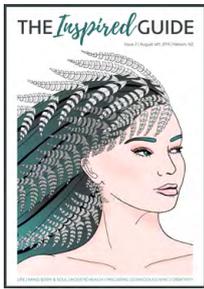
# Statistics

**JULY 2019 - JUNE 2020**

- Impressions 66,900+
- Reads 9000+
- Link Clicks 400+

**Top 5 Countries (Reads):**

1. New Zealand (6038)
2. Australia (752)
3. United States (651)
4. Ireland (318)
5. United Kingdom (230)



# The Artists

## 1 YEAR ANNIVERSARY EXHIBITION

- ◆ Lou Sheldon
- ◆ Cindy Hutton
- ◆ Marilyn Andrews
- ◆ Catherine Walters
- ◆ Ingrid Boot
- ◆ Michelle Lucking
- ◆ Sirpa Alalaakola
- ◆ Mia Riddell
- ◆ Kathryn Hitchman
- ◆ Soraya Bradley
- ◆ Michelle Bellamy
- ◆ Caroline Bellamy
- ◆ Anice Doel
- ◆ Greta McComb
- ◆ Lynette Graham

## THE *Inspired* GUIDE GALLERY



- ◆ Alan Roberts
- ◆ Aimee Shields
- ◆ Francie Heathfield
- ◆ Nicole Russell
- ◆ Tracey Clark
- ◆ Barry Driver
- ◆ Bec Brown
- ◆ Jess Crawford
- ◆ Kirsten Baldwin
- ◆ Marley Mcleay
- ◆ Kate Cowan
- ◆ Kathryn Furniss
- ◆ Vicki Charles
- ◆ Betty Salter
- ◆ Jill Alexander
- ◆ Lori Davis
- ◆ Melita Johnston
- ◆ Sue Norman
- ◆ Lisa Jepson

# Special Features

## THE *Inspired* GUIDE

SPECIAL FEATURE | #3 | Sep 1<sup>ST</sup>



SUBSCRIBE FREE @ [www.theinspiredguide.nz](http://www.theinspiredguide.nz)

## THE *Inspired* GUIDE

SPECIAL FEATURE | #4 | Oct 1<sup>ST</sup>



SUBSCRIBE FREE @ [www.theinspiredguide.nz](http://www.theinspiredguide.nz)

## THE *Inspired* GUIDE

SPECIAL FEATURE | #6 | Dec 1<sup>ST</sup>



SUBSCRIBE FREE @ [www.theinspiredguide.nz](http://www.theinspiredguide.nz)

## THE *Inspired* GUIDE

SPECIAL FEATURE | #7 | Jan 1<sup>ST</sup>



SUBSCRIBE FREE @ [www.theinspiredguide.nz](http://www.theinspiredguide.nz)

## THE *Inspired* GUIDE

SPECIAL FEATURE | #8 | Feb 1<sup>ST</sup>



SUBSCRIBE FREE @ [www.theinspiredguide.nz](http://www.theinspiredguide.nz)

# Contributors

Issues #1 - 12 (+ Guests)



LIGHT HEARTED LAUGHS

By Alan Roberts



CAPTION THIS...



# INSPIRATION ON INSTAGRAM

## POSITIVELY PRESENT By Dani DiPirro

Dani is an author, blogger, and designer living in Washington, DC. In 2009, she launched the website PositivelyPresent.com sharing experiences and insights on positivity and self-love! Now a global, destination for inspiration and resources.

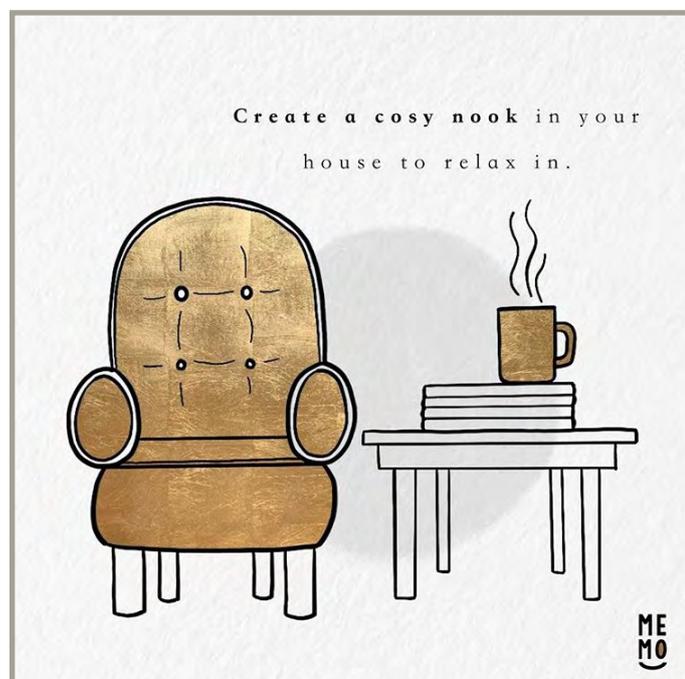
**Follow on Instagram: @PositivelyPresent**



## JOURNEY TO WELLNESS By Rebekah Ballagh

Becks is a counsellor, mindfulness coach and illustrator based in Nelson, NZ. She began illustrating mental health tools with a goal of making counselling and therapeutic techniques more accessible to everyone. Now they are a global resource!

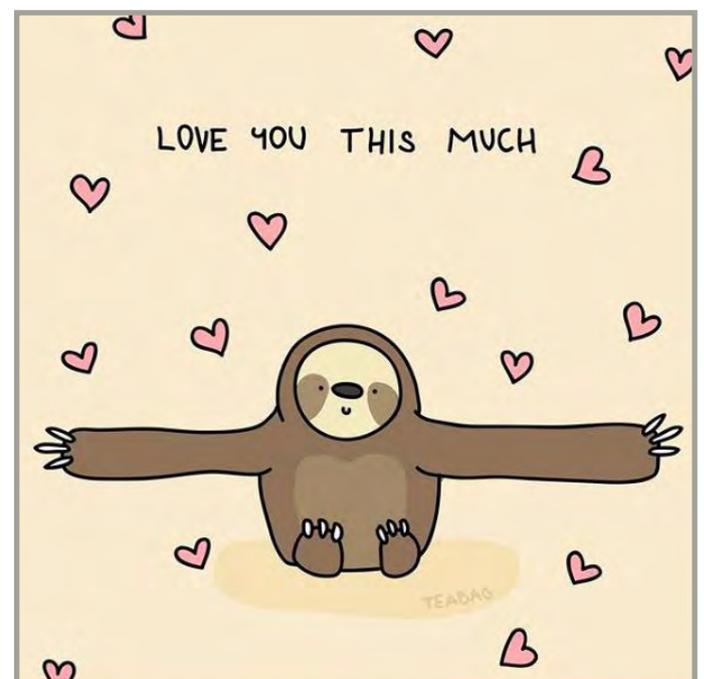
**Follow on Instagram: @journey\_to\_wellness\_**



## MENTAL HEALTH MOMENTS By Greta

A doctor & illustrator based in Christchurch, NZ, Greta started Me-Mo as a resource to encourage people to have more Me-Moments. Taking some time out to improve their mental wellbeing on a daily basis and to enjoy an inspired Me-Moment.

**Follow on Instagram: @mentalhealth.moments**



## TEABAG CARTOON

A 17 year old from Slovakia - known only as 'Teabag' she has loved drawing since she first held a pencil and never thought her digital doodles would get so much attention! Her doodles help with her own mental health and cheers her up.

**Follow on Instagram: @teabag.cartoon**

# INSPIRATION ON INSTAGRAM

## BECCA REITZ By Becca Reitz

Becca Reitz is an illustrator and graphic designer that resides in Denver, CO. Her work aims to capture the beauty and essence of the human experience - each piece is a visual representation of our truth, our journeys, our past, our future.

**Follow on Instagram:** [@becca\\_reitz](https://www.instagram.com/becca_reitz)



## RAYCHPONYGOLD By Rachel Urquhart

Designer, illustrator, & writer from NSW, Australia, where the magic of the natural world drives her creative practice; Rachel draws together the profound and accessible, to describe the magic of the world, that is occurring everywhere, all the time.

**Follow on Instagram:** [@raychponygold](https://www.instagram.com/raychponygold)



## AMY CHARLETTE By Amy Charlette

Amy's art is closely tied to her spiritual side and heavily influenced by yoga, nature, chinese medicine, metaphysics and sacred geometry. She creates art to inspire deeper connection to self, creativity, community, nature and the universe.

**Follow on Instagram:** [@amycharlette](https://www.instagram.com/amycharlette)



## ASJA BOROS By Asja Boros

Artist and illustrator based in Croatia, Asja's work reflects a deep desire to glance behind the curtains of daily reality, to go beyond all reason and dive into the mysterious realms of imagination and to explore her inner worlds in a playful way.

**Follow on Instagram:** [@asjaboros](https://www.instagram.com/asjaboros)

# INSPIRATION ON INSTAGRAM

## BLESSING MANIFESTING By Dominee

A huge book nerd and gamer with 5 cats, Dominee uses her life experiences to inspire you to really know and love yourself, to believe in yourself, trust your intuition, and realize that you have the ability to make all of your dreams come true.

Follow on Instagram: [@blessingmanifesting](#)

**SELF-CARE MENU**  
From Blessing Manifesting

<p><b>Appetizers</b></p> <ul style="list-style-type: none"> <li>Take a break</li> <li>Spend time outside</li> <li>Deep breathing</li> <li>Listen to music</li> </ul>	<p><b>Specials</b></p> <ul style="list-style-type: none"> <li>Get spiritual</li> <li>Call a friend</li> <li>Move your body</li> <li>Engage in a hobby</li> </ul>
<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>8 hours of sleep</li> <li>Movie + Popcorn</li> <li>Favorite Meal</li> <li>Focus on letting go</li> </ul>	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>Drink your water</li> <li>Cup of tea</li> <li>Hot chocolate</li> <li>Fancy coffee</li> </ul>
<p><b>Sides</b></p> <ul style="list-style-type: none"> <li>Start a new book</li> <li>Do some stretches</li> <li>Journal</li> <li>Positive Self-Talk</li> </ul>	<p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>Bubble bath</li> <li>Light Candles</li> <li>Soft Pajamas</li> <li>Pamper your body</li> </ul>

## BOKIFIDE By Boki

Just an average guy residing in Ottawa, Canada, Boki writes, illustrates and shares content in the hopes of turning wondering eyes inwards. He loves art and quotes so it was natural to combine these into potent whispers for the mind, heart and soul.

Follow on Instagram: [@bokifide](#)



**WHEN YOU FEEL lonely ...**

- Make a self love jar
- Write a letter
- Call a friend
- Go for a walk
- Binge watch a tv show
- Create a playlist
- Ask for what you need
- Discover a new hobby
- Volunteer

@theself\_carekit

## THE SELF CARE KIT By Vanessa Chau

Follow her on Instagram: [@theself\\_carekit](#)



## ALEXISRAKUN By Alexis Rakun

Follow on Instagram: [@alexisrakun](#)

# Positively *Podcasts!*



## POSITIVELY PODCASTS!

### ABUNDANT BABES

With Viola Hug

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



#### #116 NAVIGATING MOTHERHOOD, BUSINESS, & RELEASING SHAME - WITH AUTUMN BENSETTE

In this episode we dive head first into the transition of full time entrepreneur to motherhood with Autumn Bensette, and look at how to navigate that journey through releasing shame and expectations.

Autumn is the Host of The Wealthy Babe Podcast, Business & Money Coach for the Online Coach craving a business, life and bank account without limits + PROUD Mama to Louie.

*\*Episode contains some explicit language*



[www.violahug.com/116-navigating-motherhood-business-releasing-shame-autumn-bensette/](http://www.violahug.com/116-navigating-motherhood-business-releasing-shame-autumn-bensette/)

### THE GENTLE PODCAST

With Rachel White

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



#### #22 FUNCTIONAL MEDICINE - WITH HEATHER MUSGROVE

In this podcast we discuss what 'functional medicine' is and what makes this approach different from other modalities.

##### We discuss:

- Can things like asthma and eczema be resolved using a functional medical approach?
- Where to start when you are wanting to improve your health (trust me it's so much simpler than you might think!)
- Detoxification and why it is needed for some more than others, and how often.

Heather is a Nurse and midwife, a Naturopath, Nutritionist, herbalist and Functional Medicine Practitioner. She specialises in holistic, individualised care through diet, lifestyle and nutritional therapy, and has been providing health advice for over 10 years.



[www.byrachelwhite.com/podcast/2020/1/2/episode-22-functional-medicine-with-heather-musgrove](http://www.byrachelwhite.com/podcast/2020/1/2/episode-22-functional-medicine-with-heather-musgrove)

## POSITIVELY PODCASTS!

### THE KATHERINE ROSE SHOW

With Katherine Rose

[www.katherinerose.com.au](http://www.katherinerose.com.au)



#### #37 LET'S REDEFINE SUCCESS

*What is success to you?*

Our capitalist culture tells us success is more. More money, more profit, better products, bigger numbers.

Keep chasing.

Competing.

Winning.

But there's a huge cost to that version of success: both to our individual sense of self-worth and satisfaction – and to our collective health and sustainability.

*So how can you write your own story of success?*

In today's episode, we delve into redefining success in a way that aligns best with your business, life, values and energy. Especially as we enter a new, post-pandemic world.



<https://katherinerose.com.au/define-success/>

### THE MINDFUL KIND

With Rachael Kable

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



#### #212 HOW TO PUT YOURSELF FIRST

In this episode, I've answered a lovely listener's question about 'how to be less of a people-pleaser and start prioritising self-care'.

##### **3 reasons why it's important to prioritise self-care:**

- It can be important for maintaining good mental health
- It can teach people around you to engage in self-care, too
- It can boost your self-worth and self-esteem

##### **3 tips for putting yourself first:**

- Clearly know what you want and need so you can communicate it
- Offer to help when you're actually able
- Be prepared for some resistance when you stop people-pleasing (at least at first!)



[www.rachaelkable.com/podcast/212](http://www.rachaelkable.com/podcast/212)

# POSITIVELY PODCASTS!

## ROCK YOUR GOALS

With Sarah Jensen

[www.sarahjensen.com.au](http://www.sarahjensen.com.au)



### #80 AWAKEN YOUR INTUITIVE & ENERGETIC ABILITIES - WITH LAUREN ALETTA

In this episode modern day mystic and energy reader Lauren Aletta takes us on a wild ride into our own internal guidance system.

Lauren is an author, creator of the Lumina Tarot deck, and a self-confessed explorer of human consciousness. Lauren's here to teach you how to plug into who you are, understand your own intuitive language, and start to pay attention to what your inside world is trying to communicate. We dig into everything from the seasons of your soul to the energetics of your business and Lauren shares some practical tools you can use to start connecting with your inner, energetic GPS. Lauren's here to help you tune in to you and get to know, trust and connect with yourself so much more deeply.

*\*Episode contains some explicit language*



[www.sarahjensen.com.au/ryg-80-awaken-your-intuitive-and-energetic-abilities-with-lauren-aletta/](http://www.sarahjensen.com.au/ryg-80-awaken-your-intuitive-and-energetic-abilities-with-lauren-aletta/)

## EFF PERFECT

With Jenna Teague & Ashley Looker

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



### #113 THE OPPOSITE OF PEOPLE PLEASING ISN'T BEING A D\*CK - WITH AMY SMITH

When it comes to radical personal empowerment, self-love, and finding your voice, it turns out that words matter. That's why today's guest, Amy Smith of The Joy Junkie, is here to school us.

With deeply reassuring news for the people pleasers among us, Amy shares how to stand up for ourselves without being a d\*ck.

#### **What You'll Learn About in this Episode:**

- Why semantics and the words we use to tell our stories matter
- How to not identify with things we don't want to be
- Amy's concept of progressive language
- The key role of emotional intelligence and practice when sticking up for ourselves
- Tools to silence our inner sh\*t talkers

*\*Episode contains some explicit language*



[www.effperfect.com/podcast/amysmith](http://www.effperfect.com/podcast/amysmith)

## POSITIVELY PODCASTS!

### THE SLOW HOME PODCAST

With Brooke & Ben McAlary

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



#### STUFF

##### - A SLOW LIVING DEEP DIVE

We dive into our current relationship with stuff and how we view the accumulation or letting go of it through a slow living lens. We also answer some of the common questions we receive about the things we own.

Running through this entire deep dive is also a more general discussion of how we've moved away from a 'traditional minimalist' mindset to a more 'lower waste living' philosophy, as well as some thoughts on why we don't really associate with a minimalist approach to life anymore.

In the second half of the episode I then have the pleasure of speaking with Nancy from Season 4, who had been struggling to find her happy place on the socialising/slow living spectrum and check in on how she is doing with her new lifestyle philosophy.

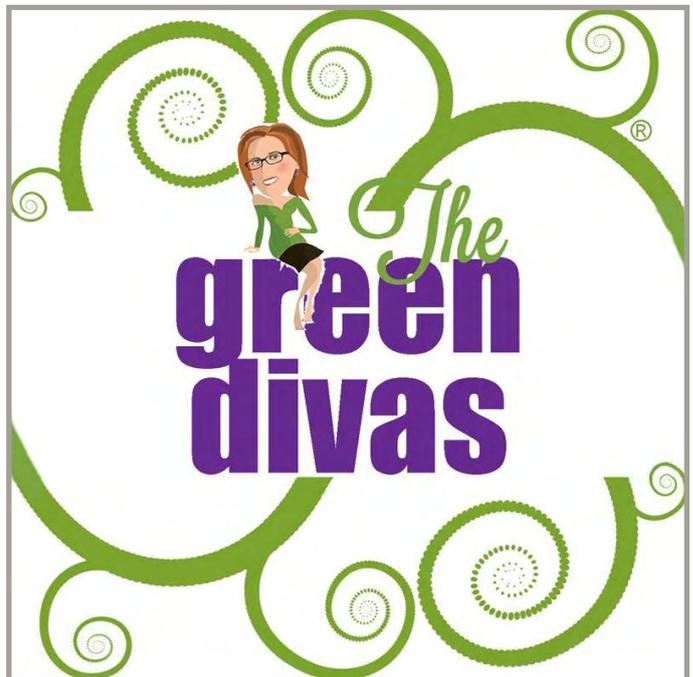


[www.slowyourhome.com/stuff-season-5/](http://www.slowyourhome.com/stuff-season-5/)

### THE GREEN DIVAS

With GDs Julie, Lisa, Meg and Max

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



#### HOW TO HAVE A HEALTHY HAPPY HOME

Green Diva Meg is featured in a new book *The Happy Healthy Home* and has a quick chat with sister contributor Caroline Blazovsky, who is a healthy home expert among many other things.

They chat about ways to have a safer, non-toxic home and Caroline presents 3 key components that determine 90% of our overall health and how we can utilise these.

They then look into how our environments are key to our overall health and how we can minimise hazards by taking control of the 'controllable' things that we can to improve our health.

They discuss where to start and what to think about when buying or renting a home and how to avoid information overload.



[www.thegreendivas.com/episode/green-divas-at-home-how-to-have-a-healthy-happy-home/](http://www.thegreendivas.com/episode/green-divas-at-home-how-to-have-a-healthy-happy-home/)



# SHORT & SWEET



## LIFE COACH

With Angela Cheruseo

[www.angelacheruseo.nz](http://www.angelacheruseo.nz)



### The Purpose & Priority of Reassuring & Encouraging Yourself

The ability to reassure and encourage yourself in the midst of a difficult and challenging time is a vital skill to learn if we are to fulfill our potential and become all that we were created to be, as a person and in contributing positively to society.

This can be best appreciated if you understand that you have a destiny or 'calling' to be in a position of influence to those around you; be it in your place of work, your family, or neighborhood.

A valuable tool in learning to strengthen your inner being is to ensure that each day you step back from the life around you and practice to 'be still' in meditation; silence your mind and listen for the quiet voice which whispers within you.

Developing this skill will strengthen you internally to then continue your day with more joy, peace and love; which will enable you to grow stronger and experience personal breakthroughs, and will also be a blessing in helping those around you during difficult times. If you yourself are not strengthened how well can you help others?

Moments will come by in your life where you will face tests and challenges; if looked at with a positive perspective these will stretch and grow you; and develop the character within you to walk in your 'calling'. So, I encourage you to learn the tools to reassure & encourage yourself be your own 'coach' so you don't dwell in fear or become bitter, disappointed or anxious from life in the days ahead. It is our own individual responsibility, so let's arise to the challenge!

## LIVING WELL

With Amanda Sears

[www.searsco.nz](http://www.searsco.nz)



### Spoilt for Choice

We live in a limitless world full of choices, abundance and innovation - it is only ourselves that create limits through our belief systems or fears.

Every-one is a divine and unique individual so it makes sense that there are many options and then many variables of those options. There is no 'one size fits all' in life - hence all the options! We are spoilt for choice in our food, clothing, shopping, transport, products, services, diets, politics, spirituality, religion, education, travel, healing, design, ideas, health... and much more! So why just settle for one way or one *thing* forever?

Allow yourself to explore the options with an open mind and with what brings you joy in the moment; don't get too attached to your choices, because as *you* change so too do the things you like or resonate with - what a waste it would be to make a set choice at age 20 and stay that way until death! Oh the joys that would pass by!

Many people explore different ways of doing things and then settle on one as 'the only way' and sometimes start to push their new found beliefs on those around them... I've done it, you've probably done it too - This new way feels great (to you) so it is easy to think your new way is the best and only way for all those around you... but you will find that as you keep growing and developing you will find a NEWER and 'better' way!

*So, keep choosing and allowing others to choose too. You can choose, and then you can choose to change your mind and choose something different... What a way to live! Why limit yourself?*

## INSPIRING INNOVATIONS

With Amanda Sears

[www.searsco.nz](http://www.searsco.nz)



### Environmental Innovations #1

*The outlook on the world may appear bleak and apocalyptic... but when you look a little closer you'll see it isn't.* Since the dawn of the industrial revolution in the 18th century (learn more [here](#)) things have changed a fair bit for humanity... Life is easier in many ways and each day we understand how to do this better and become more conscious and sustainable... eg:

#### Biosphere 2

In 1987 scientists attempted to replicate earth's complex ecosystems in a 3.14 acre closed-system artificial environment research facility in the middle of the Arizona desert. It is used to better understand earth's systems and has 5 habitats: rainforest, ocean, savanna, mangrove wetland and a desert; along with an agricultural area and living quarters. *View a YouTube video on it [here](#).*

#### The Green Powerhouse

Is off-grid, closed loop, waste-free and carbon-negative. One system, which takes up about 1/4 acre, can power 100 homes. It takes waste biomass and algae, and produces 4 kinds of fuel, 3 kinds of organic, soil-regenerative amendments and fertilizers. *View a YouTube video on it [here](#).*

#### The Ocean Cleanup - Interceptor

This company develops technology to rid the world's oceans of plastic; what is already there but also preventing new plastic from the 1000 rivers that have been found to be responsible for 80% of ocean pollution. The Interceptor is a 100% solar-powered barge that extracts up to 100,000kg per day of river waste autonomously. *View a YouTube video on it [here](#).*

## CRYSTAL HEALING

With Kimberley Stewart

[www.thechannelling.co.nz](http://www.thechannelling.co.nz)



### Black Tourmaline

Black tourmaline brings protection and purification to the aura. It acts as a psychic 'vacuum cleaner' as it seeks to hunt down and neutralise any negative or lower vibration energies which have attached to the auric field. In doing so, black tourmaline brings balance back to our spiritual, mental, emotional and physical selves.

Black tourmaline activates the root chakra which is the chakra that governs our connection to the earth and our sense of security and stability. It is especially good at grounding our energy and helps us to feel safe, happy and comfortable in our bodies.

Black tourmaline dispels negative and toxic emotions such as fear, worry, judgement and shame.

Because black tourmaline clears the aura of any negative or lower energy vibrations, it allows the spiritual blueprint of our physical selves to clear and heal. This has an echoing effect on our physical body and supports purification of our body systems. It is particularly useful for cleansing our body of any toxic substances.

Keeping a piece of black tourmaline in your pocket or in a work or living space where there is toxic, negative energy will help to protect you from accumulating and absorbing anything which doesn't have a positive purpose.

If you are naturally empathetic, sensitive or absorb the energy of others easily, black tourmaline can help you build a protective emotional and spiritual wall around yourself.







# Creativity + Exhibition

With Guest **Lisa Jepson**

I am a self-taught artist of many moons. I've been an illustrator, I'm a designer and a painter. I love to work in acrylics and oils.

I was born in Christchurch City, New Zealand and after moving around a lot, I seem to have settled not too far away in the beautiful North Canterbury, near Amberley, perched at the bottom of the inspirational Mount Grey.

I've always been a creator of pretty things; a bit of a perfectionist really. I used to paint mainly landscapes of New Zealand, but a life-long interest in architecture has led me to a deep fascination of painting man-made structures and buildings of various architectural eras.

I use mostly acrylics to paint architecture and landscapes. I use oils when I paint native bush scenes or wild, atmospheric seas or skies.

I spend a fair bit of time driving around, hoping to capture the beauty and character of New Zealand.

I take home my photos and design them into simple, semi-abstracted icons of New Zealand, then I paint them onto mostly larger canvasses, using the boldest and most vibrant colours.

I've been told my pieces create a vibrant happiness, taking the viewer back in time or just to some happy place they'd like to be.

Each piece takes roughly 2-8 weeks, as there is a lot of work perfecting each piece to the standard that I am happy with.

Although I simplify the subject, I like to create clean and structured designs with a good balance of composition, colour and harmony and I admit I'm a little obsessed with detail!

## **What is your earliest creative memory?**

I would say my earliest creative memories are painting at kindergarten, where I would cover the entire piece of paper in black paint and then be completely satisfied that the masterpiece was perfect!

Or winning a prize in my first art contest at primary school. I won chocolate! That might have been the start of something not so good for me.

## **What inspires you?**

For an artist, in my opinion, inspiration is emotional and emotive works come from a place deep in the soul, whether it is bright and happy or coming from a very dark place.

