

TIPS FOR  
*Living on Purpose*



Guidance, Practices, and Tools  
for Everyday Intention & Meaning

Gratefully presented by the authors of:  
*Women Living On Purpose*

## About this E-Book

Life can be filled with challenges, drama, and tough circumstances—and it can still be fulfilling, meaningful, and purposeful. Living as consciously awakened individual requires a series of practices and a trained mindset to tap into your inner guidance system, the whispers of your heart, and the nudges of your Spirit.

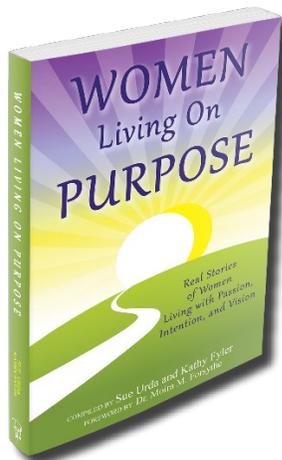
***This e-book is a compilation of mindful and meaningful tips, thoughts, and practices intended to enhance your own moment-to-moment purposeful life experience.***

As you read these tips, imagine ways to bring them into your daily routine. As you do, you'll find that you're more fully engaged with the people in your life, you'll be less stressed, and enjoy more simple pleasures and fulfillment. You'll also experience more peace, harmony, and ease with your family, loved ones, friends, coworkers, and community.

***Enjoy and use these tips to enhance your life experience!***

## About the Authors

The individuals sharing these tips are the co-authors of the new book *Women Living On Purpose: Real Stories of Living with Passion, Intention, and Vision*. They have come together to share their personal experiences and journeys to help you live a more heart-centered, joy-filled, and loving experience of connection and growth. It is their wish that the tips in this e-book and their stories in the paperback book will assist you on your personal life journey.



**Powerful You!  
PUBLISHING**



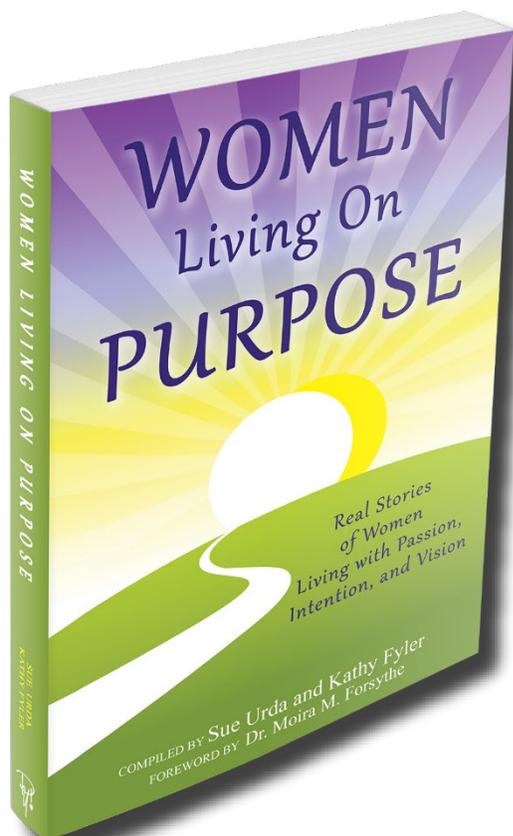
**Sharing Wisdom  
Shining Light**

**Share this e-book with your friends. Here's the link:**

**[www.womenonpurposebook.com/freebook](http://www.womenonpurposebook.com/freebook)**

Read More About this Upcoming Amazon Bestselling Book ~ Available June 29, 2021

## DO YOU WANT TO LIVE WITH MORE PURPOSE AND MEANING? Allow these Stories to Light Your Way.



Some people live for decades before they discover their true passion and purpose and start to feel comfortable in their own skin and willing to follow the tug of their heartstrings. We sometimes forget we are spiritual beings above all else and that we are worthy and deserving of great good, and so we give away our power by listening to the voice of others above our own. This doesn't have to be your experience.

***Women Living On Purpose*** is a collection of twenty stories by conscious women who have navigated significant and sometimes life-altering transformations. These women have at times stumbled along the way or resisted their inner knowing—and then decided to pursue their dreams and face their challenges with humor, grace, and intention. Their stories will ease your journey with guidance and inspiration so you can make the empowering changes you envision for your life.

### Discover and Live Your Purpose with these Lessons and Stories:

- Release the past so you can move forward with ease
- Techniques to relieve stress, tension, and overwhelm
- Heal your body through mind-body-spirit modalities
- Envision abundant business, personal, *and* spiritual growth
- Step out of your 'job' and into entrepreneurial freedom
- Tap into your passion and live your life on purpose
- Gracefully manage divorce, break-ups, loss, and abandonment
- Listen to the voice of your Spirit and the whispers of your heart

### WOMEN LIVING ON PURPOSE

Real Stories of Living with Passion, Intention, and Vision

[www.PowerfulYouPublishing.com](http://www.PowerfulYouPublishing.com)    [www.womenonpurposebook.com](http://www.womenonpurposebook.com)

# Forgiveness

Heather Key

Accepting forgiveness, and learning to forgive others, may be one of the most difficult things to master. Often, it's not in people's nature to automatically forgive and/or accept forgiveness from others who've caused them harm. Rather, many are more comfortable—whether through social conditioning or inherent temperament—trying to exact revenge and clinging to old grievances and the negative memory of those who've harmed them.

It helps to remember that we all endure disappointment, hardship, and pain in this life. And yes, the scars these hardships leave behind can cause us to become bitter and vengeful. Admittedly, when flashbacks occur, it can be very difficult not to get upset all over again.

Forgiveness becomes the beginning of letting go of carrying around such baggage. Think about how much more freely we can all move forward if we're not lugging fifty-pound weights behind us everywhere we go!

Lack of forgiveness can actually hold us back from experiencing a life filled with peace. Forgiveness is the key that helps unlock the gates of our own prison. Once we develop the capability to understand that all of our past is actually by design, we are no longer bound by such restrictions.

Instead, we are free...



**ABOUT THE AUTHOR:** Heather Key is Certified Reiki Master Teacher, Usui Holy Fire Reiki Practitioner, Advanced Integrated Energy Therapist (IET) Practitioner, psychic spirit medium, and Amazon #1 bestselling author. Heather is also the founder of JIJ Spiritual Healing, located in Cohasset and Duxbury, Massachusetts, where she offers private spirit mediumship readings, group classes, and private and group sessions about how to best connect to the spirit world and learn about strengthening one's own unique, spiritual, and healing gifts. Heather enjoys hiking and looking for signs in nature, especially clouds. She has a husband and three beautiful children and cherishes every moment with them.

Heather Key  
JIJ Spiritual Healing  
[www.jijhealing.com](http://www.jijhealing.com)  
[heatherkey@jijhealing.com](mailto:heatherkey@jijhealing.com)  
781-424-4073

# Mining Your Creative Right Brain

Betsy Lambert

Anyone can be a poet. It only requires accessing your creative right brain to extract information that is already there. I call this process Soul-Mining® since you are looking for thought-gems that are already in your creative subconscious. Once you understand how to mine your right brain for creative inspiration, the process becomes as natural as breathing. All you need is intent and confidence that you will succeed.

## The Soul-Mining technique is simple:

- Imagine you are in a beautiful cavern with sparkling gems of all shapes and sizes around you.
- Ask your future self (since it already knows what you have written) to be your guide to help you form a mind-map of thought-gems you can use to create your poem.
- Now look for a core thought-gem that sparkles brighter than the others.
- Next, find related series of thought-gems, each one sparkling brighter when it is ready to be found.
- Place them one-by-one like a spider web in linked indentations on a crystal table.
- Write down this mind-map and give it to your editing left brain to organize into sentences. Trust that it will know what to do with your creation.

The Soul-Mining® technique can be used anytime you need a creative solution to a problem in your life.



**ABOUT THE AUTHOR:** Betsy Lambert is a writer, poet, medical intuitive, and Body Code Practitioner. When her first grandchildren were born two days apart in 2006, she and her husband Russ decided to retire to become supportive grandparents. The following year Betsy left Corporate America, where she had served as a veteran communications and public relations expert. Her Reiki training subsequently led her to become certified in Quantum-Touch® and the Emotion & Body Code, and she now has a nationwide, phone-based energy healing practice. The 2020 Covid isolation revived her interest in poetry and now many of her poems are posted on her Zoom Poets Society Facebook page.

Betsy Lambert  
The Astral Connection  
[www.theastralconnection.com](http://www.theastralconnection.com)  
[bhlambert@gmail.com](mailto:bhlambert@gmail.com)  
512-757-1669

# Live from the Longing ... to be Yourself

Sharon Ann Rose

Living on purpose is a state of grace and grit. It's about knowing you're here and breathing for a reason. And you taking care of yourself is an act of respect for all life.

We cannot live purposefully, if we do not honor our own bodies, hearts, minds, and soul. We cannot give of our passion, presence and joy de vivre, if we're denying our inherent worth and interconnection within the wonder of the universe.

To live from our longing means we entrust ourselves to BE HERE NOW for a meaningful and mysterious reason. One not filled with puffed-up or diminished notions of who we think we should be or are endlessly striving to become. Rather, through cultivating a sustaining relationship with the beauty of us that's here to love, serve, connect, transform, and grow from within.

## To LIVE from Your LONGING:

- SLOW down and be present to your body
- Take responsibility by FEELING your feelings
- Notice what delights you and BREATHE with that
- Be SINCERE about who you are and where you're standing

There's so much value to carrying our worth tenderly inside. Foster this longing by feeling the grown tree inside the acorn. May you touch and care for the seed of you that pulsates from within.



**ABOUT THE AUTHOR:** Sharon Ann Rose is an author, wise woman and visionary leader who's worked in the field of Feminine Wisdom for more than twenty years. She helps soul-sensitive, creative women in midlife and beyond to rebirth themselves, and reclaim their power, beauty, and lasting legacy. She's the author of *Faces of the Mother: A Journey, A Collaboration, A Feminine Restoration*, and has created several workbooks and courses. Sharon—shares one-on-one mentorship, Sisterhood empowerment, and offers retreats across the country. Walking barefoot and staring at the sky are her favorite pastimes. Learn more about her creative artistry and unique care at [www.sharonannrose.com](http://www.sharonannrose.com).

Sharon Ann Rose

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

[sharonannrose3@gmail.com](mailto:sharonannrose3@gmail.com)

503-789-2466

# The Pleasure Principle

Amber Taylor

Living on purpose to me means living into our purpose. To do that we must drop the need to fit into someone else's box and create our own. Centering your own pleasure is one of the most empowering and fun ways to do this. Pleasure is defined as enjoyment and entertainment contrasted with things done out of necessity. Pleasure can mean anything you want it to!

To truly evolve into our most authentic selves and inspire our own revolution, we must prioritize our own pleasure. We must *unlearn* that everyone else's pleasure and needs are more important than our own so that we can fill our own cup.

## Centering in Your Own Pleasure:

1. Recognize and detach from the shame associated with how you currently view your own pleasure.
2. Experiment! Try things out; see what you like and what you don't like. Find ways to add pleasure to your daily routine.
3. Do the work to figure out who you truly are authentically, what you want, then go for it.
4. Grow confidence in having your own back and meeting your own needs.
5. Rinse and Repeat – it's a process and a practice.