For me, my inspiration comes from a lot of things such as colour, design, structure, light, shapes and historical things.

But if I was truly honest with myself, my inspiration comes from those closest to my heart, the ones that fill it with joy and happiness, allowing me to see everything from a different perspective.

I believe if we have some sort of deep emotion going on inside our hearts, then we have the ability to pour our souls into our artforms... but sometimes it takes courage and a lot of trust in ourselves to be able to show the world what we are feeling.

Being able to spend a few hours a day immersed in my work, lost in a different world, is the greatest luxury for me, as it recharges the spirit, the energy and the inspiration.

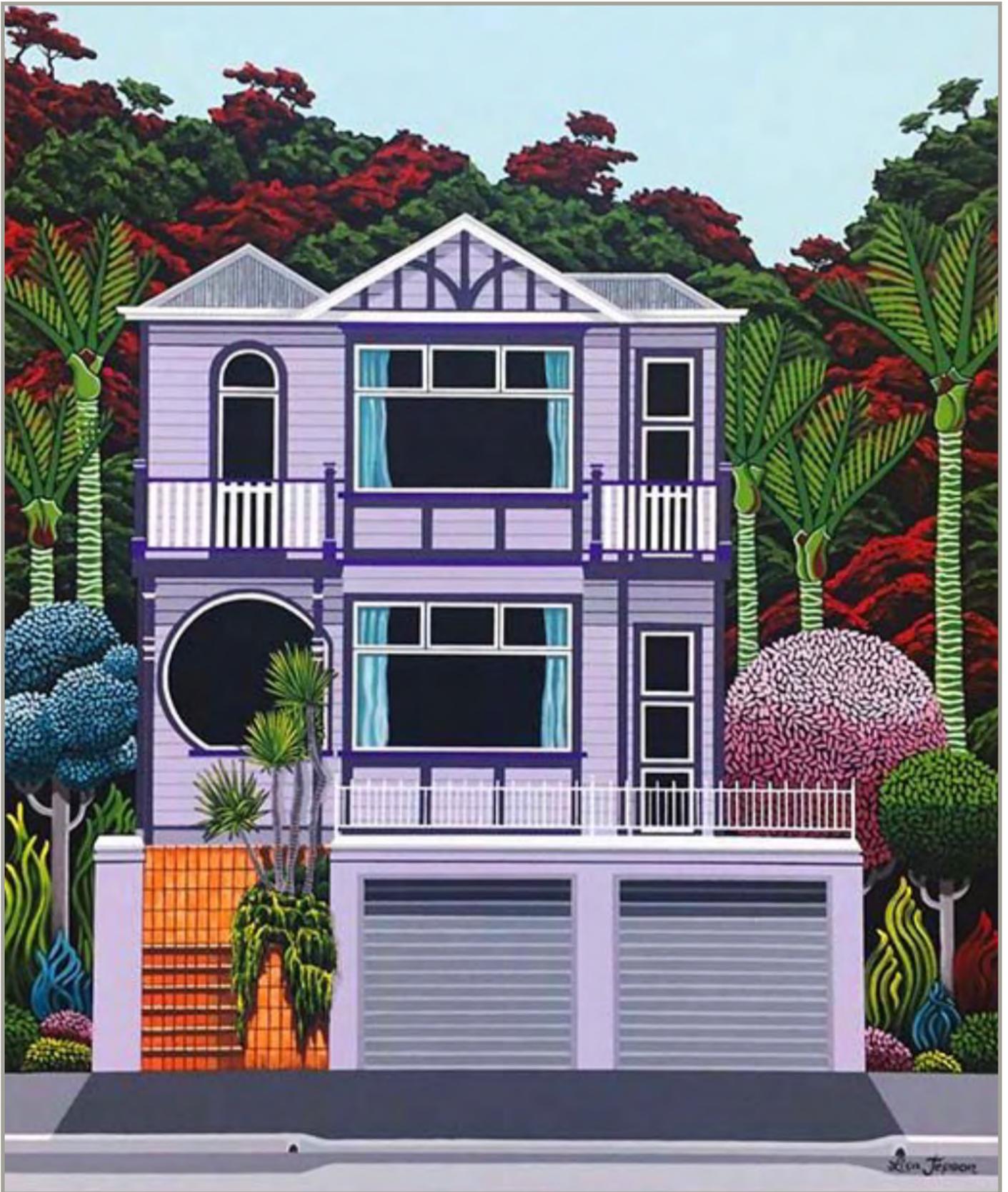
## **Advice for others on their creative path:**

If I were to give any tips or advice it would be just to trust in yourself and never give up. Something good will happen if your heart is in it.

I wish someone had told me 30 years ago not to be afraid to fail; you've only failed if you don't try.

## **Find out more on her Website:**

[www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson** | *'Paula's Purple House'* (2017) | Acrylic | [www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson**  
'Suburban Beauty' (2019)  
Acrylic  
[www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson**  
'Nature's Wonder' (2019)  
Acrylic  
[www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson** | *'Queen of the Dunes'* (2019) | Acrylic | [www.lisajepson.co.nz](http://www.lisajepson.co.nz)



Lisa Jepson | 'Resurrection of the Little Church' (2018) | Acrylic | [www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson**  
'Rustic Paradise' (2019)  
Acrylic  
[www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson**  
'The Guiding Light' (2020)  
Acrylic  
[www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson**  
'Desire' (2020)  
Acrylic  
[www.lisajepson.co.nz](http://www.lisajepson.co.nz)



**Lisa Jepson**  
'Retro Charm' (2019)  
Acrylic  
[www.lisajepson.co.nz](http://www.lisajepson.co.nz)





# Good News Snippets

With Guest **Belinda Hirzel**

## **PLASTIC-EATING ENZYME A GAME CHANGER FOR RECYCLING INDUSTRY**

Scientists have developed an enzyme that can break down plastics into a recyclable form in hours; a major step toward solving the problem of plastic recycling and pollution. While many plastics such as PET are not recycled due to high costs, the new process could break plastics down for recycling in as little as 10 hours, at a fraction of the cost of new plastic made from oil. Carbios, the French company who mutated the enzyme from one found in composted leaves, is already collaborating with major global companies to roll out large-scale production by 2024-5.

## **NEW CROP A BOOST FOR BEES**

US Scientists have made a discovery that may boost dwindling bee populations: the industrious insect loves cannabis. Industrial hemp (*Cannabis sativa* L.), a recent but rapidly expanding crop in the US, produces pollen that is extremely attractive to many bee species and can be farmed without insecticides, which have been largely blamed for the decline of global bee populations. It also flowers when few other food sources are available, boosting bee numbers and diversity and stabilising ecosystems that rely on their activities. Scientists plan to use this knowledge to support bee populations, and benefit both agricultural and wild plant ecosystems.

## **TINY FROG A BIG LEAP FORWARD FOR CONSERVATION**

While IVF breeding programmes in zoos are not uncommon, Olaf the Puerto Rican crested toad is the world's first amphibian to be born using re-thawed sperm, as part of a 'biobanking' conservation programme at Fort Worth Zoo. Many amphibious species face extinction due to habitat loss, climate change and fungal diseases. In response scientists are freezing eggs and sperm collected from the wild, which can be re-thawed and combined via IVF to create offspring. The progeny from these 'frozen zoos' can be sent to other breeding programmes or used to boost natural populations, helping species numbers return to healthy levels.

## **LIVING CLOTHES LATEST TREND IN ECO-CONSCIOUS FASHION**

Designers and scientists looking to create low-carbon footprint fashion are turning to algae for solutions. They include New York designer Charlotte McCurdy who has heat treated vegan algae powder to create a transparent bioplastic raincoat, which acts as a carbon sink, drawing carbon dioxide out of the air. London's Post Carbon Lab have engineered a fabric coating of multi-layered micro-organisms that photosynthesises to turn carbon dioxide into oxygen. They estimate that one large t-shirt can generate as much oxygen as a six-year-old oak tree and that the coating could potentially be applied to a wide range of fabric surfaces.

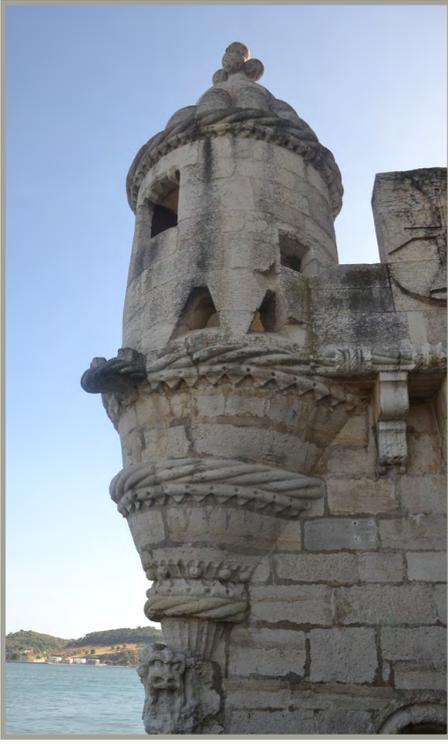
## **REEF TOUR OPERATORS BECOME CORAL CRUSADERS**

Stranded by the global pandemic, Australian tour operators have repurposed their boats to give the Great Barrier Reef some TLC. Five Cairns and Port Douglas companies are working alongside University of Technology Sydney scientists to conduct reef resilience research, record data and establish an onsite coral nursery, where broken coral fragments are grown until pieces can be reattached to the reef as a source of new coral. When tourists return they'll be able to snorkle over the rejuvenated site.

## **FRANCE'S ECO-FRIENDLY FUTURE**

France is getting greener, with new legislation mandating that all new public buildings must be constructed from at least 50% sustainable materials, from 2022 onward. Other plans for sustainable urban development include the creation of 100 urban farms in 'green suburbs' and 90 new eco-neighbourhoods; all part of France's Sustainable City plan, which emphasises its low-carbon aspirations leading up to the 2024 Paris Summer Olympics and Paralympics. Local government has already pledged to increase use of sustainable materials like wood, straw and hemp and any development over eight storeys built for the Paris Olympics must be made solely of timber.

**Researched, Compiled & Written Up by Belinda**





# Travel & Adventure

With **Pauline Verneti**

## AN EXCURSION TO LISBON

Located on the western side of the 'Old Continent' (Europe), and beside its Spanish neighbour; Lisbon, Portugal has been one of the most visited European countries in recent years, and for good reason as winners of the 'World's Leading City Break Destination' for the third year in a row in 2019 from the World Travel Awards!

After my year spent in Canada back in 2013, my bestie jumped on me as soon as I came back and said we were going to Lisbon. Well, I am always up for a travel so... why not? That was my first time in Portugal; no need to say that I loved it!

As a New Zealander, you will not need a visa for Portugal up to 90 days, lucky you! This said, from 2021 you will need to apply for an ETIAS authorisation, so make sure to check this out on [etias.europa.eu](https://etias.europa.eu) when your travel dates are approaching.

**TIP:** *Why not include Spain in your travel? Visa-free as well; you can stay up to 90 days in EACH country (special conditions just for you Kiwis!)*

From New Zealand, you will have multiple choices of airlines or layover. For a trip to this part of Europe you can usually budget your flights between \$1200NZD and \$1800NZD; it will depend mostly on the season and the airline. You may be able to find some discounted flights.

Portugal currency is the Euro. You can either change your NZD once in the country, or you can head to one of our currency converters here in NZ before going to the airport. Don't worry, you will find ATMs in Lisbon, and you will be able to use your debit card. Lisbon is more than affordable; I remember paying my dinner 15Euros (27NZD) for a fulfilling main meal and a glass of wine.

**TIP:** *Before any travel, contact your bank to check that your debit or credit card will be working abroad without involving huge fees for you.*

You will find it quite hard not to be charmed by Lisbon.

Surrounded by seven hills (get your walking shoes and camera ready!) and on the banks of the River Tagus, this city is one of the oldest in Europe and certainly one of the most beautiful. You will see a stunning combo of pavement road, centenary building, a medieval castle and ramparts. Not to mention the famous Azulejos: those painted tin-glazed ceramics which are covering sometimes even the simplest building.

You can't think about Portugal without acknowledging that this was the home to some of our most famous explorers, such as: Vasco da Gama, who was the first European to travel to India via the ocean in the 15th century.

Lisbon inhabitants are warm and welcoming, and you will be mostly safe there, but you should always keep an eye on your belongings as pick-pockets are plentiful. Portuguese is the language spoken in Portugal, and I would not advise you to speak Spanish. Portugal and Spain have a HUGE history. Portuguese people are a proud nation, and you are better off speaking English than Spanish (or French if you know a bit).

**TIP:** *Learn a bit of Portuguese before visiting, as this will make the native population so happy!*

Weather in Lisbon is warm most of the year, but the best season to visit is either Spring (April-June) or Autumn (September-October). Summer is hot and crowded as this is also a destination for lots of Europeans. Bring your togs, as there are some nice beaches not too far from Lisbon, and the water temperature is very similar to NZ.

### My Top 5 Must Do's:

1. One full day at Belem, including the amazing Jeronimos Monastery
2. Saint George's Castle
3. Tram28 and Alfama district
4. Lisbon Cathedral
5. Parque das Nações, the new modern part of the city

\* Arrive early morning to avoid the crowds.

**Pauline Verneti**, *Little Frog Blogger*  
[www.littlefrogblogger.com](http://www.littlefrogblogger.com)





# Explore the World

## With Two Travelling Foxes

### 48HRS IN UBUD, BALI, INDONESIA

Ubud is the cultural hub of Bali and the people there have a sense of calm and connection with their land and spirituality; you can't help but feel that this is a trait some of us have lost while living our busy lifestyles. With yoga retreats around every corner, you can easily find a deep spiritual connection and allow yourself to leave behind the stress and worries that suddenly seem insignificant.

### WHERE TO STAY

We stayed at Bucu View Resort which is a very well priced 3-Star resort looking over the lush rainforest and a beautiful gorge. When booking this resort we made sure we were within walking distance to the Monkey Forest and Ubud central hub. There are a heaps of other beautiful resorts in the same area ranging from budget friendly up to 5 star luxury such as Goya Boutique Resort.

TIP: We always make sure to check pricing on both Booking.com and Expedia, as pricing can drastically vary for the same accommodation.

### THINGS TO DO

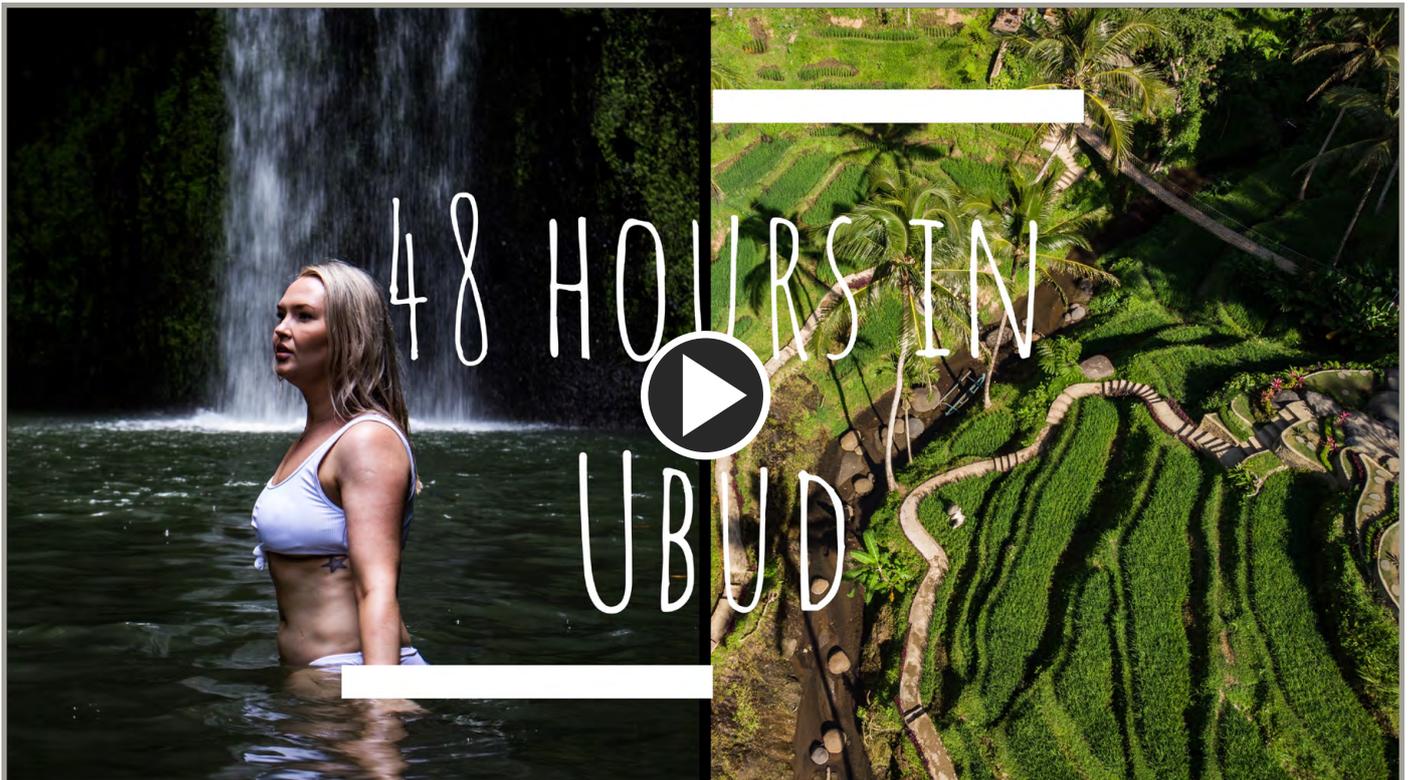
We hired a driver for the day; you can do this either through your hotel or through Instagram like we did with @Balibydriver. They often have preset itineraries or you can plan them yourself. Make sure to start your day early and visit your must see spots first to try to avoid the crowds. Drivers are usually 500,000 - 600,000 IDR (Indonesian Rupiah) which is about \$55-\$66NZD for the day depending on what you are seeing.

TIP: Take cash with you as some locations have a small entry fee.

### GREAT SPOTS TO EAT

There are loads of foodie places to visit in Ubud but here are some of the great spots we found:

- Milk & Madu is a must! Definitely not traditional Balinese but has the best burgers and pizzas in town.
- Habitat Ubud is across the road from the Monkey Forest and has a fantastic variety of food.
- Açai Queen, serves delicious and refreshing açai bowls... a staple in Bali.



Colette & Jamie Fox | Two Travelling Foxes | [www.instagram.com/two\\_travelling\\_foxes](https://www.instagram.com/two_travelling_foxes)

>> Direct link to video: <https://youtu.be/tLJW7ZeFE2U>





# Conscious Community

## With The Little Animal Rescue

Hi there! My name is Lexi, I am fifteen years old and am the founder The Little Animal Rescue in Nelson, New Zealand.

I have been rescuing animals for around eight years now, but we officially opened the rescue in 2018 – I completed my Level 3 Certificate in Animal Care through the Southern Institute of Technology in 2019, and I am currently studying towards my New Zealand Certificate in Animal Management (Captive Wild Animals) through Unitec.

I have always adored animals, and when I went through some personal hardships; the animals were my go-to. My love of animals has been nurtured by my wonderful Manma (my grandma on my mother's side), my overly-compassionate Mum, my dedicated Step-Dad (who does the majority of the driving, building, picking up of hay and horse brushing) and my Dad; who always adored animals. It is very much a family-orientated rescue, and while I do most of the organising and am on the face of social media posts, my family (including my five brothers and sisters – especially my younger sister and our two-year-old baby brother) are by far my biggest support team.

My goal has always been to become a veterinarian that uses conventional and alternative medicines to give animals the best chance of survival. I have so many idols, and I love to learn from people. I spent a lot of my spare time volunteering at a local farm park, the SPCA, a Vet Clinic and Riding for the Disabled so that I could soak up as much information that I could.

I constantly read books about animals and their care; I am just an animal girl through-and-through!

### What We Do:

We are a sanctuary based in Ruby Bay, Nelson, NZ that takes in injured, neglected and abused

animals from all kinds of backgrounds, and aim to rehabilitate and rehome them – although the rehoming part doesn't always go according to plan because we fall in love with them! We also rescue farmed hens from the egg industry and place them in loving forever homes; so far, we have managed to find homes for over 600 little ladies since opening in 2018.

### Why We Do It:

I knew from a very young age that I wanted to help animals – be it naming the daddy-long-legs spiders who lived on the roof above my bunk bed, and refusing to destroy their webs, or hand-raising a baby lamb with a leg infection. After many years of studying the farming industry, and constantly seeing animals being forgotten or abandoned, I decided to take action myself, and we got our first 6 ex-farmed hens – which later grew into getting hundreds of ex-farmed hens! Before this, I had developed an immense love for chickens, and other farm animals, as I felt they were often overlooked and solely used for the benefits of humans.

*We believe every animal – big or small, deserves love, respect, sufficient medical care, and a place to call home.*

### How Can You Help:

#### Following our Facebook page:

By following our Facebook page, it allows us to deliver information about the animals we help to a wider audience to help improve animal welfare in our beautiful Aotearoa, and it also gives us the opportunity to rehome more animals: [www.facebook.com/thelittleanimalrescuenelson](http://www.facebook.com/thelittleanimalrescuenelson)

#### Donating to our Givealittle page:

[www.givealittle.co.nz/cause/the-little-animal-rescue](http://www.givealittle.co.nz/cause/the-little-animal-rescue)







# Conscious Business

With Guest **Ecology & Co**

## Questions answered by:

Diana Miller, Co-Founder

*Ecology & Co are distillers of alcohol free spirits.* We have two blends: London Dry, which as the name suggests is reminiscent of gin; and Asian Spice which is an alternative cardamom and casia based blend. Both can be used as you would a traditional spirit and mixed with tonic or soda to create a delicious drinking experience with the taste and aromas of blended botanicals. The company began one day when as the nominated driver I was offered the usual array of sweet soft drinks, and having always been a gin girl, yet realising it no longer liked me, I cried out “*why can’t someone create an alcohol free gin!?*” My husband, a hobby distiller, did just that. Gradually, socially, more and more of my girlfriends would try it, love it and ask for it, which made me realise I might have a business...

## How do you do business more consciously?

The fundamentals of our product mean that luckily often the route to market has been no more than follow the sign posts. For instance, before we even began production we took various trial blends to the Go Green Expo in Auckland which gave us feedback on the most popular variants and access to people who we saw as our target market. As it turned out we came away with a couple of thousand dollars of pre orders! – Not something we had planned on, but it was a great place to find other conscious consumers. Building upon that view of our customers; who they were and what they believed in, rang true for us, and reinforced what we thought. Consequently now every decision must remain true to our brand values.

## Describe your unique business attributes:

Setting up the business from scratch, I knew the brand had to reflect my beliefs and I had the opportunity to consciously design every process with that in mind. Ecology in our name reflects the balance in nature and also how we want to behave as a company. It also reflects how I view the product as being one that gives an adult palette and aroma, but yet due to its natural production methods and absence of alcohol and

sugar is a more balanced approach to one of life’s pleasures. Even our packaging is reused and recyclable, down to the paper tape we use on our shipping cartons. We are also a social enterprise and donate regularly to seed fund women entrepreneurs around the world. We currently help women create sustainable businesses for them and their families in 68 countries. Giving back as a business is a fundamental.

## How have you found doing business this way?

While having a clearly defined set of core values and using them to define how we do business has helped make every decision easier, that path is neither always the cheapest or easiest. With it comes work-arounds and constantly asking ourselves how we can do better. We’ve been boot-strapping from the get go, with every dollar in going back into the business. I think though our customers love us, understand the brand and know that we are true. It’s meeting them that makes it all worthwhile - *when the positive feedback and customer experiences resonate perfectly with why we started the business.*



## APPLE & ORANGE HOT TODDY

### Ingredients

- 50ml Ecology & Co Asian Spice
- 100ml Apple & Orange Juice
- 20ml Apple Cider Vinegar
- Cinnamon Stick

### Method

- Heat up the juice and add all the ingredients
- Stir
- Garnish with a Cinnamon stick

## Find out more on their website:

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



# Conscious Business DIY

With **Amanda Sears**

## DIY BUSINESS DESIGN BASICS

**Great visuals stimulate emotions, memories and ideas about their subject, so it is important that you find the right way to visually present yourself and your business, service or product.**

Invest in good design AND get to know what good design actually is for YOUR BUSINESS - because all design is different and each business is unique... think 'standard' styles like, 'corporate' for a bank or 'handcrafted' for an artist, etc.

Just like 'dressing to impress' or 'for the occasion' your business needs to do the same. Everything people see, touch, smell, hear and feel can be designed to elicit a reaction. In this brief article, we focus on just some of the basics behind professional design that you may want to consider.

### COLOUR PSYCHOLOGY

- **YELLOW** - Clarity, Warmth, Happiness, Energy, Joy
- **ORANGE** - Warmth, Optimistic, Freedom, Cheerful, Motivation
- **RED** - Passionate, Active, Exciting, Strength, Youthful
- **PINK** - Love, Feminine, Sensitive, Intuitive, Compassion
- **PURPLE** - Creativity, Spiritual, Wealth, Luxury, Wise
- **BLUE** - Intellect, Peace, Loyalty, Trust, Intellect
- **GREEN** - Balance, Healing, Fresh, Clarity, Natural
- **BROWN** - Outdoors, Rugged, Earthy Friendly, Austerity, Longevity
- **BLACK** - Dramatic, Formal, Bold, Elegance, Mystery, Conservative
- **GREY** - Neutral, Calm, (Minimal contrast and easy to look at)
- **WHITE** - Pure, Lightness, Honesty, Innocence, Truth, Creates Space

Colour is just one of the many design elements you can use to elicit an emotional response - and you can also use it to reflect your personal energy (if you imagine yourself AS a colour,).

Another design element to think of are fonts. This infographic perfectly demonstrates **FONT PSYCHOLOGY** and how certain fonts can evoke emotions and feelings just like colour.