The time for pleasure and joy is now. Choose You!



**ABOUT THE AUTHOR:** Amber Taylor is a double Certified Life Coach with the mission to create space for Black women to share, commune, and grow. She teaches them to drop the expectations of others so that they can live in the freedom of their authentic selves. She believes empowering Black women to center their pleasure and joy is the revolution that will change the world for the better. She left corporate America as a Program Manager for Microsoft burnt out and searching for purpose to step into a life of service for others. She is strength, resilience, compassion, and love using her own personal experiences to be an example of what's possible for others.

Amber Taylor  
Amber Taylor Coaching  
[www.ambertaylorcoaching.com](http://www.ambertaylorcoaching.com)  
[ambertaylorcoaching@gmail.com](mailto:ambertaylorcoaching@gmail.com)  
630-301-1826

# How Can I Help?

Sheila Dunn

Do you want to feel good about yourself? Do you want to feel a sense of purpose? Do you want to smile? Then, Volunteering is for you.

Volunteering is a positive action that can help offset feeling down, feelings of sadness, and loneliness.

Take time to research what is the right volunteer opportunity for you. Your choice needs to take into consideration your time, lifestyle, and what you like to do. Volunteering does not need to involve a huge time commitment for you to feel good. You can find volunteer opportunities in your local community or online.

## Here are some ideas of how you can help others:

- Send cards to someone in a nursing home.
- Teach a child to read.
- Mentor a child.
- Play with and care for animals in a shelter or kennel.
- Distribute food or shop for someone unable to get out.
- Call someone on the phone to listen to their stories.
- Wash dishes at a soup kitchen.

Volunteering is a great way to do something you enjoy and offer your skills and talents to help others. Get involved; you'll be grateful you did.

Thank you for volunteering.



**ABOUT THE AUTHOR:** Sheila Dunn lives in Connecticut. After her retirement from Hartford Financial she pursued many new interests, including obtaining her Master Garden Certification and becoming a Simple Abundance Close to Home Certified Workshop Leader. Sheila danced with CT Sun Senior Dance Team (Sunsationals) for eight years. They performed at the CT Sun Women's Basketball Games. She was a contributing author to the anthology, *Pathways to Vibrant Health & Well-Being*, published in 2014. She participates in many volunteer opportunities in her community, and is an active member of the Connecticut Renewal Team - Retired & Senior Volunteer Program Advisory Council.

Sheila Dunn  
[smdunn12@aol.com](mailto:smdunn12@aol.com)  
860-461-3932

# Power of Neutrality

Mousami Pandey

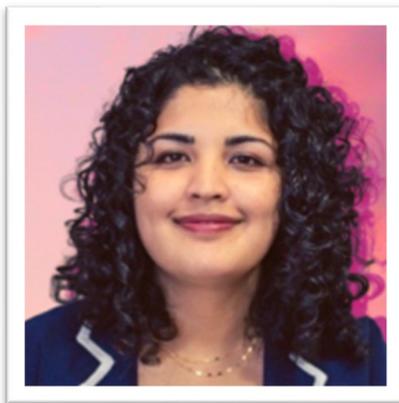
There is a lot we can learn from our own lives and yet we mostly look outside of ourselves to quench our thirst for knowledge. If we truly want to harness the greatest wisdoms of life, we need to look within ourselves with the power of neutrality.

Having this power of neutrality is the same as having the perspective of an unbiased observer who has a higher vantage point to our circumstances and is completely detached from fear, pain, biases, or any emotional turbulence.

## The precursor to having this wisdom is:

1. When experiencing discomfort, acknowledge it for what it is without any labels. Do not avoid or resist it through denials or distractions.
2. Feel the emotions it brings up in your body with an open, curious, and focused mind.
3. As you focus on the emotions for a while, you will notice that they transmute on their own and no longer clog your system.
4. Without any heaviness of emotions, observe what lessons you can learn that you were oblivious to before.

Our emotions are signals to valuable lessons. When we acknowledge them and look within using the power of neutrality, they offer great insights that support our growth and evolution.



**ABOUT THE AUTHOR:** Mousami Pandey is a Certified Purpose Clarity Coach, aspiring motivational speaker, and the founder of A Look Within LLC. Originally from Nepal, she moved to the US with hopes of a brighter future. She holds an MBA and almost a decade of experience in the wealth management industry. An existential crisis led her to make some big changes in her life and, eventually, discover her passion for coaching. Her mission is to guide women who feel unfulfilled and unaligned in their career path to drop all their “shoulds,” fully embrace their desires, and live an empowered life of heart-aligned purpose, power, and peace.

Mousami Pandey

A Look Within LLC

[www.alookwithin.net](http://www.alookwithin.net)

[contact@alookwithin.net](mailto:contact@alookwithin.net)

[www.instagram.com/a.look.within](https://www.instagram.com/a.look.within)

# Strength in Heels®

## Jami DeBrango-Palumbo

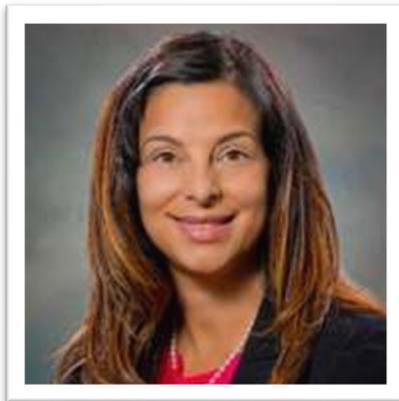
What do you want to be when you grow up? This is usually a question that you are asked when you are a child and you may get a cute or funny answer, but the intent is to dream big. When I was asked this question early in my career, I was shocked by boss' response, "you are going to need to take your makeup off and stop wearing heels". My response was even more shocking, deep inside I was hit by a spark and energetically replied, "I am not wearing any makeup and you need to get used to my heels".

Finding my confidence in this moment allowed me to live on purpose with "Strength in Heels" which is a mantra to be brave, stand strong, and celebrate your strengths.

### STRENGTH in HEELS

- H Honor** – Honor yourself and others in their journey.
- E Empower** – Give yourself authority and the power to do something. Claim your right.
- E Embrace** – Hug it and accept it – you are who you are
- L Lead** – Take initiative and create your own narrative for yourself and inspire others
- S Success** – Accomplish what you set and aim on purpose.

You are invited to adopt this mantra as your own.



**ABOUT THE AUTHOR:** Jami DeBrango-Palumbo is a native New Yorker who now resides in Southern California with her husband Joe, and their two children, Luca and Sienna, and fur babies, Dante and Enzo. She is SVP of Client Services and Operations at Foundation Medicine, Inc., a molecular information company dedicated to transforming cancer care. She is an energetic leader passionate about embracing her strengths and leveraging them for the greater good. Previously, Jami was Global Head of Operations for Sequencing, serving patients all over the world, putting her Strength in Heels® to action. After a tragedy hit close to home, Jami cofounded Kristin's Fund, which focuses on awareness, education, and prevention of Domestic Violence.

Jami DeBrango-Palumbo ~ Strength in Heels®

[www.instagram.com/strengthinheels](https://www.instagram.com/strengthinheels)

[www.facebook.com/groups/strengthinheels](https://www.facebook.com/groups/strengthinheels)

[www.linkedin.com/in/jami-m-debrango-palumbo-strengthinheels](https://www.linkedin.com/in/jami-m-debrango-palumbo-strengthinheels)

[Strengthinheels1@gmail.com](mailto:Strengthinheels1@gmail.com)

# 7 Habits of Self-Love that Abide

Klara Brown

Do you remember when you were in love and everything around you was so magical? You were emotionally connected to people; you were free to give and receive love. You were less impacted by previous emotional injuries and your current states felt like they would never change. Then life caved in. Big challenges were on the way. The love that was a haven before disappeared and left you feeling unlovable. I had many relationship injuries until I learned to love myself. This was a life altering transformation for me.

Self-love encompasses physical, emotional, and spiritual growth. It connects, gives, and receives freely. Loving yourself is independent from any object. It can't be destroyed. Knowing our own needs, we learn to care for ourselves. We appreciate who we are despite opinions of others. Self-judgments quiet down or even disappear. Compassion arises toward others.

## Tips to love yourself:

1. Declare to live a happy life
2. Prime your mind daily
3. Practice affirmation
4. Set boundaries
5. Request and receive support
6. Eliminate negative attitudes like anger, hatred, and jealousy
7. Know what you want and do what you love

To heal and grow choose to love yourself to truly become you.



**ABOUT THE AUTHOR:** Klara is a professional counselor and certified relationship and success coach who has served the greater Denver community for the past two decades. She is a longtime student of professional development and spiritual principles; her passion developed from various challenges and her healing process to work with divorced professional women. Her coaching accelerates their results and creates a richer and more fulfilling life. Klara provides a customized, highly effective, unique approach that is a combination of therapy and coaching. She lives with her husband in sunny Florida.

Klara Brown

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

[klara@katalystforbravery.com](mailto:klara@katalystforbravery.com)

303-547-4704

# 7 Simple Steps to Avoid People-Pleasing So You Can Have More Joy!

Donna W. Woo, DC, LAT, ATC, CCSP®

“Why are people walking all over me? Why do I have a hard time saying ‘no’?” These are questions a people pleaser might ask. A people pleaser likes to do things to make others happy because they genuinely want to help, keep the peace, and avoid offending people. But when this is taken too far, it may cause self-harm, resentment, or burnout. This can and does affect all aspects of a people pleaser’s life, though the extent can vary.

## Here are 7 Simple Steps to Avoid People-Pleasing:

1. Love yourself. This is where everything begins.
2. Listen to your intuition and trust yourself.
3. Stand up for yourself, even when nobody else does.
4. Know you cannot make everyone happy.
5. When helping others, make sure you are not saying “no” to yourself.
6. Treat yourself as well as you treat other people.
7. Remember karma and the Universe.

Putting an end to people-pleasing does not mean treating others badly. It means having win-win situations, being true to yourself, and living life on purpose so you can have more joy!



**ABOUT THE AUTHOR:** In over twenty years as a chiropractic physician, Dr. Donna W. Woo helped thousands of patients, including professionals, executives, other doctors, business owners, and their families. She noticed that their stress levels, desire to please people, and not living life intentionally often contributed to their pain. When she too became burned out personally and professionally, she took a “pause” and allowed the Universe to lead her in an exciting, new direction. As an Ambassador of Happiness, her main purpose now is to inspire and help people live with intention and cultivate their relationship with themselves so they can create a life of abundance in health, wealth, usefulness, and joy!

Donna W. Woo, DC, LAT, ATC, CCSP®

Donna W. Woo Media Ltd.

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

[Donna@DrDonnaWoo.com](mailto:Donna@DrDonnaWoo.com)

# Seeking Purpose

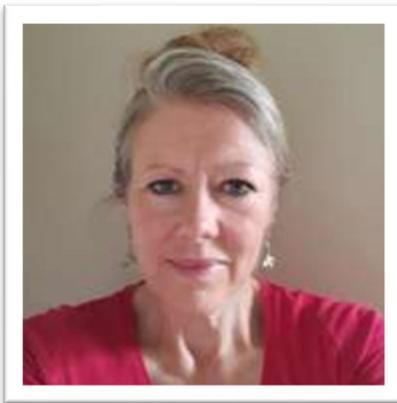
Lois Winters

Have you ever struggled to find your purpose? Well I have, I could not decide on a career out of school, took many courses, changed jobs every few years, and always asked myself *what the heck was I put on this earth for?* Many years later I sometimes still wonder if I will ever feel like I have found the ONE. Over the years, I have decided that we have several purposes and they change over time.