IMAGE SOURCE: [www.crazyegg.com/blog/psychology-of-fonts-infographic/](http://www.crazyegg.com/blog/psychology-of-fonts-infographic/)

**PRO TIP:** Design Psychology does differ between cultures though, especially colour meanings!

### HEIRARCHY & SIMPLICITY

The important information is generally bigger and at the top... Keep it simple and use a combination of font type, colour, and background that works cohesively and aesthetically and is easily readable and doesn't 'sting the eye' - think fluro pink on fluro green or black background with red writing which creates a 'colour vibration effect'.

## MY GO TO (PAID) DESIGN PROGRAMS

Using the right design programs, and using them correctly is where a BIG difference lies between DIY and professional design. I personally use the Adobe Creative Suite, but there are other options. These are my main design programs:

- Adobe Illustrator for Vector work like logos
- Adobe InDesign for Layout (print & web)
- Adobe Photoshop for photo manipulation and graphic enhancing and certain digital design (A pro-gram doesn't make you a pro though...)

The BEST free\* design platform I recommend is Canva - which can be used on a browser on the computer or as an app. It is great for digital design, watermarks, digital design on the go and some basic print; but is not the place to create logo designs as they are not vector files and therefore are limited in size and usability.

## FILE TYPES (The Main Ones)

- JPEG - Flattened image (used in print and web)
- PNG - Best for digital and web use, with or without a background as an overlay
- PDF - Best for sharing documents and printing (can be edited by certain programs)
- Vector (EPS. or other) - Scalable up to the size of the moon without losing any quality!!

## COLOUR SPECTRUM FOR OUTPUT

- RGB for Digital
- CMYK for Print

## DIY OR PRO OR A COMBINATION

How your business is displayed across various platforms will create the perception of YOU and your brands' quality and appeal; and determines whether people engage or not. *Make sure you do it right and uniquely and authentically YOU!*

## 3 DIY CONSIDERATIONS

These 3 considerations may help you decide if you want to hire a professional for all or some aspects, or take steps to do the work yourself.

- **Time** - you have the skill (or time and money to learn the skill) and the time to do the work
- **Skill** - you have the skill and money but no time
- **Money** - you have money but no time or skill

*"What you do next is up to you.  
Invest in yourself and others will too"*

These days design is playful and only limited to the imagination. While certain design principles may apply, they don't *always* and this makes for an exciting time for DIY business owners combined with accessible new DIY design platforms!

**Amanda Sears** | Sears Co | [www.searsco.nz](http://www.searsco.nz)

## BRAND CONSISTENCY CHECKLIST

Here is a quick checklist to make sure your brand is in alignment across your platforms - which is VERY important for building trust, reliability and being recognisable and memorable.

### BUSINESS FOUNDATIONS

- Business Plan
- Marketing Plan and Strategy

### BRAND IDENTITY

- Logo Design
- Style Guide (Fonts & Colours)
- Photography & Imagery
- Editorial/Content
- Brand Consistency

### STATIONERY

- Business Cards
- Uniform or Branded Apparel
- Letterhead
- Merchandise (pens, pads, magnets)
- Invoices & Statments
- Price Lists
- Packaging
- Stickers & Labels
- Company Information
- Internal Documents
- Client Paperwork

### ONLINE PRESENCE

- Website
- Facebook
- Google My Business
- Instagram
- Twitter
- LinkedIn
- Pinterest
- Email Signature
- E-Newsletter Template
- Online Shop (eg. Etsy, Felt, etc.)

### MARKETING MATERIALS

- Products & Branded Merchandise
- Brochures, Flyers & Posters
- Exterior Signage
- Interior Signage
- Newsletters
- Vehicle Signage
- Flags, Pull Up Banner, Footpath Sign

### ADVERTISING

- Advertising Guidelines
- Digital/Adwords/Display
- Print (Newspaper, Magazine, Mailers)
- Radio, Online Streaming & TV
- Social Media & Youtube
- Digital Screens
- Collabs with Others







# Home Grown Garden

With **Michael Self**

## MY PERSONAL PHILOSOPHY FOR ORGANIC GARDENING

It feels very appropriate that my first article in this series on 'organic gardening and landscaping' is in the month of the Winter Solstice, which in my approach to gardening, heralds the start of Spring; watching the trees spring into growth after the Winter Solstice; digging down into the soil and feeling and seeing the new life starting.

For me, the seasons that govern the *daylight hours* are one of the important governors of our growing.

I first encountered the concept of the Winter Solstice as heralding the start of Spring as a Horticultural student at Lincoln College; since then I have been a student of the 'seasons by day-length'. Much of my knowledge of this is based around following the seasons as a nurseryman, learning via the oral tradition and from books such as *Earth Rites* by Janet and Colin Bond

The importance of following the seasons is recognised by the ancients of many cultures and there have long been celebrations and rituals associated with the movement of the sun.

The solstices and equinoxes were considered to be masculine and the lunar cycles, the feminine.

Much celebration went into the Winter Solstice as it heralded the return of the Sun and the time to start the Spring gardens and activities.

The language of the period after the Winter Solstice and before the Spring Equinox also points to this being Spring: We have Spring bulbs, Flower of Spring cabbage, Spring Blossom, Spring lambs, Spring calves. Likewise many of the plants listed as 'Winter flowering' flower before the Winter Solstice for example many of the Camellias, Hellebores (the Winter or Lenten rose), Daphne, and Chimonanthus all fit into this category. Summer planting of many plants starts after the Spring equinox; think marigolds, kumera, corn, tomatoes, petunias, cucurbits and beans.

When we start looking at the seasons, so often we look at them in terms of 'temperature' or 'weather' rather than the 'passage of the sun' or the 'expansion or contraction of day-length'.

## SO, LET'S LOOK AT THE FOUR KEY DAYS THAT HERALD THE START OF A NEW SEASON:

### The Winter Solstice

The Winter Solstice is often referred to as the shortest day, which to me is the start of Spring or 'the awakening'; the time when the days start to get longer. While there may not appear to be much happening above the soil, digging into the soil will show lots going on. New roots are growing, soil micro life starts to become more active in response to the increased light; seeds within the soil start to begin their germination process.

### The Spring Equinox

Bit by bit the days get longer until the day and nights are equal in length and we have arrived at the Spring Equinox, the start of Summer or 'the season of growth'. After the Spring Equinox the days are longer than the nights and many plants start to flower and begin their reproductive cycle.

### The Summer Solstice

The days get longer until the longest day or Summer Solstice (21 December) is reached and this brings the start of Autumn or 'the season of ripening and harvest'; the days are starting to decrease in length. During this time many crops are producing their fruit and consequently their seed. Sunny days all contribute to the ripening.

### The Autumn Equinox

Ultimately the days lengthen until once again day and night are equal in length, around the 23rd of March and we are at the Autumn Equinox, the start of Winter or 'the time of rest'. Much growth ceases, fruit falls or hangs on the tree waiting for the Winter Solstice and the awakening that is Spring.

While this a very simplified look at the year, many plants are very 'day-length' or 'phototropic' in their growth responses.

A good example is sweet corn, which can be germinated early in a greenhouse or nursery situation but if planted out too early - in other words when the daylength is too short - often the corn will be runty and stumpy, producing few if any cobs of quality.

Many insects also respond to daylength and in the case of pests, planting times of susceptible crops reflect this.

Plant breeders have long worked to create varieties that defy a particular species' response to day length or manipulated their growth using structures and day length controls. Good examples of the latter are potted Chrysanthemums and Poinsettias which are subject to being grown for lengths of time under black out curtains.

### EXPLORING OTHER NATURAL SYSTEMS

As you embark on your organic journey another important thing to do is to take time to visit and explore natural systems. Primarily this is to see how *nature* does things; how it builds soil, which after all is the base of most of our food production. Also, to see how she places things within a system, for example a river walk will show how rocks should be placed and how nature starts to colonise bare areas.

Nature has put many systems into place that we can imitate in our own garden; take our Flax-

es; Harakeke (*Phormium tenax*) and Wharariki (*Phormium cookianum*); they lay their old leaves down on the ground to start making a bed for young Harakeke, Wharariki and other plants to establish. These leaves create a very effective weed mat and the leaves above provide wind and sun protection for the younger plants.

Within the home garden we don't necessarily have the space or desires to allow such systems to develop so we tend to cut the old leaves back; then we are faced with the problem of what to do with the trimmings as the tough fibrous nature of the flax means they are hard to put through a mulcher and deal with in general so they often end up going to the rubbish dump.

Considering both of these points, it struck me one day that the obvious thing to do with the flax trimmings is to weave my own weed mat! I generally weave my weed mat in situ but you can also weave weed mat for later use too.

*(You can also make a knot of about five cabbage tree leaves which then become the most amazing fire starters for home fireplaces in winter.)*

### Michael Self

Garden Rambles

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# Gardening Extra

With Guest **Lucy Donaldson**

## PLANTING BY THE MOON

Before I became a stay at home mum I was a nurse working in the operating theatre. A few of the surgeons I worked closely with would often ask me about my vegetable garden and ask advice on when to plant their vegetables, as they knew how passionate I was about organic gardening.

One day I let it slip that I planted by the moon; the whole operating theatre were in hysterics imagining me doing all my gardening in moon light... Which to be fair, it probably would be something I would do if I thought it would help my plants.

But no, planting by the moon doesn't mean planting at night. It means planting your plants in accordance to the moon phase.

For a number of years now I have been experimenting in the garden with planting by the moon vs sowing my seeds and planting my seedlings any random time.

When I plant in accordance to the moon phase, I have noticed a massive difference with the health of my plants, their ability to withstand pests, and their yield.

A perfect example of this is when I plant my garlic in accordance to the moon calendar I have much larger bulbs and less issues with garlic rust in comparison to planting it on the shortest day.

Gardeners have been planting in accordance to the moon phase for generations. Just like the moon causing gravitational pull and altering the tides of the ocean, it also influences the growth cycle of plants.

The moon's gravitational pull controls the moisture in the soil and can influence how quickly plants grow and seeds germinate.

The moon phases can be divided into four quarters, each lasting about 7 days.

The first two quarters of the moon phases are the period of the waxing moon. This is a time of stronger sap flow in plants.

The last two quarters of the moon phases are the waning moon period. This is when the sap flows downwards and there is decreased light.

During **the first quarter**, it is the best time to plant leafy greens and to sow seeds.

This is because during this phase the gravitational pull is strong.



During **the second quarter**, the moonlight becomes stronger allowing additional light for plants to grow. The gravitational pull also becomes less.

This is a great time to plant crops with seeds inside like beans, peas, capsicum and tomatoes. It's also a great time to harvest herbs as it is when their essential oils are at the strongest.

During **the third quarter** is the stage which is just after the full moon; the soil moisture starts to drop, meaning the growth of fruit and vegetables start to slow down. The sap in the plants also start to flow downwards. This is the best moon phase to plant root vegetables like kumara, carrots and beetroot. It is also a good time to plant flower bulbs that rely on a strong root system. It is a good time to prune fruit trees too as their sap flow is decreased.

During **the last quarter** there is both decreased light and decreased gravitational pull; it is also the driest quarter period. This is a time for rest in the garden where you can focus on weeding and composting.

**Lucy Donaldson**

*Garden Tales*

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# Helpful Herbs & Flowers

With **Minette Tonoli**

## GARLIC - ALLIUM SATIVUM

Winter is the time to indulge in all things garlic. The cold weather signals that it is time to plant this in the garden, and in the kitchen its pungency lends warmth to our comfort foods, while it helps fight the seasonal proliferation of colds and flu.

With a long and colourful history full of facts and fantastical beliefs, garlic is both a food and a medicine. It is fundamental as an ingredient in the culinary world in dishes across the globe, and features in many historical traditional medicines.

**To give them strength,  
Gladiators ate garlic  
prior to battle.**

Cultivated for over 5,000 years, and not found in the wild, garlic is a member of the *allium* family that also includes onions, chives, shallots, spring onions, and leeks.

Whether it is a vegetable, herb or spice has long been an amicable argument between enthusiasts.

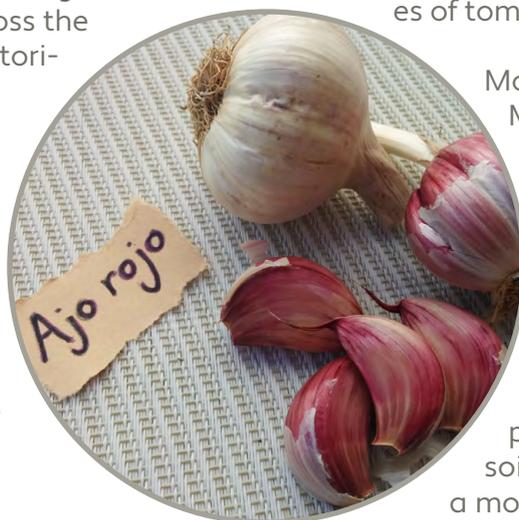
As a food, it is mainly the bulb that is eaten, raw or cooked and its flavour enhances a variety of foods. The leaves are also edible, as are the flowering stems, called scapes, of hard-neck varieties. Even the seeds can be eaten as sprouts in salads.

Medicinally it has an impressive array of beneficial properties and has traditionally been used to prevent and treat colds, influenza, bronchitis and to reduce fevers. It is strongly antifungal and antiseptic, as well as being parasitocidal, tonic, stomachic and vasodilatory.

Garlic is often the subject of studies in the medical field and has been investigated as anticancer treatment, for diabetes, as a detoxifier in lead poisoning, as a strong germicidal, for hypertension, arteriosclerosis, and high cholesterol.

Garlic is a wonderful companion in the vegetable garden and orchard, deterring a number of pests. It is especially beneficial to grow with roses, raspberries, and stone fruit such as apricots and peaches. It also grows well with beet, carrots, parsnip and chamomile, but inhibits the growth of legumes and should also not be grown close to alfalfa.

Garlic is an ingredient in many home-made pest sprays, and commercial extracts are used in the treatment of blight and mould or fungal diseases of tomatoes and potatoes.



Most of NZ garlic is grown in the Marlborough district according to HortNZ, where cold winters followed by warm dry summers are ideal. The most common issue in growing garlic is the prevalence of garlic rust, a fungal infection caused by *Puccinia allii* which affects the health and vigour of growing plants. Garlic succeeds in most soils but prefers a sunny position in a moist light well-drained soil. Home gardeners in NZ often believe in planting on the shortest day (21 June) and harvesting on the longest day (21 December), but this practice has been challenged recently, with earlier plantings proving more successful in certain regions.

### HOW TO ROAST GARLIC

- Remove only the outermost papery skin of a bulb of garlic and slice the top off the cloves to expose the white flesh of each clove.
- Drizzle with a teaspoon of olive oil (or more depending on how big your bulb is) and add an optional sprinkle of herbs – *thyme or rosemary is excellent with garlic.*
- Wrap in foil and place in a preheated oven for about 30 minutes.

*\*If you prefer not to use foil, you can roast in a roasting dish, muffin tin or in oven proof baking paper in a ramekin.*

**Minette Tonoli**, MeadowSweet Herbs & Flowers  
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# Feel Great Food

With **Lee Holmes**

## BEGINNER'S GUIDE TO GROWING YOUR OWN VEGGIES & HERBS + MY GARDENER'S BOUNTY SALAD

*Having time to communicate, reflect, rest and connect back to our roots is definitely a good thing; one that has been calling us for a while.*

So, what do I mean by connecting to your roots? Well old fashioned gardening, of course! What better time than right now to unleash your green thumb and become more self-sufficient by growing your own produce. It's an activity you can do alone or get the kids involved too, because let's face it, they love to get their hands dirty!

A few years ago, I made the decision to swap out regular big grocery shops for more bounty from my kitchen garden and to try and support more local small grocers for items that I can't grow myself. While this can sound extremely intimidating to some, gardening is a useful and fun skill to learn and one that can save you money in the long run; and you don't need a traditional garden space to start gardening, but more on that later...

Gardening can be hard work but it's also therapeutic; it gives you a greater appreciation for your food, and has the additional bonus benefit of getting you out into the sunlight for some immunity charging Vitamin D.

I'd love to share some of my favourite things to grow, the ones that may not be worth your time, some ideas for herbs and vegetables that are perfect for small spaces and also what I'm growing in real time and why.

I'm in Sydney, Australia, which means we enjoy long summers and hot weather, and so do my home-grown veggies and fruits.

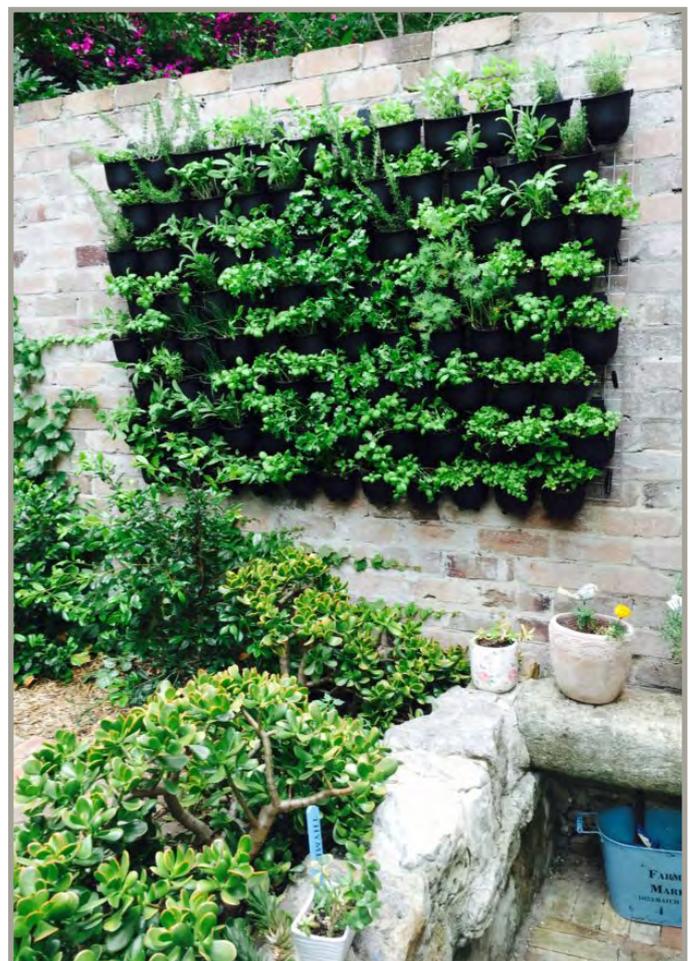
When you start growing your own it's best to take your climate and soil into consideration, and see what best suits your climate and the area that you're using for your garden, eg. when does it get sunlight, what times of the day etc.

### THE GO-TO'S

Depending upon your space and climate, first things first it's good to prepare your soil, as a good garden starts with good soil. I compost at home so I'm constantly amending the soil to gradually build up a productive soil. If you don't have compost you can use shredded leaves; Or you might be keen to try the no gardening approach, where you throw your kitchen scraps, leaves and clippings straight onto the garden to bring more nutrients and diversity to the soil.

I've created two garden beds and a herb wall to separate what I'm growing. I use the herb wall to germinate seeds and then replant them into the raised beds. If you don't have space, portable mini greenhouses and grow bags are good to experiment with too.

*This is the herb wall I transported from my old house and now use to grow herbs from seed.*



Since I started growing **lettuce**, I hardly buy any from the grocer in summer. Lettuce leaves are summer babies, but they can't stay in the heat all day as they are partial to a bit of shade too. I plant them in partial shade in the summer and move them around in other months of the year so that they have full sun exposure. Soft and tender lettuces proliferate and need a ready supply of seedlings to keep up salad demands (especially for a family like mine!). You can grow lots of lettuce in a small space, even in a container so its a good one to start with.

**Silverbeet, kale, bok choy and rainbow chard** are other great greens to grow and are mostly pickable throughout the year. They take about 8-10 weeks to grow, which is a quick reward. You can keep harvesting greens as you need them, as long as you show them enough love and water. You can plant about six plants in a small space.

If you're up for a challenge, try growing **carrots**. They're not the easiest to grow in Australia, but you can get a serious bang for your buck. I plant around 2-3 each year and get about six months of carrots. For best results, seed the carrots according to specific instructions. I also tie them with a cable tie to stop the leaves bending over.

Another colourful and vibrant vegetable to grow is **beetroot**. Place in about 30 in 1m<sup>2</sup>; water them well and you will end up with home-grown beetroots that are a thousand times better than store-bought ones. To get better cropping, plant beetroots individually and pull them apart as they grow.

**Spring onion** is a flavour provider that is a great companion to many crops. They start slow, but when you plant them monthly, there's still something to harvest. You can plant at least 50 spring onions in a 1m<sup>2</sup> space, and they love the sun for eight months of the year. Over summer, plant them in partial shade.

**Leeks** may be slow growers, but they can be in the garden for about eight months of the year. They require a reasonable amount of soil and enough moisture to keep them growing. You'll get around 50 leeks from each plant, and you can plant about 20-30 per metre<sup>2</sup>.

**Tomatoes** take about 20-30 days to reach maturity from the time they first appear and begin producing fruits at about day 40-50. They're compact plants, which means they grow a lot of fruit for their space. They're like the kid who always stood at the back of the photos because they had a growth spurt younger than all the

other kids. A recently picked juicy and ripe tomato provides a flavour explosion like no other.

**Eggplants and capsicums** are relatively easy to grow in a place with long and warm summers. They crop heavily and are compact plants. Eggplants grow in a tall and angular fashion and take about 100-120 days to reach maturity. Capsicums take about three months to mature.

**Cucumbers and strawberries** are also part of my kitchen garden.

### TOO HARD BASKET

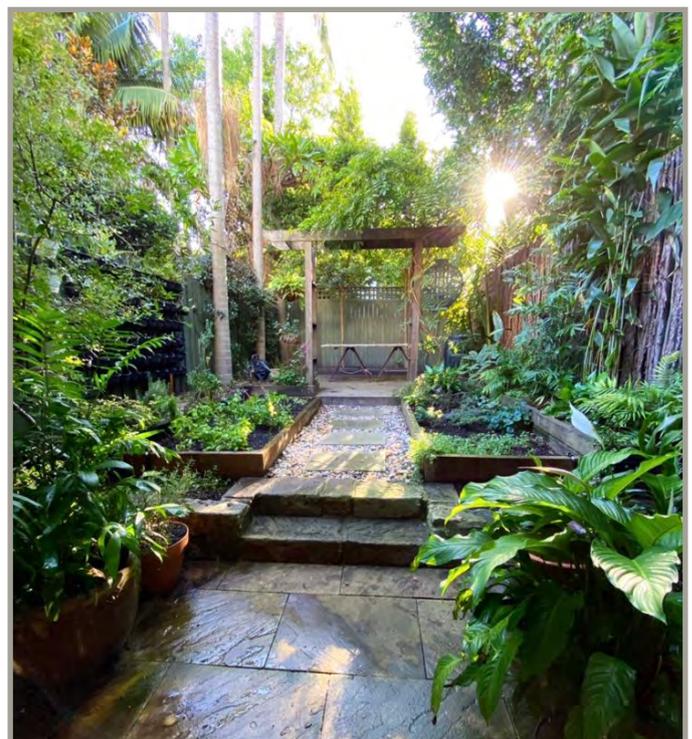
While I love root veggies, I tend to leave the parsnips for my local grocer. They take up a lot of space and take a more extended time to grow. Similarly, regular onions take up a substantial amount of space and time.

Unfortunately, cabbage is another no-no as it can take up a lot of valuable space in a small garden without any reward for months.

### MINIMAL SPACE

If you're reading this and thinking, Lee, 'all of this is too hard because I don't have a backyard', it's time to get creative; You can use a balcony or smaller outside area and have just a few pots. The best plants for a balcony are **herbs**.

While some spread their herbs around their garden, I prefer to have a dedicated herb wall. My favourite herbs to grow are **turmeric, garlic, fennel, dill, basil, oregano, chilli, and rosemary**. For only a small amount of space, you can get a diverse range of herbs and spices!



## WHAT AM I GROWING?

I'm currently paying special attention to a few specific veggies and herbs.

**Celery** has always been one of my favourite veggies to grow, even before celery juice became trendy! Celery requires lots of water and rich soil, otherwise it'll dry out and become bitter and tough (I wouldn't want to mess with that!). It takes about 3-4 months for those anti-inflammatory stalks to rise.

**Rocket** is easily one of my favourite greens, maybe because it's one of the fastest-growing ones! Rocket works best in spring and autumn and takes only 6-7 weeks to be ready for harvesting. Rocket is bitter, making it beneficial for our liver health.

I don't mean to be biased, but my **basil** is the greatest basil I've ever seen – for real! Basil grows well in warm environments and takes only 8-14 days to germinate and emerge from the soil. After germination, it takes about 4-6 weeks for leaves to emerge. I love adding basil to pasta, or making pesto.

**Mint** is a digestive aid, loved by all. It grows year-round in warmer climates and takes about 90 days to grow. I used to overwater my mint, which was a big mint-stake! If you're planting mint in the ground, water it every 7-10 days. If it's staying in a pot, it requires water every 3-5 days.

**Broccoli** is a cool season crop that needs to be grown in full sun. Broccoli are heavy feeders, so be sure to feed them accordingly! I love broccoli because it's great for our livers, and it offers a great source of vitamin K and vitamin C. It takes around 100-150 days for broccoli to grow.

To add some flavour and antioxidants to my diet, I love growing **turmeric**, **ginger** and **garlic**. While these flavour providers take some time, they're worth the wait. Turmeric takes around 7-10 months to grow and can be used in a myriad of dishes. Garlic takes around 9 months to grow and is a big fan of the sun! Growing ginger usually takes 8-10 months to grow and can be planted in a pot. You can choose to harvest the roots after several months.

I strive for self-sufficiency in my garden, and I'd love to see you do the same! Remember, just like the people in your life; plants require lots of love, attention and water. Act accordingly.

So what to do with your home grown produce?

For the Rolls-Royce of nutrient-dense salads, look no further than my Gardener's Bounty Salad. Overflowing with garden goodness, this salad is better than any multivitamin pill. This is your secret weapon against ill health, fatigue and lacklustre skin.