**What is purpose anyway? Here are some thoughts to help you discover and refine yours:**

- Keep it simple. Purpose can be as simple as providing a loving healthy home for family, children, and pets to grow and thrive.
- What did you love to do as a child?
- What do you naturally gravitate to?
- Learn to trust your instincts and innate wisdom more than those of others.
- Do what you are good at and develop strong skills in that area.
- Give yourself some grace. Stop being so hard on yourself.

As you focus on simplicity and allow what comes naturally, it will free up your energy and mind to allow your inner knowing and purpose to surface.



**ABOUT THE AUTHOR:** Lois Winters became an Equine Assisted Learning Facilitator (EAL) after years in the business world and knew instantly this was where she was meant to contribute. She is also a natural caregiver, being her husband's home hemodialysis assistant, caring for their horses and dogs as well as helping at the carehome, where she does the bookkeeping. Her caring personality is a perfect fit for an EAL program; however, the facility where she worked closed. Her long-term plans are to eventually start a centre or assist at an existing centre. She is also developing an online course to guide people using home hemodialysis on the transition to a whole food, plant-based diet.

Lois Winters  
[vldenis@baudoux.ca](mailto:vldenis@baudoux.ca)  
306-227-6962

# Focus and Clarity: 5 Steps for Living a Purposeful Life Using the Power of Intention

Deborah Lynn Strafuss

In Reiki practice we teach the value of having mental and spiritual focus. We offer 5 precepts—guidelines for living a life of spiritual purpose and power. As humans, we can create our lives through setting our intention. While we cannot control everything that happens, we can maintain the balance and purity of who we are through what does happen.

## Here are 5 Steps for Activating the Power of Intention in Your Life:

1. Focus on What You are Creating, not on the results.
2. Make a Creation Statement. What are you bringing into the world? Write a clear, concise statement of what you are creating.
3. Let Your Clarity be about Yourself—Who you are bringing to what you are creating.
4. Discover Yourself: Your joy, your strength, your creativity, your passion, your divine nature, your will, and your spiritual power. Write a statement of Who You Are and embrace your true self.
5. Release Expectations and Outcomes. Take your two statements and use this simple releasing meditation: Breathe in intention. Breathe out results.

We can never foresee an outcome clearly, but we can set a clear, focused intention to live our lives purposefully and powerfully.



**ABOUT THE AUTHOR:** Deborah Lynn Strafuss is a Reiki Master Practitioner and Teacher, a Spiritual Life Coach, Shamanic Practitioner, author, and poet. She opened Crystal Reiki in 2012 after learning Reiki to cope with the challenges of her mother's Alzheimer's Disease. A mother of five and grandmother of twelve, Deborah is also a Sacred Childbirth with Reiki™ practitioner working with birth and rebirth. She brings her focus to life transitions using healing modalities to assist her clients in transforming life experiences into spiritual strengths for living with grace, beauty, strength, and purpose. Find her poetry at [DeborahLynnBeginnings.com](http://DeborahLynnBeginnings.com) and her cathartic healing Alzheimer's story at [On-Angels-Wings.net](http://On-Angels-Wings.net).

Deborah Lynn Strafuss, RMT, CSLC, SCR™, CDP  
[www.CrystalReikiEnergy.com](http://www.CrystalReikiEnergy.com)  
[HealingHands@CrystalReikiEnergy.com](mailto:HealingHands@CrystalReikiEnergy.com)  
508-353-5136

# Believe Her - The Future Depends On It

Rebecca Saltman

Extraordinary times call for unparalleled measures. We are at a fork in the road and have a choice to either conform to old ways or believe there is something better and become a rabble rouser for the future.

Imagine a world where women believe in themselves, what miracles could be achieved?

What do I mean by this? We have to get back to some real basics. We need to BELIEVE in our mothers, sisters and friends when they say they can see the way.

## Here are the Basics to Believing:

**B - BELIEVE** what she (you, mother, sister, friend) is telling us

**E - ELEVATE** your conversations; it's time for you to be heard

**L - LOVE** yourself and those who are telling the stories

**I - INTUIT** the “stories” you are hearing and make them your own

**E - EXPAND** the audience by repeating the stories of those who normally wouldn't be believed

**V - VALUE** what you are hearing, knowing that it is a precious gift

**E - EDUCATE** yourself and others about the world of possibilities in which these stories exist

When you believe you become believable.



**ABOUT THE AUTHOR:** Rebecca Saltman is a visionary of change and rabble-rouser for good. She believes OUR big work is to establish a future that is equally distributed and women's voices are critical. Her purpose is to ensure impact where all women are seen, heard, and believed. Early in her career she worked with Steven Spielberg's Survivors of the Shoah Visual History Foundation to ensure that the experiences and bravery of Holocaust survivors was remembered, honored, and believed. Twenty-two years ago, Rebecca founded a social entrepreneurial and media justice organization that bridges the needs of business, government, nonprofits, academia, and media to redefine systems that no longer serve the emerging future.

Rebecca Saltman

Disrupt for Good

[www.disruptforgood.life](http://www.disruptforgood.life)

[rebecca@disruptforgood.life](mailto:rebecca@disruptforgood.life)

[www.linkedin.com/in/reccasaltman](http://www.linkedin.com/in/reccasaltman)

# Forgive Faster - Free Yourself

Margi Ruiz

Forgiveness was a hard one for me. I thought that by “punishing” the person with my grudge, it was somehow making it even. I had to make a decision...do I want to be right or do I want to be happy?

## 5 Benefits of Forgiving Faster:

1. Keeps you living in the present - A grudge means you are constantly looking back, you cannot drive a car looking through the rearview mirror.
2. Healthier relationships - I remember many times lying in bed longing for my hubby's touch but allowing resentment to keep me from it.
3. Improved Mental Health - Studies have shown that forgiveness lowers levels of anxiety, depression, and stress.
4. Improved Physical Health - Studies have also shown that forgiveness can lower the risk of heart attack, improve cholesterol levels, reduce pain, and help you sleep better.
5. Gives you back your power - Resentment puts you in the role of victim and you are actually giving the person power over your emotions.

Unforgiveness is a heavy load which only grows bitterness and resentment. The weight of unforgiveness will continue to grow and you will be hurting yourself more than anyone else.

LET IT GO and Free Yourself!



**ABOUT THE AUTHOR:** Margi Ruiz is a successful entrepreneur, missionary, coach, and speaker. Originally from Puerto Rico, she now lives in sunny Florida with her hubby of twenty-one years and their four children. She is a graduate of Texas Christian University. After years of hiding the mental health issues in her home, Margi had let herself go completely. Exhausted and numb, she started a journey of self-development that led her to wake up, pray up, and boss up to completely change her life. She is passionate about helping other moms #wakeupperayupbossup as they navigate their families through the chaos of mental health.

Margi Ruiz

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

[info@margiruiz.com](mailto:info@margiruiz.com)

[www.facebook.com/margi.gp6](https://www.facebook.com/margi.gp6)

[www.instagram.com/margi.gp6](https://www.instagram.com/margi.gp6)

# Live. Love. Legacy.

Michelle Pesonen

It's time to reconnect and consciously design your life from the inside out. Get ready to spread your wings and leave a legacy of your own creation.

Ask Yourself: What was I put on this Earth to do?

**L** - To *Live*, to *Love*, to be the *Light*. What is that core essence of who you really are? How can you be that person now?

**E** - You have *Experiences* that span a lifetime. What *Empowers* and *Energizes* You? How can you *Expand* your reach?

**G** - Take time to be *Grateful* for all that is. What is the *Greater* meaning? Learn the lesson(s) and *Give yourself Grace*.

**A** - *Where Awareness goes...Energy Flows. Appreciate* and recognize the signs, especially the ones in *Divine Alignment* that are *Authentic* and true to you. *Focus your Energy here and take fluid Action*.

**C** - How do you want to *Contribute* and *Consciously-Create* a legacy of pure positive impact? Have the *Courage* to step up and *Connect* at the highest level.

**Y** - *YOU...Your Message Matters!* What lesson have you learned along the way that someone else could learn and grow from?

It's never too late...and the time is now to live and be a *Celebration of Life*.



**ABOUT THE AUTHOR:** Michelle Pesonen, CEC ELI-MP, is a writer, speaker, and lightworker who is passionate about self-mastery, personal growth, and empowering others to live their best life and leave a legacy of pure positive impact. She is a Certified Professional Coach, Energy Leadership Master Practitioner, and the creator of the Heal, Manifest, Flourish Signature System. Michelle loves to bring a divine spiritual essence to her coaching, and combines alternative modalities such as NLP, Emotional Release, Touch for Health, Dream Sculpting, Timeline, and Angel Guidance, which enhances her traditional coaching practices.

Michelle Pesonen

The Conscious Coaching Experience

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

[michelle@hmfcoaching.com](mailto:michelle@hmfcoaching.com)

954-607-2580

# Obliterate Outdated Programs Instantly

Nora Yolles Young

Anxiousness ... Anger ... Not being enough ... Panic ... Self-doubt ... Cravings ...

We ALL have patterns of thoughts and behaviors that do not serve us that are derived from our experiences. They keep us stuck, preventing us from actualizing our full potential.

When you have a negative belief, behavior, or thought, moving your body bi-laterally (one side to the other, crossing the midline) will shift how your brain works, because these old patterns are stored in one hemisphere of the brain. Moving your limbs, twisting, or moving the eyes back and forth disrupts old programs and patterns. And that is what we want—because the brain loves novelty. When you disrupt the pattern, blood flow increases between your brain hemispheres. This increased blood flow energizes the brain creating new neural pathways, allowing the brain to awaken to new thoughts and new interpretations to old stories; growing the brain's capacity to learn and grow.

## Movements to do until you feel a complete shift:

- Crossing arms across the chest, tap collar bones rhythmically back and forth
- Move eyes rhythmically, right to left
- Circular eye movements
- Opposite side nostril breathing
- Standing knee raises, touching opposite elbows to knees
- Yoga
- Gentle torso twists
- Standing/seated toe reaches to opposite sides

Happy Obliterating!



**ABOUT THE AUTHOR:** Nora Yolles Young B.C.H. C.I., LBL® has a Bachelor of Arts degree in Human Origins and Prehistory from The University of Redlands, Johnston Center. She was born and raised in Hawaii, and now lives with her husband and two children in central North Carolina. Certain that she is living her soul purpose, she considers her work as a board-certified hypnotherapist, integrative consciousness coach and certifying transpersonal spiritual hypnotherapy and regression instructor to be her art and craft. She is client- centered in her approach and blends her expertise and understanding of people throughout the ages, human cultures, and consciousness into innovative healing tools in her practice, groups, training, lectures, and publications.