## THE GARDENER'S BOUNTY SALAD

Serves 3

### Ingredients

- 1 cup english spinach leaves
- 1 cup chopped kale, stem removed
- 1 cup rocket (arugula)
- 1 cup sugar snap peas
- 1 red capsicum (pepper), seeds and membrane removed, sliced
- 3 baby (pattypan) squash, quartered
- 1 small zucchini (courgette), thinly sliced
- 150 g (5 1/2 oz/1 cup) cherry tomatoes
- 1 cucumber, cubed

### Dressing

- 60 ml (2 fl oz/1/4 cup) apple cider vinegar
- 1 garlic clove, sliced
- 1 teaspoon mustard
- 1 Tsp Love Your Gut powder (optional)
- 1/2 teaspoon Celtic sea salt
- 125 ml (4 fl oz/1/2 cup) cold-pressed extra virgin olive oil

### Method

- Assemble all the salad ingredients in a bowl.
- Place all the dressing ingredients in a bowl and use a handheld blender to blend until smooth.
- Pour the dressing over the salad and enjoy.

### Lee Holmes

*Supercharged Food*

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

*(Originally published by Lee On April 28, 2020)*



# Sweet Treats

With **Sarah Sears**

## FLUFFY GLUTEN & DAIRY FREE VANILLA CAKE

Prep Time: 15mins | Cooking Time: 35mins | Skill: EASY | Serves: 12

A deliciously light and fluffy gluten and dairy free vanilla cake... No one will even know it doesn't have gluten or dairy in it!

A few of my readers have been asking for gluten free recipes, so I have one here for you today. I made this a little while ago when we were in Brno visiting friends; one of whom is gluten and dairy free. It got her tick of approval so thought I better share it with you all!

This recipe is actually my Classic Vanilla Cake recipe but I transformed it into a gluten free and dairy free one! It's a great recipe to use if you're gluten and/or dairy free or if you know someone who is. However, you don't have to be on a gluten free or dairy free diet to make and eat this cake.

It is still just as light, fluffy and delicious as the original version and is probably healthier as it contains less sugar and healthier fats.

A couple of weeks ago I posted about how to convert a gluten cake recipe into a gluten free cake. Here I'll show you how I did it and as you'll see, it's super simple...



### The difference between this fluffy gluten dairy free vanilla cake and my classic vanilla cake:

- Gluten flour is replaced with a gluten free flour blend with a ratio of 1:1
- 1 egg is replaced with 1 tablespoon of chia seeds soaked in water (*this helps bind everything together and provides moisture*)
- 1 cup rice milk + 1 tablespoon vinegar is used to replace the buttermilk (*you could use any non-dairy milk*)
- Eggs are whipped with the sugar to create more air (*instead of using the creaming method, as in the classic vanilla cake recipe*).
- Vanilla buttercream is replaced with whipped coconut cream and a couple of tablespoons of sugar.

...and that's it! I told you, not much to it right?

*\*The little black specs you can see are from the chia seeds. If you don't want them, just grind the chia seeds before soaking in water.*

### Prefer a different flavour?

*This is a great cake to get creative with!*

As with the classic vanilla cake, you can have fun with the flavours.

- If you prefer lemon, omit the vanilla seeds and add lemon zest to the cake and frosting instead.
- Or if you want to stick with the coconut themed frosting, add 1-2 teaspoons of coconut essence or extract and use the coconut water instead of the dairy free milk or a combination of both.
- If you are a chocolate lover like me, substitute 30g (1/4 cup) flour with natural cocoa powder and add 2 tablespoons to the frosting.

### INGREDIENTS

- 1 tablespoon chia seeds mixed with 60mls (1/4 cup) cold water
- 310g (2 + 1/2 cups) gluten free flour (make sure it contains xanthan gum)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon scraped vanilla beans (optional)
- 300g (1 + 1/2 cups) castor sugar
- 3 medium eggs
- 125mls (1/2 cup), flavourless vegetable oil
- 1 teaspoon vanilla extract
- 250mls (1 cup) dairy free milk (I like using rice milk for this recipe)
- 1 tablespoon white vinegar (apple cider vinegar is fine too)

### VANILLA COCONUT CREAM

- 1x 400ml can coconut cream, chilled in fridge

- 1 tablespoon sugar (or to taste)
- 1 teaspoon vanilla extract
- 1/4 teaspoon vanilla bean paste (optional)
- A pinch of salt

### METHOD

1. Preheat the oven to 175C (345F) and line 2 x 8 inch (20cm) cake tins with baking paper.
2. In a medium sized bowl, sift flour, baking powder, baking soda, salt and vanilla bean paste. Whisk to combine and set aside.
3. In another bowl, beat eggs and sugar with an electric mixer together until foamy. Gradually add the oil, vanilla, rice milk, vinegar and chia seed mixture and continue to beat until combined.
4. Add the flour mixture and fold until combined and there are no lumps.
5. Divide the cake batter among the two cake tins and bake for 30 minutes or until a skewer comes out clean (or with a few loose crumbs). Leave to cool in cake tins for 5 minutes before inverting on a cooling rack.
6. Once completely cool, level the cakes with a serrated knife (optional). Place one cake on a cake board and using a off-set spatula, spread 1/2 cup whipped coconut cream on the cake. Place the other cake on top and apply the rest of the whipped coconut cream. Decorate as desired.
7. To make whipped coconut cream: Open the can of coconut cream upside down and tip the coconut water into a jar. Scoop out the coconut cream into a bowl of an electric mixer and along with the sugar, vanilla extract, vanilla bean paste (if using) and salt. Beat on medium speed until thick or you reach the desired consistency.

I was feeling extra girly the day I made this, can you tell? To make the decorations I simply swirled some pink food colouring on top of the cake and added sprinkles. Feel free to add whatever you have on hand – there are no rules when it comes to decorating cakes.

**TIP:** *Be sure to place the coconut cream in the fridge a good couple of hours before making the frosting (best over night) so that the cream and coconut water can separate. The cold coconut cream also whips up a lot better when it is cold.*

### Sarah Sears

*What Sarah Bakes*

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





# Well Being

With Rosie James

## SETTING HEALTH & FITNESS GOALS

**Setting goals is great for motivation in all aspects of life. Health and fitness is no exception.**

Knowing your why and what you are working towards will keep you going when you don't always feel like it, because motivation doesn't come to everyone every day!

People often tell me they need help with motivation or ask how do I keep motivated. The answer is goal setting, but not necessarily in a super strict way.

It is important when thinking about your health and fitness goals to understand that everyone's results will vary.

There are factors that are out of your control that can impact your results, such as age, gender, and genetics. You could put the same amount of effort into something as your friend or family member and get very different results. Try and focus on yourself and your own journey.

*Comparison is the thief of joy after all.*

So, when setting health and fitness goals a good focus is the *journey* as opposed to the destination. Long term wellbeing is more important than reaching a perceived magical end point.

I am going to go against the grain here and say goals that focus on a number on the scales being lost over a certain period of time are not useful.

We cannot always predict how much weight we will lose over any given time in relation to how much effort you will put in. For the reasons I mentioned above everybody's body will respond differently and often times tweaking is required along your journey.

It is also important to make sure your goals are achievable. Don't make it so difficult you take the fun out of it!

*Health and fitness is about improving your life, not making it more difficult.*

It can also be useful to break big goals into smaller ones so that they feel even more achievable. Once you have achieved your mini goal you can reward yourself in even just the smallest way (some new active wear or a healthy lunch date are good options) and reset new goals that bring you closer to the bigger goal.

When setting goals, it is useful to ask yourself these questions:

- Do you have enough time to realistically do what you are setting out to do?
- Will you be able to prioritise it along with the other things that are important in your life?
- Do you enjoy the form of fitness you want to set up a good routine with?

You could set goals that focus on every day wellbeing such as:

- I will take a 30 minute walk every day.
- I will drink 2 litres of water a day.
- I will eat nutrient dense wholefoods every day.
- I will eat when I am hungry and stop eating when I am full.
- I will attend a yoga class 3 times a week.
- I will get some form of movement 6 days a week.
- I will try a new form of exercise every month.
- I will exercise for 20 minutes 4 times a week.

Make sure you right down your goals too. Put them somewhere prominent and look at them most days. Remember they should be specific, attainable and enjoyable. Overall goal setting should leave you with a real sense of achievement

I have been known to give up on something I thought I wanted because the journey is no longer serving me and you should not be afraid to do so either. You can revisit and update goals whenever you like. It is your life and you are in control.

**Rosie James**, *Nourish and Move*  
[www.rosiejames.co.nz](http://www.rosiejames.co.nz)



# Living Naturally

With Hannah Shaw

## MY JOURNEY INTO EXERCISE

If you knew me as a child, teen and young adult you would know my distaste for all things relating to physical activity. I had every excuse under the sun to get out of participating in school sports and cross country. I used to joke that the only time you would catch me running is if I was running to save my life!

I disliked being uncomfortable - feeling hot, sweaty, puffed, red in the face; as I wasn't a natural athlete, I was afraid I wasn't good enough and had a fear of being judged by others. I am also not at all competitive and came from a relatively sedentary family, so never had the drive to be physically active.

When I turned 30 I embarked on a journey of growth and healing; the catalyst being the birth of my second child.

As part of this journey, one year ago, I decided to choose discomfort and challenge myself. I committed to getting stronger and fitter with regular exercise.

Since my early 20s I have been a huge fan of yoga, but never really made it a regular practice; plus I knew I needed more than what it could offer me physically.

I started by joining an online fitness programme for women that could be done from home (2 young children and living rurally is not conducive to attending classes or the gym!).

Initially I did a 30 day beginners programme, then committed to a 12 week challenge. Within that challenge I started running! What a revelation it was to discover that I could actually run, and that the puffing and burning in my chest would become almost non-existent as I got fitter and realised how much I enjoyed it (that endorphin hit/"runner's high" they talk about is real!).

The increase in strength and fitness and the change in my appearance (increased muscle tone), made me realise how crucial it is to incorporate exercise into your life.

I no longer do the online sessions but I'm grateful that they were the catalyst for what I'm sure will be a lifetime of regular movement.

I currently aim to go running once a week - anything more than that is a bonus! As well as the physical benefits, I also find it a great mental challenge. When I can't get out for a run



I like to do high intensity interval training online, and when I'm needing something more low key I still turn to yoga; my favourite practice being Yin. I just do whatever activity I can manage.

Any movement is good movement no matter the intensity or length of time. It's all about regularity, daily if you can. Even if it's just 5 minutes of squats, planking and press ups. In fact, if I am time-limited then that's exactly what I do.

Exercise reduces your risk of cancer, cardiovascular disease, obesity, type two diabetes and dementia; it enhances your sex drive, increases energy levels, improves mental well-being, memory and cognition, relieves stress, improves quality of sleep, and literally adds years to your life. What's not to like about all that?!

Action before motivation - just get into it, and create yourself a new healthy habit!

**Hannah Shaw**

*A Nourishing Notion*

[www.facebook.com/ANourishingNotion](http://www.facebook.com/ANourishingNotion)



# Living Well

With **Tania Huddart**

## MOVEMENT VS EXERCISE - IS THERE A DIFFERENCE?

On the face of it, it may seem that moving and exercise are the same. But, let's think about this for a few minutes. Do you know how many times and for what duration you exercise every week? You may already time your walks or runs. You know your exercise class is 45 or 60 minutes long, and you know you swim for a set number of lengths. But, how do you measure how much time you spend moving every day? That is a trickier calculation.

How often did you get up from your desk to walk to another part of your workplace? Did you take the stairs or the lift when you moved between floors? How many ways did you move while preparing breakfast this morning? Did you squat down to get something from the bottom shelf of the pantry or reach up for something above your head. If so, were the movements comfortable or did you need to strain to do so?

In our Western culture our shape preoccupies us all. We tend to use tools designed by exercise scientists to measure our success. These tools guide us when we are working toward 'getting in shape'. But what if we change our focus to finding more varied ways to move every day?

Instead of trying to achieve an 'ideal' range of motion, we can change our focus: Can you do movements that your shoulders or hips don't do on a regular basis? Can you step up on a large boulder and walk up a set of regular concrete steps? Can you hang with ease from a tree or set of monkey bars? We change our focus and gain a deeper understanding of why we should move more of our body parts in more ways.

Movement matters to our mental and physical wellbeing; by moving better in everyday life we can increase our joy by moving in different ways.

Wouldn't it be great to reclaim a sense of fun from the movements and the exercises we are already doing?

There is a catch. This change of mindset needs you to consider living a more dynamic life. Freeing your mind to think about how you can move more in your day. It is an experience that changes all the time and has no prescribed formula to follow. This brings a sense of wonder, creativity and play to your movement exploration.

I would like to challenge you to re-frame your movement and exercise time.



An added bonus to this way of thinking is that your stress around 'finding time to exercise' can decrease a lot. For example, try to take a break every 30 minutes - get up off your seat and walk for 3 minutes. Then return to your seat. By making this your movement goal for the day you can fit 6 minutes of movement into every hour! That means that over a 6-8 hour day you can do 36-48 minutes of movement. Your body will feel more energised at the end of the work day too. So, if you can't get out for your usual bike ride or gym class you would have moved for over 30 minutes already.

Want another life-hack? During your mini-breaks you also have the opportunity to give some thought to your eyes. Looking at a screen uses a very short range and strengthens the muscles a lot. Are you able to look out of a window at work and let your eyes find the hill, sea or tree in the distance? This gives your eyes a break. Helping your eye muscles to relax and recharge at the same time as you take a movement break.

*I invite you to be creative with your everyday life. Can you come up with other 'movement snack breaks' in your day?*

**Tania Huddart**, *Hearts & Bones Pilates*  
[www.heartsandbones.co.nz](http://www.heartsandbones.co.nz)





# Movement, Breath & Flow

If viewing the magazine online click the 'play' button to watch the video



juliestephensyoga

## Yoga Flow

With Julie Stephens

### Gentle Back Bends

THE *Inspired* GUIDE

#### **GENTLE BACK BENDS** With Julie Stephens

Awakening the Spine and Lubricating the Hip Joints. This is a great little taster to start to explore the hips and connect to the spine. They say "You are the age of the condition of your spine", so look after it!

**Julie Stephens** | Julie Stephens Yoga | [www.juliestephensyoga.co.nz](http://www.juliestephensyoga.co.nz)

>> Direct link to video: <https://youtu.be/cSiCE7qQ3Oo>



## Pilates

With Tania Huddart

### Aligning Your Lower Spine: Pelvic Tilts

THE *Inspired* GUIDE

#### **ALIGNING YOUR LOWER SPINE: PELVIC TILTS** With Tania Huddart

Finding neutral alignment while lying on your back. This is a very common way to warm up for Pilates exercises. It's a great way to notice how your pelvis, rib cage, and head relate to each other, and how the spine gently undulates as it connects these three main body weights.

**Tania Huddart** | Hearts and Bones Pilates | [www.heartsandbones.co.nz](http://www.heartsandbones.co.nz)

>> Direct link to video: <https://youtu.be/JkyyxRGt5IU>



HEART WISDOM  
Finding solutions within

## Qi Gong

With Natalie Meijer

### Cloud Hands to Activate Yin & Yang

THE *Inspired* GUIDE



#### **CLOUD HANDS TO ACTIVATE YIN AND YANG** With Natalie Meijer

This exercise helps to activate Qi and get it moving internally and externally and to gather Qi from the universe. Through the movements we create a balance of the energy in the body. Balancing the Yang upper and Yin lower body and the Yin left and Yang right side of the body.

**Natalie Meijer** | *Heart Wisdom* | [www.heartwisdom.co.nz](http://www.heartwisdom.co.nz)

>> Direct link to video: [https://youtu.be/nmQ\\_fihf9sw](https://youtu.be/nmQ_fihf9sw)



## Conscious Breath

With Natacha Anthoni

### Breathing Space... **STOP** and just **BREATHE...**

THE *Inspired* GUIDE

#### **BREATHING SPACE... STOP AND JUST BREATHE...** With Natacha Anthoni

Let's go for a walk... gift yourself this time and join me for a walk in the Wellington Botanic gardens for some deep, relaxing, conscious breathing to ground and centre yourself, accompanied by channeled piano music.

**Natacha Anthoni** | *My Breath* | [www.facebook.com/my.breth](http://www.facebook.com/my.breth)

>> Direct link to video: [https://youtu.be/ZxiX5c89\\_C0](https://youtu.be/ZxiX5c89_C0)



# Conscious Creating & Mindful Colouring

CULTIVATING CONSCIOUS ART PRACTICES FOR  
RELAXATION, CREATIVITY & ENJOYMENT

## DRAWING PROMPTS

A FLOWER

WHAT YOU  
LOVE MOST

A BUG

A MAGICAL  
CREATURE

A COLOURFUL  
TREE

YOUR BEST OR  
FAVOURITE ITEM  
OF CLOTHING



To download a printable copy of this month's colouring page, [click HERE](#) - We would love to see the finished art if you want to tag @TheInspiredGuideNZ on Facebook or share to our page. Have Fun!



# Divine Inspiration

With **Aimee Shields**

## ALONENESS

You are never alone my children. Every minute of every day you are surrounded by my invisible helpers. They are varied and intricate and wise beyond measure. They are delicate, mischievous and giants in their field of expertise. They help the grass to grow, teach the bees to make their honey, enlist the rains to fall and the multitude of flowers to spring forth when needed.

They illuminate your journey and point you in the direction you need to go in. They show you signs and signals. Sometimes you miss them and other times you see them and are rewarded with a momentary flow in the path as you follow the promptings of Spirit around you. They are the invisible touch that comforts steadies and transports you upon this path.

You must know my children that so long have you been disconnected that you no longer see or recognize that which was made for you with divine precision. You are masterpieces my Divine children; you have all within you to create, to make, to celebrate and rejoice in your lives. It is what is man-made that wearies your soul and drains you, not the nature of this Earth or realm. So, listen a little less often to the whirring of the mind machine and a little more often to the whispers of the heart that draw you forward on your journeys home. Know that you are never alone; you are watched over, celebrated and comforted even when you do not believe it is so. I can tell you my children, it is so.

The great multitude of energies that make up this Earth and beyond bow before your glowing magnificence and I tell you my children as you grow to know yourselves your hearts will yearn for connection with your roots, your home places, your mother of the earth, for Gaia. You long and yearn for me in the surrounding neon lights and whirring of the machines. You will long to feel

the grass under your bare feet; you will thirst to taste the sea spray upon your lips as you walk. A grand longing will be born in you to lie under the great sky and run your fingers through the brown Earth covering your body in its fragrance. The mountains will become your friends, the trees your wise ones and the beautiful creatures you share this Earth with will come to mean more to you than food or sport.

Wait for it my children the shift in your consciousness is already upon you and all those beasts born of another older denser time shall die or evolve out; only the beautiful and the peaceful will remain. Man will once again befriend the ones they share the Earth with. Wait for it my children it is coming. The shift is upon you and it is here because I, your mother has heard the call of your yearning and know that you are ready for change.

Many of you have asked for it with your dying breath and now the Earth Mother, the collective of Gaia hears your call for change and here it comes. Rejoice... it begins with you.

## STRENGTH

Lay down your heads my precious ones as you settle to sleep this night. Let the gentle Earth rock you in your dreams and let me begin to tell you a story of one such as yourselves.

One ordinary night when all was quiet and dark, in an ordinary town that was filled with people, a great shaking of the earth took place... In a small ordinary house, a quiet old lady of much worth had upon her shelf a silent treasure. It looked like an ordinary vase, but it was old, older than anyone knew. It had been handed down through generations and its worth was immeasurable.

On the night of the great shaking all she owned was thrown about; many things were broken.



In the morning when it was light, with quiet tears, she cleaned up the scattered pieces; the broken things and mess.

The vase lay on the ground, a great chip had broken off from it as it had fallen. She found the chip and with a little glue put it back together again. Knowing the vase would not be worth as much now, the lady was sad for she felt she had lost something very precious.

The shaking in the Earth did not die down and another great after-shock had the vase falling to the floor, and again, the vase broke, but this time it needed mended in several places. However, the old lady noticed it had not broken in the same place as before but even so, as she mended it, sadness washed over her, and she cried once more. This vase had been in her family so long and now with so many broken pieces it would be worthless. Many aftershocks occurred in the following days, some worse than others. Each time she cried and cleaned up the mess and each time she mended the little vase. One day, as she was looking at it, she realized that it had never broken in the same place. Each mended part was stronger for the mending and did not break again.

Eventually the vase had broken in every place that it could and looked more like a mosaic than an ancient family heirloom. Each time it broke the old woman cried less and gave thanks more. She found in the mending of her vase, that it was like putting herself back together again and each time she also got stronger.

It was in the middle of the day while people were eating their lunch and heading back to their offices that another great earth shake occurred, causing such heartache. The old lady of much worth clutched her heart and fell to the ground; her vase lay unbroken beside her as she passed on to the afterlife where she was met by an Angel. Seeing herself lying in the shadows by her unbroken vase, she asked the Angel if she might bring it with her.

"But of course," the Angel replied.

"You know," said the Angel, "the vase has a great lesson to teach on the triumph of the soul. Each time it broke and each time without question you mended it. It never broke in the same place twice and each time it was mended it was stron-

ger for the glue that held it together. Now when the greatest test of all has come it remains unbroken. This vase is like a soul. Many times, in life we are broken in our hearts and our souls and we do not always know how we will carry on. We think if we are broken, we no longer have worth of any kind, but a soul that is mended, glued together by love, will not break in the same place again. When the greatest test of all comes, it will remain unbroken, so strong will be the glue that holds it together that nothing shall ever break it again".

The angel handed her the vase and the glue disappeared, the vase was whole once more. "On the other side you will be whole again," he said, "and the worth of a Soul like that is immeasurable."

The little old lady smiled with tears in her eyes and whispered, "I knew it was worth something after all."



"Come now," the Angel said, "Let us take you home."

Do not, dear children underestimate the worth of all the broken pieces of yourselves you have mended. Do not underestimate how your strength shall shape your lives and the knowledge of having been broken shall enable you to re-build even stronger than before. Your courage, your tears, your sorrows have not been in vain. They can be used to create within you a soul that is unbreakable, glued together by the immense love, support and compassion of those that love you, those that care and those that stand beside you in your hours of need; the unseen and the seen. Nothing is ever wasted. All works towards the good of all. Each chip repaired; each crack mended creates a stronger base from which to rise again. This is true courage - not in the devastation, not in the falling but in the mending, in the rising and re-building. Remember it is love that binds us, it is love that holds us all together.

With great love all your dreams can be accomplished, and you will be whole again, grander and more beautiful and stronger than ever before.

**Aimee Shields**  
Divinely Inspired  
[www.callah-ancients.com/gallery](http://www.callah-ancients.com/gallery)



# Divine Guidance

With **Michelle Cotton**

## THE NEW VIBRATIONAL FREQUENCY

*Good day to you all and welcome.*

As the world is picking up speed remember to take a breath and allow yourself to keep the essence of all you have learnt and bring it forth into your daily life, allow yourself the time to stay connected to your true self and be at your highest vibration.

The coming of humanities growth will be seen as things continue to open into the new world, this is the essence of the new conscious level the earth is vibrating at; many have fallen through this transition and there will be others that choose a different path; do not put judgement into this, only focus your intention on the light and the evolving energy within yourself and around you.

The overall effects of the light beacons that are guiding the way are showing and growing in numbers daily; the energy pulsing through the bodies of those in true alignment is incredible. So many more will raise their vibrations over the next few months from being in touch with their true self and expanding their awareness of their consciousness, thus bringing a vibrational shift internally, and the ripple effects from this continue to grow.

For the open beings the way you see colour will be illuminated, the essence of colors will transcend their beauty to a new level; the way of looking at nature and its beauty will enhance and the most inspirational creativity will start to flourish.

Allow yourself to be immersed in the wonder of everything that is before you and appreciate it all. Bring to life your innate being in full light, allow yourself to be who you were born to be.

Following the path of light and allowing the energy to guide your world is trusting in yourself and the universe, the ultimate source of consciousness; let it guide you. Trust your intuition and feel the strength within from connecting to your source.

Do not hold fear or uncertainty in your heart. Give yourself love in its place and let go by surrendering to your truth; be one with all things and continue to find gratitude and love everywhere. You are supported by the highest source of power, the Divine source.

**Each being on this planet is a seed that has the opportunity to grow and flourish and bloom, the choice is yours.**

We invite you to enter the new vibrational frequency. This frequency is filled with love, healing and peace. The light shines brightly within this frequency and helps dispel negativity, it is available to all; no money or power will give you more than another, only by surrendering yourself to the light and divine source through expanding your awareness consciously will you find the harmony and joy you desire.

Share your love and light with the earth. Look after nature and those around you in your community. Bring together people, help find assistance where possible for those in need; open your heart and you will start to feel the expansion from being selfless. Be in a space of gratitude not greed, love not harm, trust not fear.

Call upon our help to guide you and support you as we are always available to assist wherever possible. You can help heal people that are willing and in doing this you can heal the world.

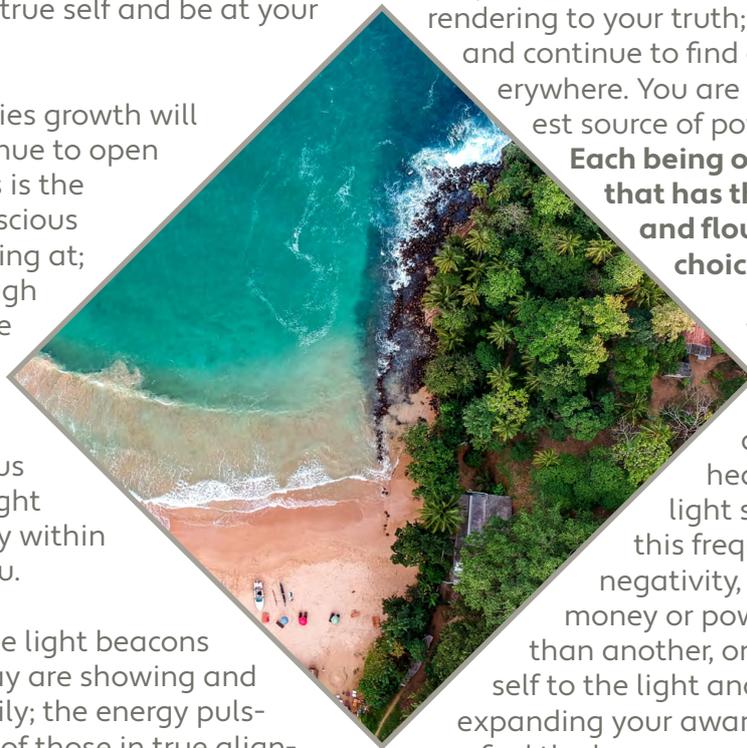
*We shine our light to assist you all.*

*With love, Ascended Masters*

**Channeled Through Michelle Cotton**

*Clairvoyant Medium/Trance Channel*

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# Awake & Empowered

With Guest **Micheila Sheldon**

## HOLDING THE MIRROR TO PLANETARY CHANGE - HOW HONORING YOURSELF HEALS THE EARTH

*An excerpt from Micheila Sheldon's channeled writing.*

### **We are Source energy. But what does that mean?**

Our structures are one with the oceans, the animals, the earth. We want to heal all of these things. Yet, how many of us are guilty of negative self-talk when we look in the mirror?

Honoring yourself has a profound effect on the consciousness of all things.

We are those things, in beautiful physical form.

Many of you believe that your structure only applies to the inner workings of your physical and energetic body. That there is a fine line between your auric field and the rest of the universe that keeps you separate.

This belief is a program we wish to abolish from your structure and internal workings. As you have been created in the likeness of many and of your Mother Goddess, Earth, you hold within you connections to all of it. And this is where your belief systems have failed you. This belief that you are separate from the universe and the earth is holding you in resistance of what is the biggest and most important aspect of your existence.

*You hold the capability to transcend this history you have created as a One.*

The transcendence of this holds the capability to take you into fields of unknown territory.

Communication with trees, plants and animals. Interaction with your cosmic families. And support from the unknown. But in addition to this, it holds a secret universal space in which all things are connected.

Imagine for a moment having a bad day. And all of the sudden, the entire universe comes to support you and change your reality. This is the capability you have right now in this very moment. But your beliefs about yourself hold you in resistance of this beautiful intersection of energies through and of the self.

The structure is all things coming together in a singular energy.

So if your singular energy is not focused in the highest intent, it will affect all things. This is how you have a part in your collective experience.

*When you are not in harmony with yourself, you are not in harmony with all things.*

When you look in the mirror and criticize yourself, at the cellular level you are creating patterns that affect all things.

Do you see the responsibility you have to honor yourself?

Honoring yourself is Source energy at its highest peak. And all things accept the vibration you offer in harmony.

### **The Council of Light Channeled by Micheila Sheldon**

*Awakened and Empowered Expo*  
(Original post [www.awakeandempoweredexpo.com/magazine/holding-mirror-planetary-change](http://www.awakeandempoweredexpo.com/magazine/holding-mirror-planetary-change))







# Spiritual Guide

With Guest **Renae Bailey**

## LOVE IS WHO YOU ARE

### Greetings.

**You may refer to me as Chris. I come on behalf of the Collective with a simple message today. Love is who you are...**

Many of you have faced challenges recently. Each of you has been challenged in different ways, each one of you has been effected differently during this time. As these challenges have felt overwhelming, many have forgotten this. The fear has overwhelmed many of you. Now some of this is understandable. Security of self is an important need. When the financial future appears uncertain, it is easy to let the fear take centre stage.

We request that you rise above this. Come home to love. Step back and trust yourself. You will survive this when love becomes the way. Look at yourself with love. When you truly love and accept where you are, you will discover other possibilities, other potential outcomes. When someone is in a fear state, they remain closed off to their guidance, closed to their internal compass. Fear also weakens the body. Stress weakens the body. This is not news.

*Meditate, breathe, come home to yourself, come back to love.*

Open your heart to hear your soul speak. Allow your own light to guide you. Watch your energy. Observe how you feel in certain situations. If watching the news fills you with dread, and your energy begins to feel heavy, switch it off until you can observe the news without being affected by it. If your job does not fill you with joy, follow your guidance, and take action towards finding something that does.

Some of these realisations may have come recently, as you have been given the time to pause and reflect, a time to be still and begin to listen to yourself - the stirring of your soul.

Find that which makes your soul sing. Find what fills you with love, with joy. If your job 'needs' to

remain the same, channel your energy into hobbies which bring those joy-filled feelings.

Embrace the quiet times. They are a gift. Remain in a space of love; remain free from fear, for fear will not serve you now.

You are love. You are here to be a shining example. The more of you who open up to the love that you are, the more of you will open to the love that you are. It is truly a beautiful sight to behold.

Many of you have come to this realisation during this time of quiet. Some of you have felt guilty watching the productivity of others. Many of the busy ones, needed to funnel their stress to activities. Their time of reflection will come.

Take this time to go within. Embrace the love that you are.

Some of you have not had the time, as you have still been needed - business as usual. Winter is upon us. Follow the guidance of your heart as it follows the natural cycles. Use the quieter time wisely. Connect with yourself.

### How?

Listen to your heart. Place your hand on your heart. Connect with the energies of Earth, and the energies of Source. Allow both energies to combine in your body and awaken your heart. Feel the expansion of yourself.

Take some deep breaths, become still inside. Ask yourself your question, and feel the answer. The one that comes before the mind answers. That is your truth in this moment. Your heart - the seat of your soul - knows what you need.

*Be the love that you are.  
Embrace life with an open heart.*

Thank you dear ones, I have enjoyed connecting with you. Much love and many blessings to all.

**'Chris' of the Collective Channeled by Renae Bailey, Healing with Renae**  
[www.healingwithrenae.co.nz](http://www.healingwithrenae.co.nz)



# Embodied Intuition

With Guest **Ashley Stinson**

## PAIN IS A MESSENGER

***Pain is, well, it's a pain. There's no other way to say it! It's right up there with someone telling you something you don't want to hear. They're a pain, too.***

But not really. Both of these situations are bringing your attention and awareness to something you may not have known. Or, if you did, you were probably avoiding looking at it.

*Pain, just like the person in this scenario, is a messenger.*

Uncovering the embodied energetic message of pain is life-changing. Doing so starts with asking one of my favorite questions: *what is this sensation trying to tell me?*

It's time to change your entire outlook on pain.

Pain serves as an indicator that something has gone awry. Until you identify and learn what it is that's not quite right, it's going to keep sending a message.

We have a learned negative association with pain as a messenger. Part of it is biological, part of it is adaptive, but the most critical part is cultural. The organic associations with pain are for survival. You place your hand on a hot stove, it hurts, and you learn not to do it again. You push yourself beyond your capacity, and your body will tell you - your lungs will scream, your legs will ache, and you'll know to stop and recover.

The cultural association is trickier. You've learned that pain is something to avoid. It's something to solve, something to be rid of, not something that teaches. I often advocate for people to stop using the word "pain" entirely. Until you can drop the learned negative association with it, I recommend using "sensation", instead.

Sensation is a spectrum - a twinge, a tingle, a throb, a numbness, a quick jab, heat, or cold. It requires awareness to accurately describe what you're feeling.

It involves opening and expanding. It allows you to be curious instead of closed off.

Sensation, including pain, is simply a feedback mechanism. Your body is flowing energy to a specific area to get your attention. The phrase "energy flows where attention goes" sums this up nicely. However, when it comes to body sensation, we've taken that concept and twisted it. If pain is negative, attention on pain must also be negative - therefore, we assume negative energy is going to flow to that area.

The expansion comes when you can take the experience of energy flowing according to your attention to a more neutral stance. When pain is simply a sensation, a message from your body, you can release the negative connotation. Now, the flow of energy can be neutral. It can be open, curious, and even loving. You can hold the experience of pain and sensation without being afraid of it. You can open up to receiving the message that your body is trying to send.

Sensory experience is a natural part of human life in a human body. I empathize deeply with folks who have a challenging experience with pain. In truth, I did, too. Exploring my energy, my body, and my chronic pain lead to my expansion.

Pain is a messenger, and your body is the one to tell the story.

## THE CYCLE OF COMMUNICATION WITH YOUR BODY, BONES, AND INTUITION PROVIDES A FRAMEWORK FOR LISTENING:

- 1. Notice.** What is it that I'm feeling? Where am I feeling it? Can I be more specific?
- 2. Expand.** Can I allow the edges to blur? Can I create an opening for this sensation? Can I melt the boundaries and sit with what I'm feeling?
- 3. Ask what you need to know, see, or hear.** What does this sensation have to show me? Is there something I need to see or a message I'm ready to understand?

**4. Ask what you need to do.** Is there an action I need to take? How can I move forward aligned with this message or new understanding? Do I need support?

**5. Take action.** Once your body knows you're listening and you've heard, this is critical. It trusted you to speak up. It responded to your opening. Either take action or plan for when you can. If you ignore the guidance and wisdom of the sensation and your body, it may not be so quick to speak up next time.

**6. Integrate.** Allow your mind and body to come together. Take a pause and rest in the knowledge that your body spoke, and you listened.

Begin again at noticing.

These steps are the practice of befriending your body, it's sensations, and ultimately, trusting your embodied intuition.

**Ashley Stinson**

*Energy Archaeology*

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







# An Inspired Life

With **Masha G Ellman**

## LIVING YOUR BEST LIFE

***Are you living your best life? Are you being true to yourself? Are you opening up to Spirit and letting life flow through you? Or, are you holding back for fear of failure and doubts that swallow you up?***

When life presents us with the opportunity to (as Joseph Campbell said), “*follow your bliss*”, we have a choice; we either pick it up and run with it, or we fold and lock ourselves inside fear and doubt.

In every moment we have the opportunity to become consciously awake to our own self, to remove the layers of fear that we’ve covered ourselves up with. To change habits and thoughts and beliefs that no longer are for the highest good of us and let life move us, grow us.

We’re having a life to feel all the emotions, to live and create, to open up and allow life to live through us.

We have choice and freedom to create what we want to experience. To create ourselves and to recreate ourselves. To expand and grow into higher dimensions of consciousness. We get to choose and decide how we want to experience ourselves. But we cannot experience anything if we stand still because fear and doubt overshadow our desires.

So, there it was, my dream come true, totally unexpected and out of the blue, my publisher asking if I’d like to be a regular contributor to the magazine. OMG!!! WOW!!! This has been my dream, my vision, what I’ve been asking the universe for, and here it is, the offer, and just like that as I’m jumping up and down for joy (in my head) fear and doubt showed up and I became overwhelmed with - oh no I don’t know if I can do it, this is a huge commitment... fear and doubt overtook my thoughts and squashed my joy.

Keeping myself small and hiding from my greatness is not following my bliss. I had a choice to make: do I let fear rule me, or do I empower

myself and allow life to grow me, and the best way I know how to get passed fear and doubt is to face it.

The answer came writing in my journal - Yes! I’m following my bliss. I’m stepping into my new path with love, passion and gratitude. I wholeheartedly accept the invitation and I’m ready to live my next highest best life.

## HERE ARE 4 POWERFUL TIPS TO OVERCOME FEAR AND DOUBT THAT WORKED FOR ME:

1. Write down your fearful thoughts. Ask yourself how much value do they have? They only have the value you assign them.
2. Fear is a natural energy, we all have it and fear doesn’t want growth. Decide what you want more, to stay inside fear or to live the greatest version of you.
3. Remind yourself of an accomplishment that scared you at first but you did it anyway.
4. Start giving thanks as if you already have achieved. Being grateful, keeping in mind the outcome of your vision, seeing yourself already a success, will move you through fear.

Life is an exploration of who we are, a journey for spiritual and emotional fulfillment.

Life invites us to follow our own calling, seek new ways explore new ideas, become consciously awake to our own self.

*To grow, expand, reach for the stars and to live our highest and best life.*

**Masha G Ellman**

*A Sweeter Life*

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# Lifestyle Extra

With Guest **Lorella Doherty**

## THE SIMPLE ACT OF A PAUSE

***We live on planet that is governed by cycles, surrounded by nature's cycles; and we too as humans are cyclic. Our body's operate in cycles; each new day is a cycle, the moon, the seasons, all living things; all operate in cycles. Ebb's and flow's, outward expenditure of energy, inward preservation of energy. All cycles have the continuous dance of movement and pause.***

Yet we live in a bustling world that is far from following nature's and our own natural cyclic patterns. Often times we dance in a state of movement day in day out, no matter what our body's cycle is doing, the time of day or what season it is.

When we fail to tune into and live in accordance with ours and nature's cycles, our energy drains, we become low, dense and lethargic; perhaps a bit agitated and easy to bite.

We loose touch with the needs of our body, mind, emotions and soul. These all go on the back burner, or out the window completely and we forget about our precious selves.

We live in a state of survival and we loose our sense of self, purpose and vitality; we are no longer able to thrive.

All of our energy goes into our children, our jobs, our projects or other people, and we forget about that key person in our lives; our beautiful selves!

For most of us the world does not slow down just because it is a new moon, or if we are women and are menstruating, just because it is night time, or when winter arrives.

We still have jobs and commitments, the kids still have kindy, school and extra-curricular activities. Bills still have to be paid and we still have to get up each day and perform the same essential tasks day in and day out.

We cannot simply pause our lives for weeks on end just because of the season or cycle.

So how do we slow down but also remain participating in this world we live in?

How do we live more in tune with nature and our body's natural rhythms when the world around us does not support this; and in reality is just not possible for most of us?

I am a recovering rush-aholic, can't-slow-down-aholic and a put-myself-last-aholic. And through this reclamation of living more in tune with my body and with nature's cycles, I have come to learn the simplest way of slowing down life in order to thrive. It requires the simple act of a pause.

By taking the time for a pause in our busy dance of life, we can get in the beautiful habit of checking in with self, and in turn slowly living life in accordance with our own natural rhythms, and the seasons that we dance on earth with.

Let me take you through this dance...

First we need to PAUSE.

We do not have to put things on hold until we get a 'break' to practice slowing down. It's about simply bringing awareness into your daily life; one moment at a time. All we have to do is create a moment of calm; a pause. For even just two minutes of our day.

Next we need to BREATHE.

Take three big, deep, long breaths (eyes closed). This shifts us over to the right side of our brain, where our intuition stems from, and we can really feel what's happening inside. It also slows down our heart-rate a bit and grounds us.

Once we are no longer tuned into the outer world, we are able to CONNECT.

Be present in that very moment. Notice your breath, your body, the air, the smell and sounds around you. Be with yourself for this tiny moment. Then simply ASK.

"How am I feeling right now?"

"What am I feeling right now?"

"What do I want to be doing right now?"

"What do I need right now?"

"Am I ok?"

"What's going on for me at the moment?"

"What's moving in me?"

"What do I feel like?"

Give yourself time, an answer will come. Now all you need to do is LISTEN.

Respect yourself enough to listen to what your body, mind, emotions or spirit has to say. Without judgement, and without discounting what comes up. Instead listen with an open mind and heart. Allow.

And when you hear what it is that is moving in you at that moment, or what you need; honour yourself by ACTING on what comes up. It may not be at that very moment you can act on what comes up, but use intention to fulfill those needs that same day. You are worthy.

To show you how this looks for me, I start each day with a simple slowing down routine: When I use the bathroom first thing, I run the hot tap put in some essential oils or rose water and soak my face. I spend just two minutes of me time. Of being 100% present in my own thoughts and feelings. I smell the beautiful oils and ask myself what's going on right now for me. I take that on board with full intentions of acting on those feelings. I tune into if I have woken feeling tired or energetic, if I feel creative and inspired, if I feel like company or alone time, if I am hungry or full (what am I craving), do I need water, what would I love to do, how does my body feel, how does my heart feel?

I finish my pause by looking at myself in the mirror and appreciating myself whole heartedly for who I am. This life changing routine takes me under five minutes.

Love and honour the beautiful self that is you by the simple dance that is:

Pause | Breathe | Connect | Ask | Listen | Act

Slowly you will learn to live in tune with your body and natures cycles; and in turn thrive with magical life serving energy.

**Lorella Doherty**

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# Insights Into Being

With **Bec Mylonas**

## THE FOUR PHASES OF HEALING

A lot of people aren't equipped to deal with - or are seriously unprepared for - the intricate process that is 'healing'. Many who start out on their healing journey for the first time are in for a \*bit\* of a shock and a whole lotta 'WTF I didn't sign up for this' because the way that 'healing' is portrayed by so many doesn't actually accurately depict what you can expect to go through.

They expect that 'healing' will only last a month or two, be comprised of butterflies and rainbow... That it basically just involves saying a bunch of affirmations and telling yourself you love yourself in the mirror a hundred times a day.

In truth, the reality can be super bleak and the healing process can last a looong time (try, uh, your whole life, because we're always healing and growing). Why? When you've lived 20, 30, 40, 50 and so on years with the same repressed traumas, bottled up emotions, negative behaviours and patterns, and believing the same BS that you tell yourself, it can take quite some time until you're feeling like you've made any actual progress.

You can't expect to miraculously heal overnight, after one visit to a shaman (oh, to dream!), one meditation or one plant medicine journey. There is no 'quick fix' or magic pill when it comes to deep healing and transformation, which is probably why so many people avoid it altogether. If it was easy then everyone would do it!

I'm not saying this to try to scare you off. I'm also not trying to get you to dread the inevitable healing process that so many people are about to undergo given this mass ascension we're all going through. But, I think it's only fair to give you all a glimpse into what to expect.

So that firstly, you are able to determine which phase you are in... and secondly, that armed with this knowledge you will hopefully be able to handle and manage your process, knowing that there is a light at the end of the tunnel and that there is so much to be gained along the way.

## 1. DENIAL

Ohhhh, denial, sweet denial. It's where I expect a good 70% of the population to be sitting right now, including in that count the vast majority of my family members, friends and former co-workers. Denial is where you are like 'lol I'm fine' and choose to remain blissfully ignorant to the fact that you are, essentially, miserable and dead inside. Denial is drowning your sorrows out with sedatives or booze or drugs or pornography or random dates or expensive cars; going to the same dead end job every single day, making love to your wife/husband that you despise, going to sleep feeling unfulfilled and consciously choosing to distract yourself in any way humanly possible from the ever-growing void inside you; the traumas you've spent your whole life suppressing and the fact that you despise yourself deeply. Hey, look! A new show to binge watch! What a great way to distract myself from the realisation of my meaningless existence...

Denial means you either have zero interest in healing or improving your life, you are totally not equipped to even go there cause you're suppressing some heeeeeeavy stuff or you just literally lack the mental capacity for self reflection (eep). Look, we've all been there and I'm not trying to be smarmy or judgey with you - but you can't stay in denial forever (just watch me!) considering what is going on on a collective level at the moment. We are literally being forced to stay indoors, isolated from everyone with only our thoughts (the very ones we've spent years trying to avoid) as company. If that's not a recipe for a brutal self enquiry, I don't know what else is...

## 2. REALISATION

This is the point where you generally start to wise up to the fact that your entire life is, essentially, a lie. Generally this happens in the form of a rude wakeup call that stunts you into taking a long hard look at your current sitch; like a near death experience, an illness, a job loss, a divorce, a breakup orrr a global experience like war or a pandemic. This wakeup call forces you to closely examine yourself and realise that hey, things are not all gravy baby...

That you are seriously failing to rise to the occasion for this old 'life' chestnut.

For me, this was a long period of intense depression and realising that if I didn't do something to change my current situation - and soon - I would literally just give up. Not ideal.

But, as bleak as realisation can be, it is also a beautiful thing. Because it's the first time you are ever actually made to be aware of the possibilities that life actually holds - the possibilities for your own growth and liberation; freedom from the lie and illusion of your current reality and for once in your life actually taking control again. It's the first time you can see the situation for what it is, make an honest assessment of where everything is at, get real with yourself and admit that it's high time we start to do things differently 'round here.

Yay! Welcome my friend! You're ready to officially start the journey to becoming an awesomely liberated and conscious human.

### 3. PURGING + PROCESSING

It's around this point that people realise how much hard work this healing thing can be and generally bail before they even give it a chance to do any good.

The fun thing is that no matter how much healing you've done, you will pretty much always return to stage 3 at some point in your life. In fact you'll be moving through stage 3 + 4 pretty consistently until you die, because: SPOILER ALERT, healing never ends. #Sorrynotsorry. You just get better (and way more graceful) about dealing with it and it stops being such a big deal because you realise how much positive growth and transformation it's allowed you to have. So you kinda grow to like it, like that one slightly overbearing and super annoying friend that was always 'blocking' you at high school socials. But I digress... ahhh, phase 3.

Purging and processing. The two things I am here to facilitate as a shamanic healing practitioner.

Purging and processing is essentially 'working through' or bringing up to the surface any of the emotions, traumas, fears, limiting beliefs, memories, triggers etc that are preventing you from connecting in with your soul/your higher self/the epic version of you without all of this conditioning, ego and blocked, stuck BS.

If you bring to mind a visual that reflects what someone who is 'purging' might look like,

you don't have to put two and two together to realise that this stage can get intense and kinda ugly.

You are plunged into the darkest corners of your mind and your memories so you can unearth all of the things that you've been avoiding dealing with your entire life. That is bound to be emotional. But like vomit or super uncomfortable flatulence, it's better out than in. So this is a stage of purging (aka bringing it up so you can expel it) all of those dense, heavy emotions and then processing (actually dealing with and working through) them.

Expect to cry... a lot, like a lot, a lot... seriously, really a lot (for really reals). Don't be surprised if you experience fits of rage, tantrums, catatonic states where you're on the ground, totally overcome with emotion to the point that it's forcing your body to have a reaction, actual physical purging (yay fun!) and an array of other fun things. You'll be uprooting and remembering many things you can't even understand on a conscious, rational level - a lot of it might be from past lives.

*Don't try to 'understand' what is happening to you, just let it all out.*

This stage will last for as long as it needs to last. Don't try to rush it, force it to be done or put conditions on how long it takes. I repeat, it'll take as long as it needs to take for you to let go of the shit, learn the lessons, grow as a person and overcome what you need to overcome.

This phase is where all of the transformation actually happens... like a diamond, you actually need the pressure to transform. And FYI you'll never be put under more pressure than you can actually handle. Your guides aren't sadistic jerks. They just know you're tougher than you allow yourself to believe.

Try to look at it like this, if your purging process is getting you down: the harder the purge, the bigger the up-level! Woohoo! Instead of looking at it like 'I'm bailing, this is too hard', just imagine how much juicy, juicy growth and transformation you're gonna get out of it!

### 4: INTEGRATION

A lot of people get so caught up in the healing and purging that they forget to actually stop and INTEGRATE what they've learned. The danger of this is that people believe that they are so fundamentally 'broken' that they need to constantly be in a state of purging or healing -

they are always seeking out new ways of 'healing' without actually sitting with what they've just healed.

Without integrating, all that hard work purging is not put to use in a practical way, rendering it pretty useless.

Integrating is where you reflect on everything that you've just released, you learn the lessons that the Universe/God/Your Guides were trying to teach you - for instance, what karmic pattern or debt you've been playing out, that you've just emotionally released - and you find a way to put this into practice and embody that newfound version of yourself that is sans all the heavy, dense emotion you just worked through.

Sometimes it can feel like not a lot is going on in this stage - granted, after the purging process, everything seems like total stillness by comparison - and that is perfectly fine. Not a lot is happening on the surface, but on a soul level you are integrating the information and your energy/vibration/timeline is adjusting to reflect what you've released.

In this stage you get to pave a new way of being by reflecting on everything you've just gone through. You are able to determine how things are going to look moving forward and what this means for how you show up (or no longer show up) on a daily basis - yippee!

As I touched on earlier, healing is not a 'finite' thing - meaning there is no 'finish line' that we reach, unless we choose to stop at a certain point because we feel as though we have healed all we need to heal. Or we choose to take a break and enjoy how far we've come (which is totally recommended!)

Healing is incredibly personal and it is up to the individual to determine when they feel they have reached their limit for a certain amount of time.

A wise human knows that our evolution is our number one priority and that the process of healing allows for transformation and self improvement, the potential of which is totally uncapped... so they will never prevent a healing process from taking place, or back down from the opportunity to let go of some denseness that is keeping from reaching the highest expressions of self.

My advice is to heal what you can heal, do not shy away from the chance to let go of some more, and lean into your healing processes when

they arise, without 'forcing' yourself to heal all of the time unnecessarily.

The more you 'go with' what's coming up for you, the more you take the triggers that life throws at you and turn them into healing opportunities, the less this whole process becomes a burden and instead becomes an innate part of how you live your life.

### **Bec Mylonas**

*Spiritual Teacher*

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# Soulful Living

With Kerry Kingston

## FINDING BALANCE IN THE HOME - USING FENG SHUI ELEMENTS

*Balance is what we strive for in our busy lives more than ever before, as we seek happiness and peace while trying to keep all the balls in the air at once. If we achieve a good measure of balance we feel in control and settled.*

The juggle between work life, family time, exercise, healthy eating and other commitments can seem challenging; this is before we add in relaxation, which can be a luxury for some.

Having a balanced home provides a place to truly relax and take time to unwind; one of the ways this balance can be achieved is through Feng Shui.

This ancient Chinese practice used predominantly in the home aims to create space that allows for the natural free flow of universal energy called chi or qi.

It works by having the correct balance of the 5 elements; Earth, fire, water, metal and wood.

For the purpose of this article we will look at the five elements and what they represent.

In your home - you may find you have a dominant element in a particular room, particular section of a room or in your home in general.

The goal is to have a balance of all elements or choose more or less of one depending on the mood you are trying to invoke.

My 'go to' element is metal and I can relate to the reasons I selected items in these spaces.

From this information you may want to add or remove elements to achieve a more balanced space when looking at what a particular element represents from the information here. For example: *a red feature wall in a bedroom could work against relaxation so you may want to opt for metal or water hues and accents.*

This is the basic principal of using elements, if you were to take this a step further you would use a bagua map and compass direction to identify the nine areas of your home and what aspects of your life they relate to.