Nora Yolles Young  
Nora Young Hypnotherapy  
[www.NoraYollesYoung.com](http://www.NoraYollesYoung.com)  
[Info.younghypno@gmail.com](mailto:Info.younghypno@gmail.com)  
808-224-4864

# What If Your Purpose Eludes You?

Kathy Sipple

When I was thirty, my employer sent me to a time management course. The first assignment was to write down my mission, which was to guide all of my daily and weekly activities. I didn't have one since I'd never considered the question before. Over the next 25 years, I have used many methods to ensure I am staying true to my mission and purpose.

## How to Know Your Mission and Stay on Purpose::

- Create a vision board
- Journal and/or re-read old journal entries
- Use the Ikigai method for guidance
- Bodywork
- Take a drive by yourself
- Meditate
- Spend time in nature
- Do a tarot reading for yourself
- Engage in an activity that relaxes you and puts you in a "flow" state -- an adult coloring book, working a jigsaw puzzle, gardening, or whatever works for you

If one method doesn't work, play with your options until something comes. Watch the connections that develop and allow yourself to playfully explore the "clues" that present themselves to you. Try not to worry about getting it perfect, especially at first. Write down what feels true as you discover it and then revise over time. Have fun!



**ABOUT THE AUTHOR:** Kathy Sipple is available to help communities build resilience through social technology, climate action, timebanking and permaculture. She is a Sociocracy Facilitator-in-training and is working on a book, *Healing Earth Together*, expected to be published in 2021. The book will serve as a guide for communities to address environmental and social justice issues while enriching the quality of life. Sipple holds a degree in Economics from the University of Michigan and is a member of Mensa. She lives in Valparaiso, Indiana—the “Vale of Paradise”—with her husband John and their black Lab, Bodhi.

Kathy Sipple  
CoThrive Community  
[www.kathysipple.com](http://www.kathysipple.com)  
[kathy@kathysipple.com](mailto:kathy@kathysipple.com)  
219-405-9482

# The Biggest Gift You Can Give Others is to Heal Yourself!

Angela Hanna

Life is about self-discovery and healing. When we heal ourselves we are of greater service to humanity.

Our perception of others is a reflection of an aspect within ourselves. If we see an aspect in another that disturbs us, it is because it remains unhealed within ourselves.

If we have healed a certain aspect and we perceive it in another, we will remain neutral. It is from neutrality that we can have compassion and help others with their healing.

If we have not healed it in ourselves, we will judge and criticize without mercy. This is because of our own subconscious struggle.

## Here are Some Ways to Heal Yourself:

1. Work with An Energy Healer - The Emotion Code and Body Code get to core imbalances and clear them from our energy field.
2. Be Mindful - Observe triggers and reactions; meditate/pray to find the cause. This provides empathy for yourself and others.
3. Forgive yourself and others. Understand that experiences are meant to help us grow.
4. Never allow your past to dictate your future. Our past is a snapshot in time. Every day is an opportunity to start over.

Be brave with your healing journey and follow your dreams.



**ABOUT THE AUTHOR:** Angela has been an Empathic Energy Healer for nine years, using primarily the Emotion Code and Body Code modalities to help free clients all over the world of their emotional and physical limitations. After a surge in demand for her services during the 2020 lockdown left her in physical pain, overweight, and exhausted, she prayed for guidance. Not long after, a friend told her about state-of-the-art products that helped her regain control over her health and wellness. Her results were so substantial that Angela has now partnered with this company to help others achieve their best possible health goals. This is a success story, and one she is truly passionate about.

Angela Hanna - Integrated Energy Wellness

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

[www.moder.com/7978712](http://www.moder.com/7978712)

[www.moder.ca/7978712](http://www.moder.ca/7978712)

[angelahanna@hotmail.com](mailto:angelahanna@hotmail.com) ~ 514-894-2351

# Social Media with a Purpose

Francine Sinclair

Your message and purpose matter, so how you show up online matters too!

## 3 Tips for Doing Social Media on Purpose:

1. Who's Your Ideal Audience? Tailor your messaging to your target audience, their questions, and problems. To gain insight, follow people who cater to the same audience. Look under their posts to find a goldmine of potential content to create that speaks directly to the questions and issues of your desired audience.
2. Be Yourself! Don't be an uncomfortable copycat for 'likes'. If you're shy and don't like dancing on video, don't. There are other ways to entertain and educate. If your brand is formal/professional, Tik Tok style videos are incongruent. Instead, create stories, or photo- or text-based Instagram Reels, or videos in which you're not the subject. Do what is natural and feels good. *Note - LIVE video is still recommended for organic reach and engagement.*
3. You Don't have to be an Open Book. For visibility, develop content pillars and tell personal stories related to your content. Remember, a post online never truly disappears, and can be accessed. Consistency is more important than disclosing your whole life, so decide on a specific number of posts per week and be consistent.

Think purposefully *before* you post!



**ABOUT THE AUTHOR:** Francine Sinclair is a social media strategist and the founder of Francine Sinclair Social Media. She focuses on small business owners forty years and older, and helps her clients get, on average, ten times the engagement, visibility, and leads. Francine lives in Tampa, Florida with her husband, son, and daughter, where they enjoy having random pool parties, sometimes with no guests. One of her favorite things to do is spend time at the beach, and she always looks forward to going home to Puerto Rico and hanging out in a place called Piñones, where they sit on the sand, eating fritters and drinking coconut water under the palm trees.

Francine Sinclair  
Francine Sinclair Social Media  
[www.francinesinclair.com](http://www.francinesinclair.com)  
[hello@francinesinclair.com](mailto:hello@francinesinclair.com)  
770-335-4223

# Adapting and Thriving in Uncertainty

Karen Flaherty

We are here as humans to adapt and thrive. We have always adapted and thrived.