**EARTH:** A feeling of stability, grounding, knowledge and nature.

- Represented by salt lamps, potted plants, terracotta, crystals, herbs and square shapes.
- Hues - Earthy greens, beiges and golds
- Crystals - Emerald, Tourmaline, Peridot, Onyx

**FIRE:** A strong element of power, increased energy, passion, courage and creativity.

- Represented by candles, fireplaces and star or triangle shaped décor accents.
- Hues - Fire red, mustard yellow, pinks and burnt orange
- Crystals - Ruby, Red Jasper, Bloodstone, Tigers Eye

**WATER:** The element of wealth and abundance, intuition, lunar energy and reflection.

- Represented by fluid shapes, mirrors, fountains, seashells or glass. Bowls of water with floating candles or flowers.
- \*Frangipanis were in my floating water bowl for much of the summer.*
- Hues - Blues, silver, aqua and turquoise
- Crystals - Amethyst, Aquamarine, Blue Topaz, Sodalite

**METAL:** My personal favourite this element dominates calm, clarity, focus, strength and independence.

- Represented by metal platters, wall hangings, lighting, candle sticks, picture frames and décor items, circular objects or wind chimes.
- Hues - White, grey and silver
- Crystals - Hematite, Malachite, Pyrite

**WOOD:** A strong element focusing on natural growth and good health.

- Represented by rectangle shapes, plants (air purifying varieties are a good choice), wooden furniture or wooden objects and driftwood.
- Hues - Browns and greens
- Crystals - Amber, Jet

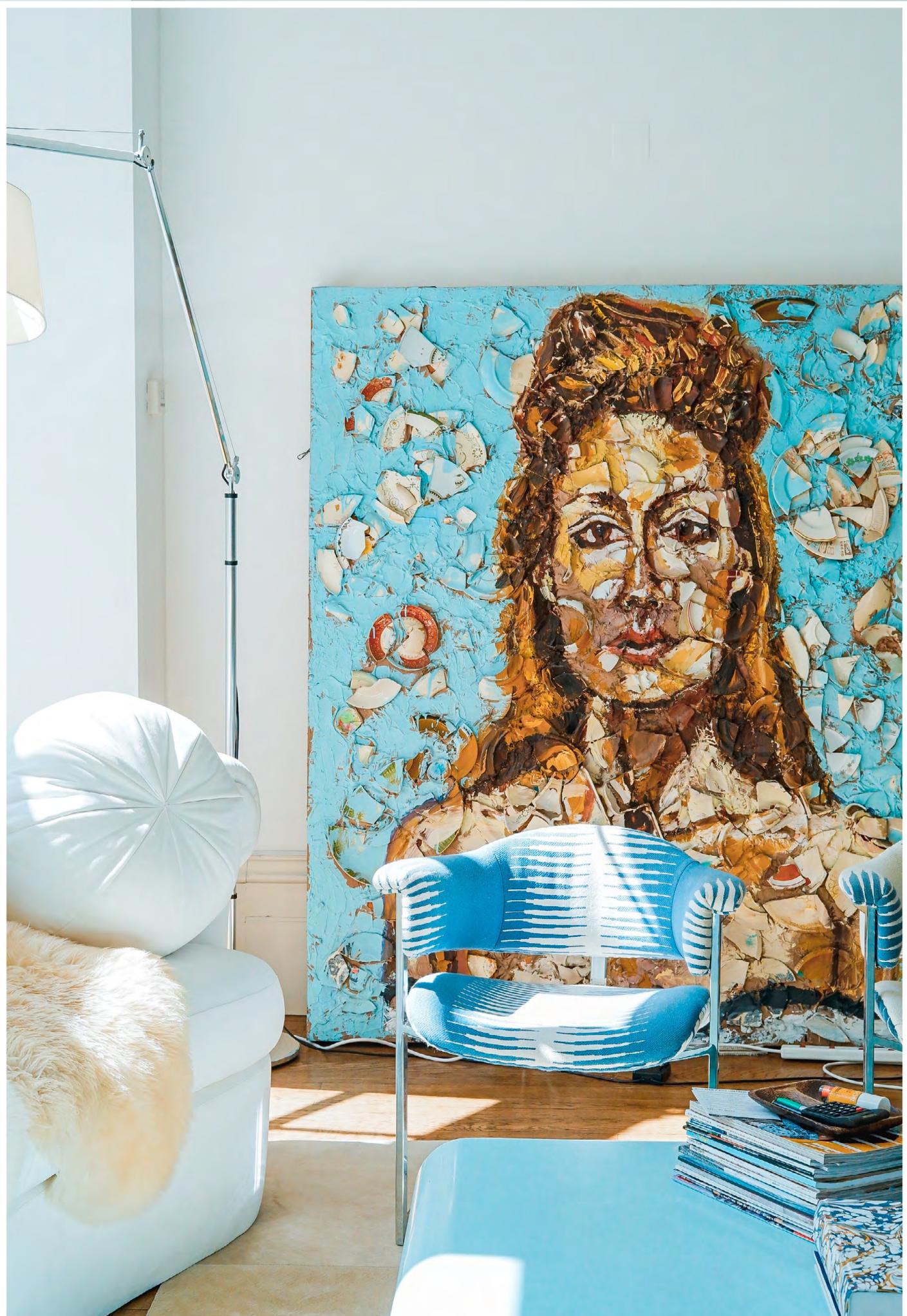
Enjoy exploring your home from a new perspective and see how making small changes such as adding décor items, new cushions or art in elemental colours; removing pieces, changing wall colours or using crystals can affect the feel of the room or space to achieve the desired outcome of a balanced home.

**Kerry Kingston**

*Kerry Kingston Design*

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# Healthful Environments

With **Carla Friend**

## WINTER HOME HEALTH

With the winter months upon us we all begin to slow down and spend more of our time indoors snuggled up away from the cold. We tend to keep our homes closed up from the outside world in an attempt to keep the heat gains in and the blistering cold out; while most of us reach for the honey and vitamin C to stave off those winter ills and chills, many overlook the environmental factors that can burden our body's during this season specifically those *inside* our home.

Here in New Zealand our kiwi homes are notorious for those 'crying windows' and poor air exchange. The building envelope is so sealed there is no breathability in what building biologists call 'our third skin' (our homes walls); with an estimated 1 in 4 homes suffering from water damage or mold issues, ventilation and moisture control are the keys in maintaining humidity levels in the home to be at the optimum balance for health and wellness.

There can be a lot of moisture put into our homes just by day to day activities, such as boiling the kettle, cooking, even drying a small load of washing inside can release 5 liters of water into the home. It is this moisture combined with the warmth that can create an environment that bacteria, viruses and mold thrive in.

The ideal indoor humidity level for inside our home is about 45% relative humidity - I recommend every home to have a hydrometer to really know what is going on inside the house, especially those with asthma and allergies.

### 5 STEPS TO A HEALTHIER HOME THIS WINTER:

#### 1. Look for sources of existing dampness.

Check gutters for blockages or leaks, as well as all taps and piping. Braided water hoses tend to be a common source of leaks as they are not reliable and need replacing every 5 years or so. Check your roof for leaks or signs of water damage or places driving rain can infiltrate the roof space or eaves. If you find any issues its best to repair the damage and address any mold or mildew problems.

#### 2. Use an extractor fan in the bathroom and kitchen.

Not only will this decrease the amount of steam that is released into the home it can also reduce cooking odors that can affect our mood. Some range hoods and extractor fans vent the moist air into the roof cavity so checking to make sure yours is vented to the exterior. Same in the bathroom or laundry. Routine maintenance checks will ensure they are working most efficiently.

#### 3. Open windows for passive ventilation.

Even on the coldest days I open my windows. Most homes have a way to create a cross ventilation. Windows on opposite sides of a room can give a natural airflow. There needs to be two points of air exchange to create the flow we need. Just 10 minutes a day is all a home needs. This new dry air is easier to heat and therefore more energy efficient. Installing lockable window stays will allow your home to be safely left open if you are out for the day.

If you have HRV circulation or heat transfer systems, keeping up with regular maintenance and changing of filters (which is more often than you would think) will greatly improve your indoor air quality and in turn help to keep you and your family's health and immune systems strong.

#### 4. Harness the sun

The cleansing power of the sun is phenomenal and often over looked in natural home cleaning. The sun's UV rays can kill bacteria and viruses as well dust mites. We can use this to air out blankets and pillows after an illness and open up curtains to let the rays inside the home.

#### 5. Bring plants indoors

Plants have been shown to reduce airborne mold and bacteria in a room by 50 to 60%, provided they are not over watered and have become the source of mold themselves; therefore best left out of bedroom. Peace lilies, Boston ferns and snake plants are easy care species to bring home.

**Carla Friend**, *Twinkle & Bean*  
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# Mindset Matters

With **Crystal Olds**

## REST, RE-CONNECT, REFLECT, RE-EVALUATE

*Winter, a time when the natural world around us goes into hibernation. A natural time for rest and rejuvenation. Much like our animal and plant friends, winter can also be an opportunity for us to rest and relax.*

This rest can give us the opportunity to come inwards and re-connect with ourselves and others. It can present an opportunity for us to reflect on our lives, particularly busy times, and it brings an opportunity for re-evaluation, allowing us to move forward mindfully toward the change or maintenance we want to realise in our lives...

We can do this anytime throughout the year of course, but during winter, nature is on our side in helping us to go within and slow down.

For some of us the thought of slowing down and going within can seem all too out of reach. Our regular routine could be more than any sane person would undertake and we can begin to wonder how we could possibly take the time to go within without dropping everything we are responsible for. Well I have good news – it will take as long as you want it to take – you are in charge. So, if you are happy with your current status quo then stop reading now. If not, let's dare to dream and uncover your vision of the future you want... Set down your work, put aside your 'to do' list, cast aside your device, just for a few minutes, and give yourself the opportunity to dream of a future that makes your heart sing.

*"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens"* Carl Jung

**REST/RELAX** – Before we can dream and gain a vision of the future we want, we need to get into a restful mode of being – so take some time now to take just a few big deep breaths down the body – at least three. Allow any tension you are holding to melt away through movement, changing position, whatever works for you.

**RE-CONNECT** – Often we are so busy we forget to dream, so let's reconnect with our dreams and our vision of our future by asking ourselves these questions:

- What would a perfect world look like to me?
- What would my role in that world be?
- How would I feel?

**REFLECT** – Allowing time for reflection – recognising where we have been, how we have got to where we are and where we are now can help in giving us a starting line.

- How does my vision/goal compare to where I am now?

**RE-EVALUATE** – Re-evaluating our path forward can help us move in the direction we wish to go rather than tramping in the hills without a map.

- What action steps could I take right now to move in the direction I want to go?
- How will I know when I have reached my vision/goal?
- What has been holding me back up until now?

The answers to these three re-evaluation questions give us the map we need to move forward mindfully – the action steps mark out the path for us to follow; the vision/goal is the destination on the map; and the things that have been holding us back are the areas of the map to watch out for, these could be our thoughts, beliefs, etc.

Having a map like this does not mean we will get to our destination unhindered but keeping this map in mind we may just get there faster because we know the direction in which we wish to go. We may also be aware of the stumbling blocks we may encounter on the way. Our limiting beliefs or limiting thoughts that are holding us back, our thoughts about how others may respond to us reaching our vision, and so on...

Once you have discovered your vision, hold onto it, and do something daily to live it! Before you know it, you will have *become* your vision!

**Crystal Olds**

*Mind Over Matter*

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# Soulful Business

With **Sabrina Weber**

## 10 TIPS FOR WHEN COUPLES WORK FROM HOME - PRACTICAL TIPS FROM A WORKING, STAY AT HOME MAMA & WIFE

Have you suddenly found yourself working from home, still wearing your PJ's by noon and wondering how on earth to keep up an interesting dinner conversation with your partner when you both have nothing to report after a day in the makeshift home office?

I don't want to make this too much about mum life and work but actually more about YOU and your partner.

My husband and I have both been working from home - by choice - for the last five years or so (he, even longer) and trust me when I say it has not only been smooth sailing!

The romance can wear off quickly, suddenly there is nothing to chat about by the end of the day. No workmates to share coffee, steal snacks from or bitch about the boss! No one to keep you accountable, other than yourself. Forgot to take a lunch break? Or maybe it's more like you 'forgot' to return to the desk after lunch?! And instead allowed yourself to prioritise that laundry basket?

### Here are 10 practical tips to keep you sane and not get a divorce or break up!

1. Get up at the same time each morning. ACTUALLY get dressed as if you would leave the house, do your makeup and hair etc. You will feel way more motivated and confident in your adulting skills.
2. Brush your teeth. I know right, nothing worse than morning breath by noon, plus, the feeling of freshly brushed teeth will keep you from snacking, ha!
3. The commute. Spend a few minutes exercising or meditating before starting your work day, for a clear and fresh mind.
4. Get into a routine, try to schedule meeting at the same time each day.

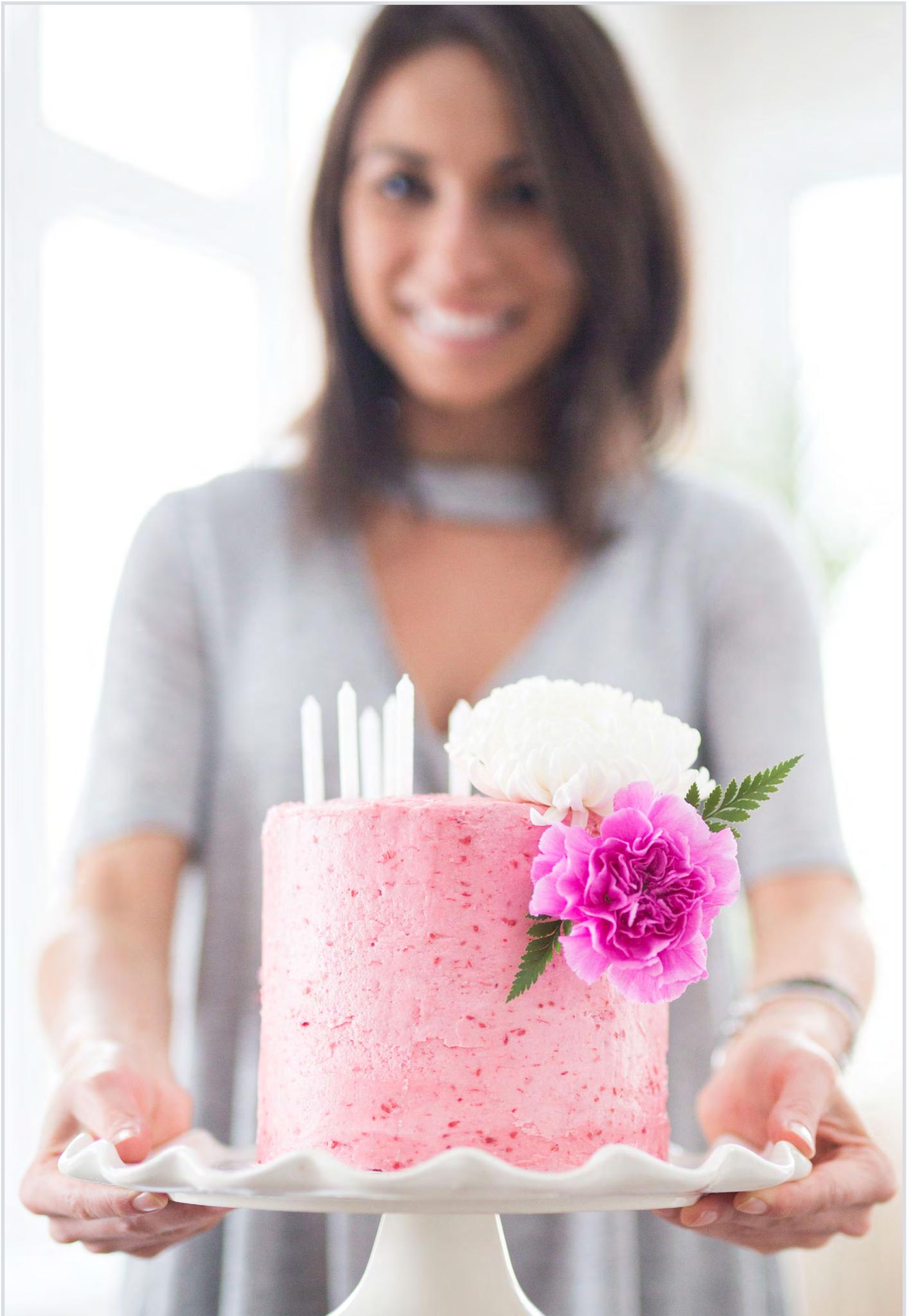
Also schedule in a coffee break with you partner, this will give you a break, some fresh air and new energy. Go sit in the sun together or even go for a short stroll.

5. Remember to eat lunch. We like to cook extra dinner so we have lunch left overs the next day, this way neither of us has to spend extra time preparing lunch.
6. Have a dedicated work space. Allocate a corner in your house for your work - make it pretty; ideally you have a small desk or shelf where you can keep your work related things so that you don't have to do life around that energy. Having a separate room with a door you can close is ideal.
7. Most people come home from work and love the idea of spending time with their partner. But you just spent all day in the same house - maybe even room! Give yourself permission to each do something for yourselves after work, before reuniting at dinner time. This will fill your cup, change up the energy and you'll have something to talk about at the end of the day.
8. Use the 15min hack! I like to spend 10 to 15 minutes each night before going to bed to do a speed clean up. Make it fun and set the timer, see how much you can get done in this time. This means we get to start fresh tomorrow with a tidy kitchen and toy free living space = less distraction and happy energy for all.
9. Change into a new 'after work' outfit once you are done. This will help you relax into the evening and take your work hat off, if your work attire is office smart, consider changing into something more feminine for your partner and yourself.
10. Turn off phone notifications. Just because you work from home does not mean you have to reply 24/7.

### Sabrina Weber

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# A Balanced Life

With **Sarah Jensen**

## CELEBRATE YOURSELF

*How often do stop and celebrate yourself, your achievements, and the fact that you rocked your goals? If you're anything like me, and the big-hearted humans I work with, it's not often.*

Growing up, I was groomed to 'get on with it' not pause and soak up the success; and us Aussies and Kiwis in particular are encouraged not to celebrate ourselves too much for fear of falling into the dreaded 'tall poppy syndrome', aka thinking you're 'all that and a bag of chips'.

But acknowledging your efforts, and letting yourself feel great about what you've achieved, is an important part of the goal getting process.

Why? Because it helps bolster the good vibes.

Yep, it's true... Taking time to celebrate your achievements is great for boosting your confidence and self-belief. It can also help you feel more motivated and excited to go after new goals because you've actually given yourself some well-deserved kudos and acknowledgment for what you're capable of. (Yay for that!)

So next time you're tempted to skip the self-congratulation and skate right on to the "next" big thing on your list of goals and dreams (because there's *always* another thing we want to have, do, be, create, or manifest, am I right?!) I invite you to stop and celebrate yourself.

We'll get to the *how* in just a sec, but first a **few loving reminders on celebrating:**

- It doesn't have to be big, loud, expensive, or involve a lot of people.
- Celebrate in the ways that feel most fun for you (*celebrating should never be a bore or a chore*).
- On that note, if it feels fun, you might like to theme your celebration to the goal you've rocked, eg. achieved that fitness goal? - Buy yourself some new workout gear. Nailed your writing goal? - Treat yourself to some gorgeous new stationery. *Get creative and see what you can come up with.*

Another trick our ego loves to play on us is to tell

us our goal getting doesn't count unless someone else says we've done a good job. Yep – the old 'external validation'. What a buzz-kill!

A quick and easy way to navigate it is to have a few celebration techniques tucked up your sleeve that you can do solo. Sure it's great to share your excitement with others, but sometimes we need to let our own approval and back-patting be enough. Plus, the more you do it the easier it gets and the less you'll need validation from others (*which means when you do receive it it'll be that much sweeter*).

*Okay, my friend, it's time to celebrate!*

**Here are a few ideas:**

- Give yourself a hug, self-high five, or take a little time to feel great about what you've done.
- Bust a move and rock a happy dance (my fave is the 'running man').
- Send yourself flowers.
- Share a glass of bubbles, a mocktail, or a celebratory smoothie, latte, or chai with someone you love.
- Treat yourself to a purchase that makes you feel great.
- Buy yourself a new planner, calendar, diary, or some gorgeous stationery to help you Rock Your Goals.
- Call a friend or family member to share your excitement and let them celebrate you too.
- Block out some 'me time' to do anything you choose... or nothing at all.
- Share your win with fellow goal rockers in a community you're part of.
- Or, my quick, easy, and super fun favourite – pop a party popper!

However you choose to celebrate yourself, let it be something you enjoy and give yourself full permission to feel great about yourself. Then, when you've immersed yourself in all of the good vibes and self-love, go forth and rock that next goal of yours with ease, fun, and a whole lotta heart.

**Sarah Jensen**

Sarah Jensen

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# Holistic Lifestyle

With Machelle Tewnion

## DO YOU SABOTAGE YOUR OWN SUCCESS?

- Why is it that we do the things we do?
- Why is it that we measure our value and success by attention and status?
- What is it that shapes our emotions, actions; how we feel in life, how we live life and ultimately our purpose and destinies?

Each of us has a behavioural system, a code which comes with being a human being and although we are all shaped uniquely by our own experiences and life events, we all have the same programme running in the background.

This is the programme of our 6 Core Human Needs and although we all have the same needs we prioritise them differently.

The way in which we think, act and feel are based on the 6 basic human needs and within this, which needs are being met or not met.

Knowing the 6 human needs and which one is your primary motivator and whether or not you are consciously or subconsciously trying to meet them is essential in understanding what drives you, triggers you, how your emotions come about and how you connect with others.

### The 6 Core Human Needs as developed by Tony Robbins are :

1. Certainty: assurance you can avoid pain and gain pleasure
2. Uncertainty/Variety: the need for the unknown, change, new stimuli
3. Significance: feeling unique, important, special or needed
4. Connection/Love: a strong feeling of closeness or union with someone or something
5. Growth: an expansion of capacity, capability or understanding
6. Contribution: a sense of service and focus on helping, giving to and supporting others

Being individuals and unique in our own way we all prioritise these human needs differently.

*As a general rule, the top 4 needs shape our personality and the last 2 shape our spiritual needs.*

### Lets have a brief look at each one and what it may mean...

#### 1. CERTAINTY

If certainty is one of your top basic human needs, you need to feel secure and safe about the future. When you receive positive recognition, it may be accompanied by a need for certainty that the recognition is authentic and will continue. In order to live a life filled with certainty, your life has to stay the same – a nearly impossible expectation to fulfill. So, you artificially control your environment by changing your expectations or by avoiding new situations or people. You find ways to positively motivate yourself and you aim to consistently deliver the same or better results to receive more recognition. This process provides you with assurance that your actions will either avoid pain or gain pleasure, which then fulfills the basic human need for certainty.

#### 2. UNCERTAINTY/VARIETY

Though it's important to understand the beauty of uncertainty, those who experience this as one of their top basic human needs can take it to an extreme. They may engage in frequent job or relationship changes for the sake of variety, or take unnecessary risks to achieve the adrenaline jolt they crave. However, if uncertainty is one of your top 6 basic human needs, you will be unafraid of taking risks and will not avoid new situations or people.

#### 3. SIGNIFICANCE

If significance is among the top 2 of your 6 human needs, then part of meeting that need includes receiving recognition. This may translate into a desire to be seen, heard and listened to – in short, you want to be noticed. You measure significance by what you believe makes you unique compared to everyone else around you. Recognition provides you with a sense of validation that makes you feel seen, special and/or needed. Recognition is a major driving force behind human behavior because it provides us with a measurement system to analyze and track our

significance. Recognition is also an extremely important part of keeping up employee productivity.

Those who don't devise a positive way to feel significant may end up taking drastic measures to make themselves feel good, like turning to alcohol or engaging in frequent arguments. Others surround themselves with people that they view as less skilled or accomplished to provide contrast to their own achievements. Either scenario can result in increased significance – but neither behavior is particularly healthy.

#### **4. CONNECTION/LOVE**

If connection/love is your top basic human need, you are constantly seeking out a close relationship with someone or something. You truly understand that love wakes you up to the gift of life. This can lead to some incredibly fulfilling relationships, but it can also cause you to sacrifice self-care in order to take care of others or maintain a partnership.

#### **5. GROWTH**

Those whose foremost need is growth are always striving to be better and learn more. They are very good at their jobs, but tend to move on quickly as soon as they believe they've reached their full potential. Though their constant striving for betterment ensures they will never be bored, they can err on the side of perfectionism and neglect the rest and relaxation they need to keep stress levels manageable.

#### **6. CONTRIBUTION**

The secret to living is giving, and those who experience contribution as one of their top basic human needs know this better than anyone. If you have a need to contribute, you will likely make a big difference in your community. However, you can lose sight of the fact that giving should begin at home and neglect those closest to you as you try to change the world.

*Dysfunctional behaviors arise from the inability to consistently meet the 6 basic human needs mentioned above.*

But you don't have to resort to these types of behaviors if you understand your own needs and psychology.

By better understanding which of the basic human needs is your driving force, you can set goals for yourself and implement positive behaviors to help you achieve those goals.

Understanding these needs, and which ones you are trying to meet in any given moment, can help you embrace the power of growth and create new patterns that lead to lasting fulfillment.

*Start living the life you desire now.*

#### **Machelle Tewnion**

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# A Nurtured Life

With **Devorah Goldblatt**

## 3 POWERFUL TOOLS TO HELP TEENS & TWEENS CULTIVATE RESILIENCE

Resilience, my husband tells me, is less sexy than it used to be. What he means, I think, is that the word 'resilience' has been a buzzword for too long - in education, in business, in the self-help space. He may be right, but sexy or not, resilience is worth cultivating, and we can point to specific and spectacular holistic techniques to help us.

We want so much for our children, from broad characteristics (happiness, kindness, intentionality) to more granular ones (to bring the dirty plates out of their rooms, stop snapchatting at dinner, walk the dog the FIRST time we ask.) But all of these characteristics - happiness, awareness, day-to-day competence - hinge on resilience: the ability to bounce back from challenges.