And the future is uncertain. (If anyone tries to tell they know what's going to happen, they're lying!) In fact, the only thing I or anyone else can say with any certainty is that things WILL change! And that's always been the case. Things never have been certain. Control was always an illusion. We like to think they were certain—that we had some control over what happens in our careers, family, finances. But we don't have control of the things around us—all the outside forces—and we never did. Control was always an illusion that we held onto.

You do, however, have control of you. You have control of your intentions, your goals, and aspirations. You have control of your thoughts and actions. And you can be in alignment with who you are. No masks (the unseen kind), no inauthenticity. To hide from who you really are is a lie.

Maybe it's time to live in alignment with the real you, and time to find your purpose.

So, what will you do and what next steps will you take? You get to write your own story. Make it a story you love.



**ABOUT THE AUTHOR:** Karen Flaherty is a certified Human Design Specialist and the best-selling author of *Getting to Know YOU*. Before finding Human Design in 2009, Karen spent thirty years in marketing, training, and sales positions in New York and New Jersey. She brings this wealth of knowledge of the corporate world, and her own life experience to her Human Design coaching practice. Karen is passionate about helping her clients discover their purpose and their genius. She works with individuals, couples, and families, as well as businesses and entrepreneurs, to find a new way of reinventing their lives in the twenty-first century.

Karen Flaherty

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

[www.amazon.com/author/karenflaherty](http://www.amazon.com/author/karenflaherty)

[www.youtube.com/c/LivingbyHumanDesign](http://www.youtube.com/c/LivingbyHumanDesign)

Social Justice video: [youtu.be/DPmJMbEc5iw](https://youtu.be/DPmJMbEc5iw)

# Make A Difference

## Ashley Gustafson

Every day we are making a difference, and it is up to us if that difference is positive or negative. Often, we forget we have the choice of how we are going to make an impact and the power we have over our own thoughts which results in how we treat others too.

### Powerful Tools to Show Up as a Better You:

- Talk to and treat yourself with kindness
- Take time to step back and listen so you can act thoughtfully
- Journal your thoughts and feelings
- Read and listen to knowledge to help you learn and grow
- Create a morning routine that sets a positive tone for your day

Change is a process and when we become aware of the influence we have on ourselves and others we understand the power we have. When making visions become reality, it is important to realize the energy you bring to your everyday world creates the life you lead. You have the choice in each moment how you will show up. Choose wisely because you are like a rock in a pond causing a ripple effect in the world.

It is up to you how you will either tarnish the diamond inside of you or polish it to sparkle and shine on the world.



**ABOUT THE AUTHOR:** Ashley Gustafson is an Author, Inspirational Speaker, Interactive Workshop Presenter, Fitness Creator and Confidence Coach. She is a woman who follows her heart and lives with passion, creating the life she has always envisioned while helping others do the same. Ashley is the founder and CEO of Navigating Through Quicksand, LLC where she embraces challenges as opportunities to learn, grow and succeed in all aspects of life. A former high school educator, Ashley holds a master's degree from Worcester State College and her "plus sixty credits" from Augustana University. Currently, she is creating summer fitness camps for high school athletes.

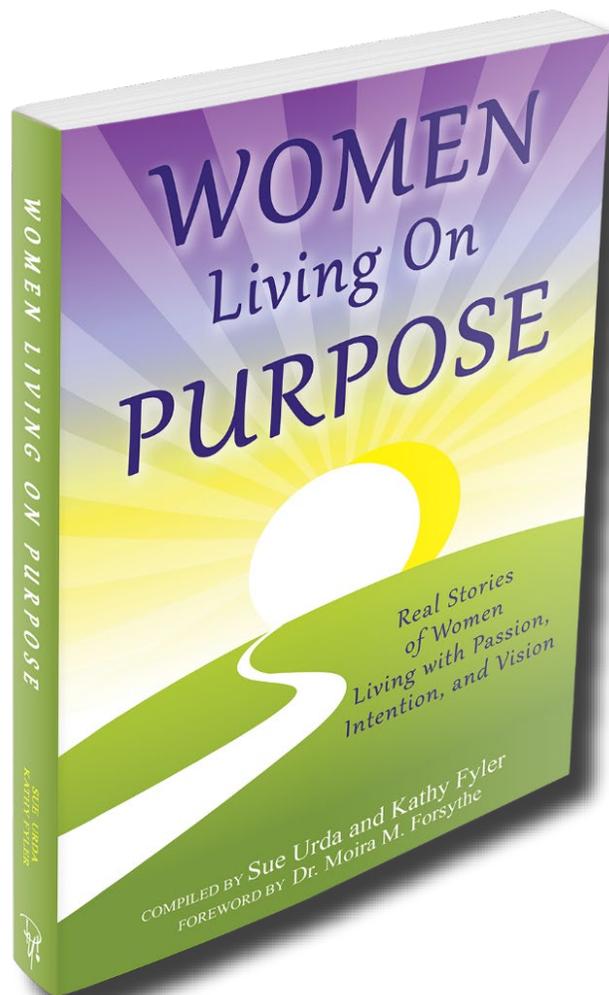
Ashley Gustafson  
Navigating Through Quicksand, LLC  
[www.Navigatingthroughquicksand.com](http://www.Navigatingthroughquicksand.com)  
[Ashley@navigatingthroughquicksand.com](mailto:Ashley@navigatingthroughquicksand.com)  
1-800-447-0312

# Are You Living on Purpose?

*These stories will help you do it with more ease and less fear.*

**BUY THE BOOK ON LAUNCH DAY, June 29, 2021  
AND RECEIVE VALUABLE GIFTS.**

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



*This book is gratefully published by Powerful You! Publishing.*

*Are you ready to get published? Let's talk!*

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