To be able to find true happiness, access his or her inner compass, and be 'in tune' with others, a teen needs to be able to return to equilibrium in the face of external stressors.

Our kids face challenges daily - whether at school, at a friends, or online; and unfortunately, we know that stress, depression, and anxiety is rising globally in our teens and tweens. How can we make sure our kids bounce back when challenged?

I want to introduce you to what I call the 'Pyramid of Resilience': a powerful system for the 'bounce back'.

It's like a menu of resilience tools - teens and tweens can select 1 item (tool) from each of three levels. (It's like making a loaded sub sandwich, but you're picking tools like EFT/tapping instead of mayonnaise!)

Imagine a pyramid with three levels, with level 1 at the tip of the pyramid, level 2 in the middle, and the widest level, level 3, at the bottom.

Let's start with level 1 - the first category of tools that can help our children face challenges.

## LEVEL 1: TOOLS THAT HELP WITH OUTSIDE STRESS, TRAUMA, AND TRIGGERS

*What will she do for relief when she sees something disturbing on the news? Gets bullied on the way to class? Doesn't get invited to the party?* There are so many evidence-based tools that help with neutralizing the upset from external experiences, and I suggest helping teens and tweens pick one they would like to become fluent in. EFT/tapping, for example, is a simple-to-learn acupressure technique shown to reduce anxiety, depression, and stress as effectively as cognitive behavioral therapy. TAT, another simple acupressure technique, has been proven to decrease stress eating and PTSD symptoms. In my practice, I teach EFT/tapping and TAT to teens, but I have had clients fall in love with havening, EMDR butterfly tapping, and other similar techniques as well.

## LEVEL 2: TOOLS THAT HELP WITH INSIDE STRESS AND NEGATIVE MIND CHATTER

*Once a teen can quiet the external chaos, he needs tools to help with negative self-talk, to realize he is separate from his thoughts and to question them.* Many teens experience quite a bit of negative self-talk (and social media comparisonitis doesn't help!) To help teens with their inside stressors, I teach Byron Katie's 'The Work' (also called Inquiry-Based Stress Reduction). Teens are usually very open to this technique, which teaches teens (and everyone) that thoughts are not always true, and that there is a specific 4-step process that can be done to identify stressful thoughts and release them. (Check out my article [HERE](#) in Issue 10 of *The Inspired Guide*, where I walk readers through my use of 'The Work' in my parenting.)

## LEVEL 3: A SUSTAINABLE DAILY GROUNDING TOOL

*I've seen time and again that when teens learn to quiet the stress that happens both outside and inside, they are most likely to adopt - and stick with - a self-care activity like meditation or journaling.* Many studies on both meditation and journaling highlight these activities' profound impacts on well-being and peak performance. If your teen and tween already has

a journaling or meditation habit that he or she loves without first employing any of the Level 1 and Level 2 tools I mentioned, that's wonderful! However, for many of my clients, I find they have too much external and internal 'noise' to be able to settle down with a sustainable meditation or journaling routine. Once they have techniques from level 1 and 2 to quiet that chaos, they suddenly find they enjoy meditation or journaling and have an easier time sticking with it.

As conscious parents, I know we are helping our children develop resilience and adaptability every day. I'm sure you have your own techniques you are already including in your family's resilience 'toolbox'!

My hope is that this 'Pyramid of Resilience' can introduce a few new tools as well. Together, we can help all of our teens be ready for the future, whatever it may bring.

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# An Empowered Life

With **Rose Aitken**

## WHAT'S UNDERLYING YOUR MONEY MINDSET ISSUES AND HOW YOU CAN CHANGE THEM

So, you've done loads of self development, you know about saving, working hard, hustling and creating abundance. Maybe you've seen *The Secret* and you know you're a good person, but the money isn't showing up in line with that and it's confusing.

Perhaps you get a little bit of freedom, insight into your money situation, make progress, then it all falls apart a few weeks later. It feels like you struggle living week to week, while others have so much money ease.

Maybe your work doesn't ever seem to be rewarded properly, you always pick low paying jobs, or you have a good financial reality in your mind, that never comes to pass.

### **There are several possible reasons this may be happening for you:**

- You have a script of lack and limitation running in your head (almost non stop) which you are not aware of that is undermining your attempts to do better financially and to receive more.
- You have self worth issues that ensure once you receive money you spend/lose it again and you have self sabotage with money.
- You are full of unresolved issues, trauma or other people's crap and therefore you can't receive properly, no matter how much good work you do.

This article is going to focus on the first of these as that's the most straightforward to address for yourself. Lack of self worth and trauma require more in depth changing, beyond the scope of this piece.

If you are affected by these, please don't despair. You can feel better and completely change your money situation too.

Keep reading to discover how to address your internal monologue of money lack.

I've recently had a couple of instances where I had to make an application to a 3rd party for an outcome that would significantly impact my financial future. I stood to make or lose a lot in terms of financial security and immediate ease in my life, especially around my business.

I noticed I had some measure of fear when I would consider what would happen if things didn't go my way. My body would feel upset and my mind would follow. I immediately recognized what was happening and made a decision about how I wanted to handle things (differently, powerfully and effectively) and with ease.

Instead of letting my emotions bother me, I saw this situation as a gift and opportunity to evolve.

You may already know, I'm a proponent of everything happens *for* us and not to us.

When we approach challenges from that perspective, we become powerful and can respond well.

### **Here is what I did to succeed and overcome this old money lack script:**

#### **1. I Acknowledged the fear.**

I recognized my body was helpfully letting me know I felt afraid and I didn't react negatively to it. I decided to use the situation as a way to free myself from some of my past instead.

#### **2. I made a decision to take control of the situation so I could take the action and be effective.**

I decided to do everything I could to effect change emotionally. Staying in a fearful mindset would harm my ability to get a positive outcome and be really stressful for at least 6 weeks, (the time frame to wait before receiving the news).

Completing my application effectively, clearly and getting all parties who were delivering information to do so quickly and easily, required me to be present, powerful and calm. I couldn't do that if I was paralyzed with fear.

### 3. I changed old beliefs.

Once I identified the old beliefs that were running things, I wrote out new beliefs to replace them, that supported what I was accomplishing, how I want to be going forwards and held them in my awareness until they became my 'go to'.

When old beliefs came to the surface, I'd allow them to run for a few minutes and feel what had shifted and changed. I would then reaffirm the new beliefs until they felt grounded in my body, I could feel the feelings of them and keep going.

### 4. I visualized the situation as already completed in my favor and felt positive, happy, inspired feelings around that several times a day.

Every morning I would meditate and whilst relaxed, safe and protected, I would visualize and take time to experience the emotions of having that freedom and abundance. I also imagined every aspect of life and my invisible 'team' working in my favor. I chose to accept that life wanted me to have this, so I could express my full potential and help as many people as possible and that's exactly as it worked out!

### 5. I decided to act as someone would who already had the decision she desired.

This is a little harder to describe. I did everything powerfully, deliberately and I managed to support my body a lot with my daily habits so it could bring more energy to the table. I think I also pulled a tonne of energy from around me to mobilize action. I tricked my subconscious by thinking of myself who already had what I wanted.

### 6. I was unwilling to receive an unwanted outcome and would do whatever it took to effect the outcome I desired.

I think I do this quite often, but I attached a lot more momentum, clarity and intensity to this than I normally do. This was a powerfully trippy experience. I could swear I felt the molecules almost separate and start to rearrange into the outcome I was asking for.

### 7. I was proactive and took crazy amounts of focus and energy to get things done.

I was persistent, tenacious, organized, thorough and learned quickly, adapting as required. I worked long hours for a month until my application was complete and the situation was dealt with from all angles.



Even then, I felt so good, I didn't stop and put my feet up, I kept that momentum going forwards as I sensed it was pulling things in a really good direction and that once things were decided, I could float along on that momentum for a while to regenerate and keep pulling more good things into my experience.

That was exactly what happened and this is in direct contrast with what I would have done in the past, where I would have gotten run down and sick and had to rest for a day here and there throughout. It was almost like a created a vortex to achieve what I wanted.

I supported my body with really good habits during this time and stopped eating crap completely. I knew if I didn't I wouldn't sustain myself for as long as required to get everything done.

### 8. I was honest with the people around me and allowed them to support me.

I was too busy to see friends much during this period, but when I did connect, I was open and honest and people chose to support me, which was lovely.

### It's important when changing lack 'thought loops' to:

- Know that you can change them
- Allow old thoughts to surface without resistance
- Acknowledge the feelings (which helpfully alert us to these).
- Be un-willing to accept the old and determined to implement the new
- Visualize the outcome you require
- Take action and generate the energy to accomplish this
- Have some effective ways of releasing old beliefs and stuck energies

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# Healing Modalities

With Guest **Carolina Kerridge**

## EFT - EMOTIONAL FREEDOM TECHNIQUE (TAPPING)

Hi, I'm Carolina and the heart and soul of Heart-ream Wellness Centre, in Richmond, Nelson, NZ. I utilise the powerful and transformative processes called EFT Tapping (Emotional Freedom Technique) to help others be free of their past, their current emotional and mental challenges and return to a place of peace and wholeness.

It was not always like this, in fact, rewind 22 years ago and I was in a very different place. I was a successful lawyer in the UK, married with a young daughter and on the surface, it appeared that I had it all together but I was stressed, anxious, overweight, and had developed serious health issues.

I was admitted to hospital in a critical state, my heart had doubled in size and had I not been admitted that week I would not be alive today.

This really was my wake up call. I had to face myself for the first time and ask *"what am I doing that no longer serves me and my family and how can I change my life starting now"*.

I was diagnosed with a thyroid autoimmune condition and sent home with medication and an uncertain prognosis. Nothing in mainstream medicine could help. I knew in my heart that something deeper was going on so I began to research and discovered the field of holistic health.

*To see that disease was a 'dis'-'ease' in the mind, body and spirit from an Eastern perspective was a revelation to me.*

Although I began yoga classes, counseling and changed my diet - all of which helped - nothing seemed to shift permanently or consistently my stress and anxiety.

It was whilst I was at an Indian Head Massage course that I met Marie, I noticed her straight away, she seemed to radiate from the inside out. She told me about 'EFT tapping' and how it had helped her be completely free of her past, *"It's as though it was a movie I was in a long time ago"*. She handed me a practitioners card and despite some hesitation and scepticism, I booked to see him - thinking what have I got to lose?

My first session with Alan, an EFT Practitioner was remarkable and a little strange all at the same time. He began tapping on certain 'acupressure' points on my face and body, focusing on the negative emotion I was experiencing. I was immediately taken back to a vivid memory from when I was 5 and the trauma of the tragic loss of my younger sister which I had been carrying all this time. I felt a release of all those long-held emotions and by the end of the session I felt at peace, a peace I had never experienced before.



I had no idea that this traumatic event lay at the root of my anxiety and that it became the doorway to my recovery.

At first, I was sceptical this wouldn't last, but it did and I continued my journey with EFT to heal my own past and discover who I truly was under all the layers of trauma.

I continued to work with EFT experiencing:

- A vast improvement in my physical health, my autoimmune antibodies returned within a normal range.
- A dramatic reduction in my anxiety, being able to breath more deeply and the lifting of my depression.
- I became a much more tolerant, confident and happy mum and a much better role model for my daughters.
- But most of all I was finally able to love and accept myself.

I later began to train in the UK with Alan Morrison, who was then a certified trainer with AAMET (the International Association for Meridian and Energy Therapies) now EFT International and continued to train in New Zealand where I now live with my family.

I still have challenges that arise, but having the tools that I have learnt and the wonderful support of kind and skilled healers that surround me, I know that I can move through these challenges with greater ease and resilience.

EFT tapping has grown in popularity due to its ease of use and at the same time as an incredibly effective tool for stress regulation and personal transformation. With its roots in Eastern Philosophies, in particular acupuncture, our understanding of how EFT works has been rapidly expanding in the last 10 years. With ever-increasing research studies, we are discovering that EFT has a profound effect on the nervous system, production of stress hormones, DNA regulation and brain activation. EFT is now being used not only as a stress management tool but also in a clinical therapeutic setting.

The tapping process involves tapping on certain acupressure points on the face and body which have shown to have a powerful impact on the way the brain responds to stress and the way it processes information. Clinical EFT is the cornerstone and foundation of the work that I do and I include in the Heartstream Process which combines EFT, NLP, Hypnotherapy and Energy Healing enabling the energies of stress, anxiety, trauma, depression and negative beliefs to be released returning us to our natural state of Being.

EFT can be used as a simple self-help tool for everyone to take away stress and anxiety in just a few minutes and can be used as often as you choose to regulate stress levels. EFT Tapping can benefit anyone who is suffering from, stress, anxiety, phobias, addictions, depression, grief and other emotional and mental health conditions.

EFT can also be used for stress-related health conditions such as Insomnia, Migraines, Anxiety Symptoms (panic attacks, difficulty breathing, heart racing), IBS, Autoimmune Conditions, Fibromyalgia, etc.

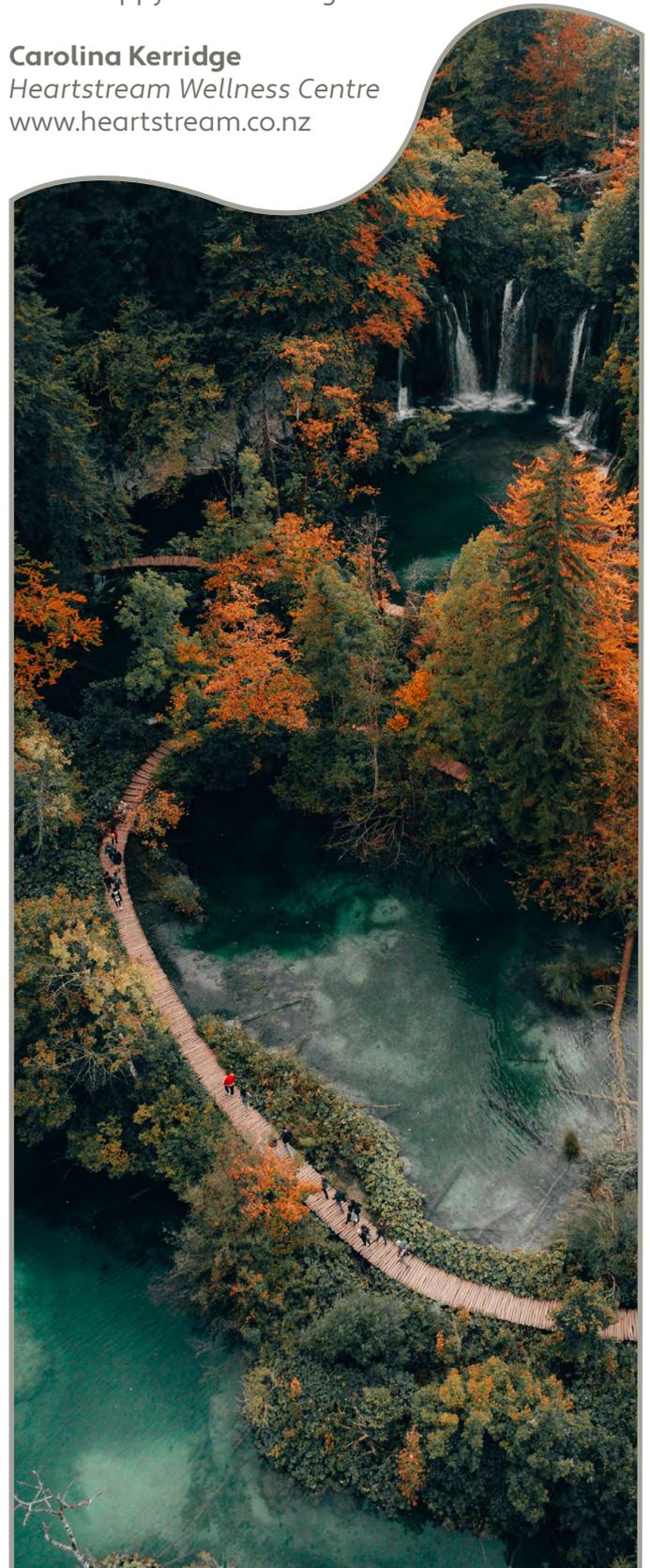
Having experienced many of these conditions myself I know how powerful EFT Tapping can be especially when working with an experienced practitioner and how it is a reality that you can heal.

The vast majority of my clients have experienced the same shifts in their health and wellbeing as I have and many have written powerful testimonials of their stories and how EFT has changed their lives on my website.

The best news is that with EFT you don't need to learn to live with what you are struggling with whether, physically, emotionally or mentally, EFT can help you be free of these issues so you can live a happy and fulfilling life.

**Carolina Kerridge**

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# The Yogic Lifestyle

With Swami Karma Karuna

## RITUAL PART 2 - PRACTICAL APPLICATIONS

### BUILDING AN ALTAR

An altar can be a table or space set-aside in the area being used for ritual. It can be a ledge, a part of your desk, a nature altar on the beach or perhaps a tree. Important items can be carried with you wrapped in a sacred cloth and roll them out wherever you decide to do a ritual.

It is not necessary to have an altar. However, having a few items or a space with a central focus where actions are repeated for a higher or conscious purpose can be helpful in building a higher energetic field. Place anything that inspires you, whether a plant or natural item, a picture of a teacher or inspirational person, a poem or a statue - even just a candle or some stones or crystals will do. Any items that bring you peace of mind or inspire you can be used. Below are a few ideas on items and simple rituals you may like to incorporate.

### RITUAL OBJECTS & SIMPLE RITUALS FOR DAILY LIFE

**Candle** - lighting of the candle can represent igniting inner illumination, light to guide your idea, day or path, a flame of inspiration.

**Flower** - The flower has its roots in the earth where it is nourished and reaches up into the air where it blooms. It represents the journey from the unconscious mind rooted in the earthly experience and the evolution towards the light and flowering of higher consciousness. It is also a reminder of the beauty that surrounds us.

**Incense** - Smoke of the incense acts as a purification for the space. The all-pervading fragrance can remind us of the expansiveness of higher experience. It also represents the air element.

**Water** - Sprinkling water or keeping some in a vessel represents cleansing at the inner and outer level. It also infers the watering of an idea or inspiration and signifies the water element.

**Grains or Herbs** - Herbs have specific healing qualities and grains can signify sustenance, abundance, enough for all. They are also connected to the earth element.

**Tilak** - This is a mark, often placed in the space between the eyebrows. It signifies the spiritual eye that sees without the physical eyes. A mark on this spot is traditionally used as a focus point for the mind in meditation, representing holding the attention on higher consciousness.

**Perfume or Fragrance** - different essential oils or fragrances have particular meanings as well as effects on the physiology. For example, lavender is calming to the mind. Using a potpourri mix or particular fragrances can evoke a desired feeling.

**Bell or Conch Shell** - Ringing a bell or blowing a conch shell can represent shutting out the external and turning the mind inwards. It may also be a method of calling in the Divine to your ritual space.

**Crystals and Stones** - Each item has a specific quality and choosing one to include on an altar or part of your desk can help you focus on a certain quality of health, mind or spirit. For example, clear quartz is associated with clarity of mind and rose quartz signifies love and compassion.

**Mantras or Songs** - Chanting a mantra such as OM or singing a song creates a particular vibration or emotion. Done before you go somewhere or prior to a yoga practice or meeting, it can set the space for the next action or be a way of honouring something important to you.

**Setting an intention or Sankalpa** - Using a short positive statement of intent, especially if repeated regularly, sets up a constructive pattern in the deep mind, like watering a seed until it grows.

**Gratitude** - Giving gratitude not only reminds us of all we have to treasure, but new studies have shown that it produces dopamine which is the chemical related to reward and pleasure.

**Reading a Poem, Scripture or Quote** - By focusing the mind on something inspirational, especially at the beginning of a day or the start of a new endeavor, helps to ignite and sustain inspiration.

**Breathing Consciously** - Pick something you do regularly - standing in line, getting into your car, brushing your teeth - and use 3 or 7 conscious breaths each time you do that activity.

**Shawls or Clothes** - Use a shawl or special clothes each time you meditate or are involved in ritual activities. It becomes imbued with the intention and energy created. Over time an association is formed and when you use that item, you more easily access a deeper space.

**Mudras** - Conscious gestures made with the eyes, hands, face or body set up a connection between the body and the mind through the nervous system. Simply put, the fingers touching each other in a particular way send a neural impulse to that area of the brain. A conscious effort to maintain the mudra engages the frontal cortex (higher brain) and builds energy through the neural circuit, which over time activates new areas of the brain. Like the shawl, a new association is formed that allows you to access whatever state that mudra represents more quickly.

**Tarot or Affirmation Cards** - Choose a card each day, before starting a practice or walking into a meeting to give you a focus for that activity.

**Gods, Goddesses, Gurus, Inspirational People** - You may like to place a picture or statue of something or someone that inspires you. If you associate a particular quality with that person or item, it may encourage you to emulate that. For example, the compassion of Mother Theresa may remind you to care for those around you. Or the image of the Indian Goddess, Laxmi, with money and fruit at her feet, may inspire you to think abundantly.

Whatever you choose to do, whenever and wherever you do it, ritual is a way to become more conscious and to reconnect to the little things, which often pass us by in the mad rush to do more and more. Rituals are a reminder to slow down, if only for a moment, be more present, have more gratitude, connect to the natural rhythms of life and live life with more joy.

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# My Journey So Far

With Guest **Kelly Townsend**

Originally from Northland, I now live in a 1950's bach on the Hibiscus Coast, north of Auckland, NZ. I love learning, traveling, relaxing, and... connecting.

I am passionate about quality connection; with myself, others, our ancestors and the Earth. I am a daughter, sister, aunty, friend, mentor, colleague and lover. After many years working in corporate IT and HR, I am now self-employed doing the work I love; facilitating connection, mentoring, performing ceremony/ritual, writing and fostering quality relationships with family, friends and colleagues.

## **Describe the experiences that have shaped your journey**

I believe we are largely shaped by the relationship with our primary caregiver.

My parents suffered the devastation of two still born children, two years either side of my arrival. In those days there was no space to connect with grief, and my mother and I struggled to bond. I would often go up to other kids and ask if they wanted to be my friend.

My parents separated when I was 11, and within two years we had moved away from my hometown. Those experiences fostered a deep need in me for both connection and independence, at the cost of intimate relationships.

When I was 21, I moved to London where I lived for 15 years. I loved my work, traveled the world and made wonderful friends who I am still in contact with today. I returned to NZ when I was 36, and at 52, although I had been in other relationships, I finally fell in love for the first time.

We had the most beautiful nine months of both our lives, but it was not destined for a happy ever after. The devastation of that loss cracked me open, reconnected me with my childhood pain and helped with that healing. Three months later I left my corporate role.

These experiences have made me who I am today; someone who finally accepts herself and has the courage to be more vulnerable, two key components of connection.

## **Share with us the ways in which you have changed your life for the better**

When I was younger, I was determined to build a solid financial foundation so I could have more choice later in life. I seemed to know intuitively that I would want to live my life more consciously. I have always enjoyed personal development and had the best results when I started learning how to work with groups.



There is nothing like group work to help you see yourself in the mirror... or multiple mirrors!

It became clear that my passion is about connection, and I have always had a spiritual leaning, so I started doing things that appealed... training to be a celebrant, studying other modalities like non-violent communication, facilitation, holding space, and the art of ritual, and recently I have been learning more about well-being and connecting with our sacred Earth. I also did relevant volunteer work like writing biographies for hospice patients. These all complement each other to support my life purpose of Freedom Through Connection. I'm happy to say I now have a close relationship with both my parents.

## **Tips and Advice**

*"You always have a choice" and "When you follow your instincts, they will get stronger".*

I have learned to trust my intuition and stand in my intention of quality connection.

There will always be ups and downs, joy and pain, but if I am following my heart, I trust that whatever path my life takes is where it needs to flow.

**Kelly Townsend**



# *A Twist in the Tale*

Short Stories By **John Du Four**



## **IN HYDE PARK**

A small head appeared from behind the trunk of an aging birch. Sharp beady eyes threw a careful appraisal over everything. Minutes passed in complete stillness before the sandy-grey body emerged fully in one single calculated bound. Now in open view, it froze yet again on the lawn, tail held high and poised, ever ready for flight. Soft green grass concealed its tiny arms and legs. More minutes slid by. Then a second unheard all clear sounded and the squirrel executed four more quick leaps, only to again pause and stand sentry.

‘Hello little friend,’ I said. ‘Joining in with the weekend crowds?’

No answer came back, but then what was I expecting? I stretched my legs out, leaned back on my elbows and shifted my gaze skyward. An errant puff of wind lifted a jiggling kite into view. I watched it climb into an overcast cataract sky, mild with early summer's promise and bright enough to set a soft light dancing over the busy lake.

The weekend throngs ebbed and flowed. The elderly shuffled. Mothers ran to intercept children bolting to the water's edge. Teenagers milled aimlessly, cell phones to ears, chattering in self-absorbed clusters. Joggers jogged, strollers strolled, lovers loved. Entire families gathered in ragtag outings as if the roofs and walls of their homes were suddenly lifted away and they found themselves, surprisingly, busy about their daily doings but with open space all about them.

I watched as the kite dipped then rose again on its line, to the giggling tugs of a child too impossibly small, pale and blond to be believed. She was dressed a la Kensington and stood not five metres from where I lay sipping plastic water supposedly from somewhere pure and untouched in Wales. I thought to speak to her but she was so beautifully focused on her play that I left her to her reverie. I looked for my furry four-legged companion, who was now nowhere in sight.

I lay fully on my back and lifted my chin until my eyes viewed the surrounds upside-down. This inverse world, framed in green at the top, with people hanging by their feet over silver-smearred clouds, made me think about how we see. Or rather, how 'what' we see is invariably informed by how we choose to frame it. I was reminded of the paintings I'd viewed just a couple of hours earlier in the art gallery bearing the same name as the nearby water, currently teeming with a seemingly endless armada of pedal boats – The Serpentine.

The artist's name was Artyom Chernavin, whom I'd not heard of before. A Georgian, whose entire body of work came out of the nineteen-seventies. Not a happy chappy apparently: he killed himself in 1980 at the age of 30, on the same day the Russian army confidently strode into Afghanistan. Chernavin's oeuvre, said a leaflet accompanying the exhibition, reflected his interest in some arcane branch of the occult.

I found his paintings compelling: abstract planes of colour intersected by scant blurs of realism, hints of the figurative dissolving away into the coloured flatness. So subtle were the glimpses of the sad-faced partial beings that inhabited this shadow world that I had the impression of only just managing to catch them at the very edge of their existence; that unless I snatched my head in a precise peripheral moment, I'd miss all signs of them and they'd simply vanish. It was both dreamlike and disturbing.

'That your child?'

A voice snapped me back to the present and my world tumbled right way up. In front of me stood a 40-something man walking an enormous black Rottweiler. I looked to the girl with the kite, then back to the stranger. He wore a faded U2 t-shirt, sport shorts, running shoes and a tan. Fit, no doubt from the endless walks his heavy-headed, slobbering beast demanded. He nodded to his left, not at the girl but to where I now saw a small pushchair. Its back was to us both, so we could see, just over the top, the head of what appeared to be a very young child. I looked back at the man and shook my head no. I stood up and both of us moved to where we could see the front of the chair. It was a baby doll, startlingly lifelike.

'Looked real to me,' said the dog walker as he and his massive charge turned and headed off towards Knightsbridge.

I gazed at the doppelganger. Of course it wasn't alive. Its fabric body slumped in that way of certain types of padding: not so much a collapse as an exhalation, a gentle sighing fold. Viewed from behind, the soft tilt looked totally believable.

'Me too,' I replied, but he'd already gone.

I looked back at the doll. Is this the nature of reality, I wondered? Defined solely by the vantage point from which it is viewed? The artist Chernavin seemed able to come to terms with this, on canvas at least. Actually, given his dénouement, maybe he didn't come to terms with it at all.

I rose and wandered along the lawn's border. It led me towards the water's concrete shore, with its fussing sergeant major geese and preening swan princesses. Head down, I followed

my grassy trail gently around to the left into yet more crowds. Above the nattering banter of accents and EU languages I detected a different voice: a gentle but insistent medley of hissing, chattering and finger snapping. I allowed the movement of the throng to guide me through an open gateway to where I eventually looked up to see the sound's source: the rush and tumble of water of the Diana, Princess of Wales, Memorial Fountain.

I made my way to the edge of the rippling concourse, a wide and shallow channel draped expansively over gently rising lawns to form a large and lazy oval. Contemplative clusters of people meandered around the perimeter, tracing curves that were not regular but defined by the varied elevations of the landscape. The shape appeared heart-like. Not the sweet, stylized symmetry of a valentine heart: ordered and predictable. No, here was the outline of a true human heart, full and round for part of its journey, flat and straight for another: the uneven mapping of something natural and unruly. From the fountain's highest point at the top of the heart, the water welled up from its subterranean source to flow out in two opposite directions. How very like the late Princess herself: torn between royal duty, on the one hand, with all the stifling sham it represented, and the insatiable yearning of a spirit to be free and self-determining. No surprise that the water, in its tumbling travels, bucked and jolted, frolicked and hurtled its way down the passages. At the bottom, where I stood, the two flows again joined, lulled in a brief interlude of peace and calm before being invisibly sucked into the earth and drawn up to the top to face the music all over again. I couldn't help but smile at the canniness of the metaphor.

Out of the corner of my right eye I noticed a flicker. It was the dancing kite. I looked up and watched it jostle. I could just make out on its colourful red surface a hint of decoration: a simple face, presumably painted by the child herself. Close-set starry eyes and a lopsided mouth surveyed the scene below. A gust of wind ruffled my hair and I noticed the kite swing around to where its gaze fell directly on to me. That face – a kiddy's picture, yet somehow it looked familiar. I'd seen something like it before. But where? How did I know that face? Those eyes?

The Serpentine – that was it! The kite's face looked like Chernavin himself! I'd seen him in a macabre photograph printed in the exhibition flyer. He was dressed in a black hooded cape, holding an upturned skull with a flaming candle stuck on it. Now I could see, despite the naïveté of the kite's artwork, the strangely strong resemblance.

Suddenly, I felt a searing sundering from head to toe, as if my body was being torn in two. The pain left me gasping. I felt a brutal pull on my chest, like a burning hand grasping deep into my flesh and jerking me towards it. My soul, in one wrenching moment, broke free of my body. I knew this because down below me, so small and frail, I could see my abandoned form lying on the grass next to the fountain. How ungainly I lay: torso twisted, legs splayed, arms askew. I watched as those nearest to me began to take notice, some approaching, others simply standing and gawking.

In one swift swinging swoop I found myself facing west, looking out towards the massive red brick roundness of Royal Albert Hall, and across the road from it, the garish gold and marble monument to its royal progenitor and namesake. I pitched and fluttered and shim-mied. Then I was racked by a series of small sudden tugs. I felt myself being drawn forwards and downwards, inexorably, lurch by lurch. Victoria's Consort drifted out of view as the tops of trees rose. Soon all I could see was the blond child looking up at me, drawing me to her, reeling me in like a trophy trout. As she wound, one hand over another, her eyes bore into me. These were not the eyes of a child.

With a bump I found myself held fast in her tight, tiny grip. But this was no sweet innocent. I could see now that this was Artyom Chernavin himself!

'My God,' my thoughts screamed. 'What's happening to me?'

He leaned forward and peered at me, framed by a halo of blond curls. 'Gotcha!'

'I don't understand! This makes no sense!'

'Yes it does. I've caught you and now you're mine.'

'But how? Why?'

He grinned wildly. 'Because I can. Because I learned.'

He leaned even closer and whispered at me in his girl-child voice: 'Because I have the power. The secret.'

'What secret?'

He looked around nonchalantly. Then hissed: 'To life everlasting, of course.'

I shuddered.

'I am a reaper,' he continued. 'I reap bodies in which to dwell.' He giggled.

'But why me?'

'You looked. You stared. I saw you wonder.' He looked at me with a bemused smile.

'You see, I read, I studied . . . ancient texts. Then I practiced. Oh, you've no idea how long I practiced. Until at last, the breakthrough!'

'You're crazy! This is crazy! I've done nothing to you, nothing to deserve this. You're a madman!'

He snapped back, 'Ah, but I should be a dead madman, should I not? Yet here I am . . . alive.'

'Look, please. I don't understand any of this. This is insane!'

He ignored me. 'The breakthrough, you see, was in the painting. The paintings were the missing key! Not just any paintings, of course. They had to be self-portraits.'

My soul cried out to weep, but my tissue paper eyes remained dry and staring.

A smile crept over his face: 'Do you know how many I've traveled within since my passing? Seventeen! Can you imagine that, seventeen different men and women! Oh, and now . . . children.'

His eyes clouded over. 'But never again children. No, never again. Too risky. I cannot afford to lose artistic merit.'

He looked at me. 'I must hold their eyes, you see. Long enough to make the leap, or I am lost.'

He held his free hand up before his eyes, rotating and studying it. 'How can these young, unskilled, unworthy hands ever hope to capture the magic of my talent? The talent of my magic! No matter how perfect my inner vision, if I am incapable, too clumsy, too backward to bring it out . . .'

His eyes flashed: 'You saw my efforts this time. Dismal!'

He waggled his fingers: 'Ugly, damned, useless little things! How I hated producing so laughable a face. Can you imagine my shame! Barely able to make the sloppiest schoolroom scribble!'

'Please,' I begged. 'Please let me go.'

His tone became matter of fact: 'Oh, no, no, no. But trust me, with my brilliance, and your body, together we'll make great things. And when it's again time to move on, when we come to paint the facsimile of our face, it will once again be a laudable effort!'

I felt my body squeezed like it was compressing into itself. A roaring sound filled my ears and everything drifted into darkness.

'It's okay, you're okay. Don't worry.' I found myself looking up into a sea of faces. Nearest to me, kneeling over me and looking concerned, was a middle-aged man. He was Indian or Pakistani.

'You're in Hyde Park. I'm a Doctor. You've had a collapse. I saw you fall, but you've come round now. Just lie still for a bit. You'll be alright.'

#### Post Script:

It's been 3 weeks now, since my strange turn. At least that's what I feel it was. I am fully recovered. My life goes on same as before. Same job, same flat, same girlfriend. In my spare time, however, I've taken up a hobby. I've started painting. And if I do say so myself, I've caught on rather quickly.

*By John Du Four*



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# Meet The Contributors



## **AIMEE SHIELDS**

*Divinely Inspired*

[www.callah-ancients.com/gallery](http://www.callah-ancients.com/gallery)

Aimee is an intuitive and empathic healer who paints and scribes for Spirit. She is a pure channel through which many people have been able to receive messages from their guides and Divine Spirit. A practicing Pranic and Intuitive Healer for 10 years Aimee is part of a team of healers who travel New Zealand and Australia holding channeling and healing events. Aimee has a Bachelor of Teaching and Learning from the University of Canterbury and has worked much of her adult life caring for and teaching children. She lives in New Zealand, a magical piece of Lemuria, with her beloved daughter and their two cats, two bunnies and two hens.



## **AMANDA SEARS**

*Sears Co*

[www.searsco.nz](http://www.searsco.nz)

Amanda has many roles in life that can be summed up in 4 words: create, connect, learn and experience. She lives a full life of possibilities and has had an adventurous life so far, full of many ups and downs. In her own personal journey she has battled through the darkness of many physical, emotional and spiritual health lessons and has come out the other side a more developed, aware and knowledgeable person. She shares helpful tips based on her own experience and observations of life in the hope to inspire those struggling on their own personal journey - while continuing to grow, evolve and learn herself.



### **BEC MYLONAS**

*Spiritual Teacher*

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

Bec is an intuitive healer, shamanic practitioner, spiritual teacher and writer who is passionate about helping women to navigate their shakti and spiritual awakening process. She facilitates channeled soul journeys, healing processes and mentorship sessions which are designed to purge away the blocks and traumas from this life or past that stand in the way of reclaiming soul gifts, returning to true self and retrieving parts of soul that have been lost.



### **CARLA FRIEND**

*Twinkle & Bean*

[www.twinkleandbean.co.nz](http://www.twinkleandbean.co.nz)

Mother of five, Carla is the woman behind the natural cleaning brand Twinkle & Bean. After her own health struggles and her children developing eczema, she formulated these hypoallergenic cleaning products which she sells locally and online. With a passion for making a house a home, she combines a Diploma in Interior Design and Certificate in Building Biology and Ecology to create healthy homes for her clients through holistic design and offers services to help make the journey to a toxin free life and home more manageable.



### **COLETTE & JAMIE FOX**

*Two Travelling Foxes*

[www.instagram.com/two\\_travelling\\_foxes](https://www.instagram.com/two_travelling_foxes)

Jamie and Colette Fox or the 'Two Travelling Foxes' are two Kiwis that moved across the ditch from New Zealand to Brisbane, Australia. A fun-loving, thrill-seeking couple that never want to lose their child-like wonder for the world, they always had a mutual dream of seeing the world and experiencing different cultures. This dream is now a reality which they share with others through their Instagram and Youtube pages. They feel so lucky to be visiting some amazing destinations around the globe and hope to inspire others to get out, explore and connect more to the world too.



### **CRYSTAL OLDS**

*Mind Over Matter*

[www.mindovermatter.co.nz](http://www.mindovermatter.co.nz)

Crystal Olds lives in Nelson, NZ with her husband and two home-schooled children. She has a degree in Psychology and Criminology and is trained in several client centred Holistic Modalities. She also facilitates Mindfulness Workshops (general mindfulness and specifically for parents) on a regular basis. Facilitating workshops and offering one-on-one client sessions is part of her life vision to help herself and others overcome challenges within themselves and grow to be the people they have always envisioned. She loves continuing to grow and learn alongside her children, her clients and all those that cross her path



### **DEVORAH GOLDBLATT**

*Holistic Teen Coach*

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

Devorah says teens and tweens are her spirit animals; since 2007, they've filled her office and dinner table with everything from head-scratching trends and Netflix recommendations to conversations about anxiety, depression, academic pressure, and cyberbullying. Fiercely committed to teaching teens and tweens tools for inner peace and resilience, Devorah has over 15 years experience as a community youth worker, high school counselor, and holistic teen coach. She merges her counseling skills with techniques such as EFT and mindfulness to help teens (and their families!) stay grounded and peaceful throughout adolescence.



### HANNAH SHAW

*A Nourishing Notion*

[www.facebook.com/ANourishingNotion](http://www.facebook.com/ANourishingNotion)

Hannah is a mother, wife, registered nurse and a whole food plant based-life-style (WFPB) proponent. Originating from Timaru, she moved to Nelson in 2007 to do her nursing degree. She works part-time at the Wakefield Health Centre and recently completed a certificate in plant-based nutrition. She proudly belongs to a group of Nelson health professionals who promote WFPB; aiming to achieve positive health outcomes, and sustainability in the community. Passionate about cooking and creating recipes, she enjoys inspiring and supporting others through her new business 'A Nourishing Notion' and via her social media.



### JOHN DU FOUR

John Du Four really enjoys being creative. He has made art in everything from acrylics to encaustic to batik. He's fired ceramics and sculpted in papier mache. He's composed music and written jingles. He's performed in the Edinburgh and Adelaide Fringes. He's written and directed short films, one of which was an international finalist in New York. He has choreographed dance and written many short stories. A former chef, sound therapist, and creative director in advertising, John is on the board of Arts Council Nelson and is Arts writer for Wild Tomato magazine. He lives in Richmond with Sue.



### JULIE STEPHENS

*Julie Stephens Yoga*

[www.juliestephensyoga.co.nz](http://www.juliestephensyoga.co.nz)

Starting her yoga journey around 30 years ago, Julie found the spiritual aspect of it a major draw card and the physical side an added bonus. She spent many years travelling the world and in 2000 started her yoga teacher training apprenticeship which took 18 months of practising six days a week, 30 hours a week. She trained with many great inspirational teachers and has since owned yoga studios all over the world. As a yoga teacher she feels truly honoured and privileged to be able to share such an ancient practice – one that offers not only great physical benefits, but ultimately allows us to be mindful, happy and content.



### KERRY KINGSTON

*Kerry Kingston Design*

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

Kerry combines stylish interior design with a holistic and intuitive approach to create harmonious and healthy spaces from a soulful living perspective. As a holistic interior designer she looks at a space in its entirety; from the overall design, environment and visual appearance to the feel, flow and energy. Her holistic approach includes timeless décor and practical design while taking into consideration eco living and the energy in the space; utilising a range of holistic methods to enhance these attributes, such as: decluttering, plants, Feng Shui, complementary crystals and essential oils.



### LEE HOLMES

*Supercharged Food*

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

Lee is a holistic nutritionist, yoga and meditation teacher, wholefoods chef and author of the bestselling Supercharged Food series. After changing her diet to improve symptoms of a non-specific autoimmune disease and fibromyalgia she started the Supercharged Food website from a need to share easy, wholesome and simple recipes. Experience has taught her to listen to the cues and signals from your body and that making positive nutritious food choices while having the desire within you to change your life for the better is the first step to optimum health.



### **MACHELLE TEWNION**

*Holistic Health Institute*

[www.holistichealthinstitute.org](http://www.holistichealthinstitute.org)

Machelle is the creator and founder of 'The Holistic Health Institute' which provides a 6 – 12 month holistic practitioner program bridging together the ageless wisdom from the east and the modern science of the west, spirit and matter. A registered nurse and human behaviour expert, Machelle has spent the last 7 years traveling throughout parts of India and developing an extensive knowledge around the ancient mysteries and how we can combine it with the science we have today to help people in all areas of their lives. She is passionate about bringing about unity and believes the foundation of this starts with ourselves.



### **MASHA G ELLMAN**

*A Sweeter Life*

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

Masha is an intuit, a guide, and a channel for Spirit. It is her mission to open to angels and her guides and to transmit the information she receives. As someone who has totally transformed her own life, going from living in the dark to living in the light, it's now her passion to guide others to live in the light. With a fiery passion in her heart Masha hopes to empower, encourage and enlighten others to live a sweeter life. Now retired, Masha loves to write, coach and spend time with family.



### **MICHAEL SELF**

*Garden Rambles*

[www.gardenrambles.co.nz](http://www.gardenrambles.co.nz)

Ever since he was a wee lad Michael has been fascinated with caring for the soil; he was brought up on the family nursery in Manaia, Taranaki. Year's later he can still hear his father pointing to an earthworm and saying "the worms are my best workers." Since those early days Michael has produced and presented what many say is New Zealand's longest running TV garden show, Garden Rambles. He has tutored in Horticulture and Organic Horticulture, is a Baker by trade, a Nurseryman by profession, and currently a teacher of Technology, and along the way an actor, story teller, and a Morris Dancer.



### **MICHELLE COTTON**

*Clairvoyant Medium/Trance Channel*

[www.facebook.com/michellecottonclairvoyantmedium](http://www.facebook.com/michellecottonclairvoyantmedium)

At age 22, Michelle experienced the most life- changing year of her life and discovered who she truly was and her spiritual and healing abilities. Embracing this aspect of herself and realising she was a blank canvas, Michelle trusted herself and the Universal Source of Creation and started learning about all things spiritual and energetic. She loves the life she has chosen, which is filled with love, learning and pure vibrational energy... and best of all, she gets to use it to help others as a Clairvoyant Medium, Trance Channel, Healer, Teacher and Empowerment Coach.



### **MINETTE TONOLI**

*MeadowSweet Herbs & Flowers*

[www.meadowsweet.co.nz](http://www.meadowsweet.co.nz)

Minette Tonoli is an Earth Mother and herb enthusiast striving to become more self-sufficient in her acre homestead in North Canterbury. She enjoys sharing her experiences, and the knowledge she gained over more than 15 years' of growing and using plants for food and medicine. Through everything she does, she aims to excite and inspire others to fully enjoy nature's gifts, and to learn more about soulful gardening for good food and good health.



### NATACHA ANTHONI

*My Breath*

[www.facebook.com/my.breth](http://www.facebook.com/my.breth)

Natacha has been assisting people to open up to their full potential with conscious breathing through workshops and guided breathing sessions since 2009. She is passionate about her personal journey of living as a fully conscious, divine human and assisting others to do the same. Conscious breathing has been the most profound tool in her journey of self-realization, and it is her passion to share this through workshops and free online guided meditations.



### NATALIE MEIJER

*Heart Wisdom*

[www.heartwisdom.co.nz](http://www.heartwisdom.co.nz)

Natalie started her path training with Yuan Tze in Ren Xue and its connected disciplines of Yuan Gong Qigong and Yuan Ming Medicine around 14 years ago. "I have benefited so much from these tools in my everyday life and it feels such a natural extension to want to share this with others". Natalie works from home and in the wider Nelson/Motueka community where she runs classes online and in person as well as healing and life cultivation sessions. In New Zealand her home base is setup for intimate retreats and wellness weekends.



### PAULINE VERNETTI

*Travel Writer*

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

Pauline is a French native; founder of Little Frog Blogger, a travel and lifestyle blog. She has now set up in our beautiful New Zealand for the last 4 years. Before becoming a Kiwi apprentice and falling in love with the country (and finding true love on the way!), she quit her French corporate job in 2013 for backpacking the world and has not looked back since then. After having "slow-traveled" through Canada, Ireland, New Zealand and bits of Europe, she has created her travel blog in 2019 and enjoys writing about her experiences.



### ROSE AITKEN

*Life Coach*

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

Rose is an Inner Wisdom & Potentiality Coach offering private Life Coaching Sessions & Programs in Nelson, New Zealand and online. Rose is an expert at helping you undo your blocks, release your pain and connect with your potential. She has a genius for nurturing your talent, providing support and seeing where you are limiting yourself, how to challenge you, and where your undiscovered capacities lie. Rose gets results and her clients have nick named her "The Excavator", because they are so free of their problems after working with her. "You can't build a new house on old Foundations" Rose Aitken.



### ROSIE JAMES

*Fitness & Nutrition Coach*

[www.rosiejames.co.nz](http://www.rosiejames.co.nz)

Rosie James is a Registered Personal Trainer and Nutritionist. She is also a dedicated Mum of 2 children, partner to Kris and obsessed with their 3 resident cats! She is passionate about empowering ordinary people to live their best lives through improving Nutrition and Fitness. Rosie is a believer in exercising for enjoyment rather than torturing yourself. When she is not working from her home based fitness studio and nutrition clinic you will find her running the hills and trails of Nelson, New Zealand training for her next running event.



### **SWAMI KARMA KARUNA**

*Anahata Yoga Retreat*

[www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)

Swami Karma Karuna, a founding member and director of Anahata Yoga Retreat, NZ, is an engaging, intuitive yoga teacher with over 25 years of training and experience in a range of areas such as therapeutic applications of yoga, yoga nidra relaxation, prana, chakras, women's health and applications of yoga into daily life. She travels internationally including guiding yearly sadhana (Yoga practice) retreats in India at the home of her spiritual guides. Swami Karma Karuna shares her depth of knowledge in a simple and practical way, creating an inspiring environment for people to access and apply yogic practices in their own lives.



### **TANIA HUDDART**

*Hearts and Bones Pilates*

[www.heartsandbones.co.nz](http://www.heartsandbones.co.nz)

Celebrating her 25th teaching anniversary in 2020, Tania believes in thinking differently about the way in which to teach Pilates and has been training teachers for the past 18 years as well as teaching professional development workshops internationally. She loves to inspire people and finds it exciting to see them open up, to ask questions and explore movement without fear. Starting her career as a dancer before training to be a Pilates teacher, Tania trained in the UK and USA before establishing Hearts and Bones Pilates in Wellington, New Zealand in 2002; in 2018 she moved to Nelson, NZ with her family.



### **SABRINA WEBER**

*Empowerment Coach*

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

Sabrina is a women's empowerment coach, modern mystic and self-proclaimed palm tree enthusiast living in Raglan, New Zealand. In true Aries fashion, she designed her own career path; blending spirituality with purpose-driven business mentoring that attracts and elevates like-minded women globally - empowering them to live life by design, stepping into their true goddess power and purpose work, and saying 'yes' to who they really are for a happier and freedom filled life. Her clients adore the effortless blend of spiritual tools and down to earth business talk from this beach-loving boss babe, mother and plant foodie.



### **SARAH JENSEN**

*Life & Business Coach*

[www.sarahjensen.com.au](http://www.sarahjensen.com.au)

Sarah Jensen is an award winning, internationally certified Life and Business Coach and host of the award nominated Rock Your Goals podcast. Sarah helps heart led coaches and creative entrepreneurs grow a sustainable, successful and super fun business (without going broke or burning out in the process). She believes in owning your awesome, writing your own rules, and chocolate!



### **SARAH SEARS**

*What Sarah Bakes*

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

Sarah has loved to bake for as long as she can remember and as a self taught baker has had her fair share of baking disasters! Passionate about making your baking experience the best it can be, Sarah creates recipes that taste great and are easy to follow. Over the years, she has developed a baking style that focuses on the ease of baking without compromising on flavour or texture, with influences from her travels in Europe and America, and of course her home country New Zealand. Sarah shares tasty recipes that have proven to be a hit with family and friends.

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***We intend for the reader to enjoy this magazine with an open heart and open mind.***

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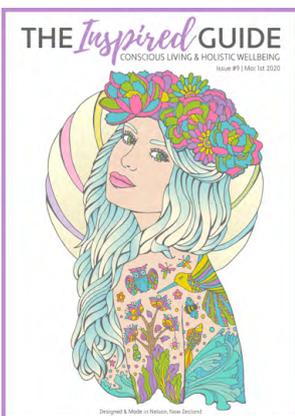
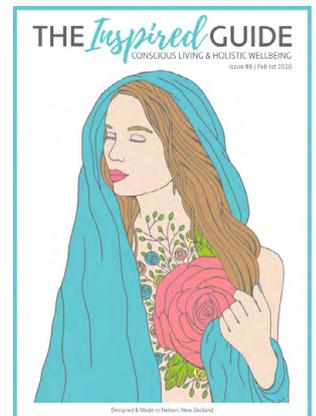
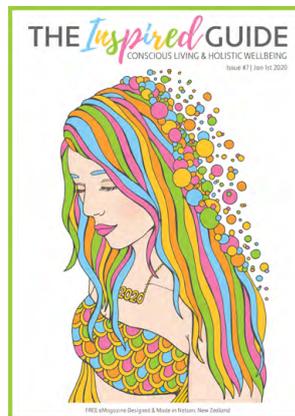
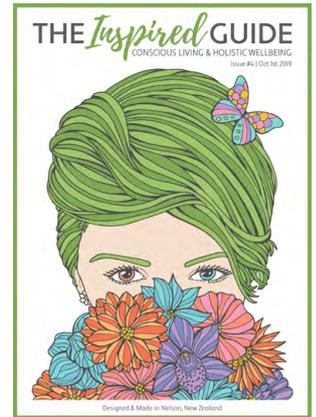
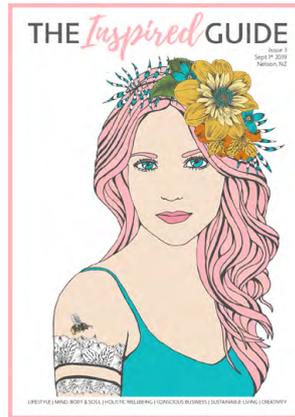
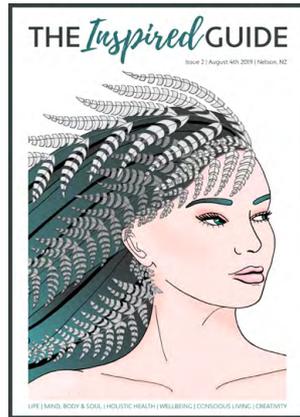
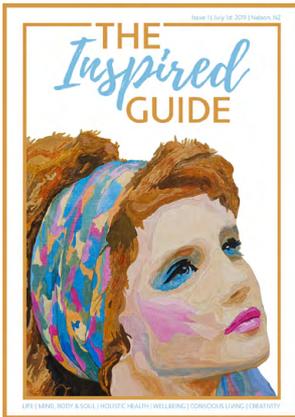


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