

# TIPS FOR TRANSFORMATION & EASE



Gratefully presented by the authors of:  
The Art & Truth of Transformation for Women

# TRANSFORMATION.

Are you being called to change?  
Perhaps feeling a bit restless?

Are you called to live with more purpose,  
passion, and intention?

Are you ready to step more fully into life...  
to live openly on your own terms  
aligned with your heart and spirit?

Would you like to feel empowered, inspired,  
and motivated to live authentically  
in each moment of your life?

**Then, you'll love this e-book  
that we created especially for YOU!**



## About this E-Book

Transformation is a choice and a process. It is an inside job. It involves a series of practices and a trained mindset to be vigilant to the workings of your inner guidance system, the whispers of your heart, and the nudges of your Spirit to know and follow your own unique path and calling.

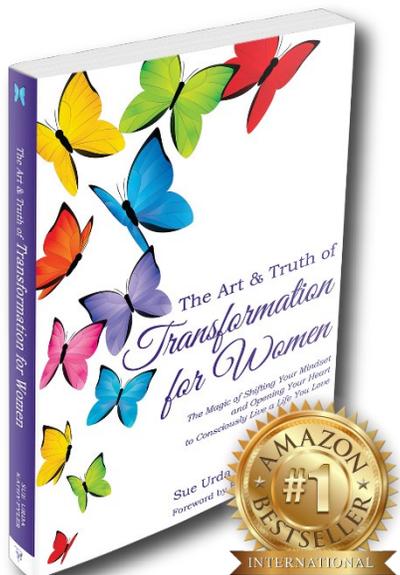
*This e-book is a compilation of mindful and meaningful tips, thoughts, and practices intended to enhance your own moment-to-moment experience as you transform your life.*

As you read these tips, think of ways to bring them into your daily routine. As you do so, you'll find 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 experience more peace, harmony, and ease with your family, loved ones, friends, coworkers, and community. All of this happens as you transform your life.

These tips are short and to the point because we know you have a full and busy life. Use them often to enhance your personal life experience.

## About the Authors

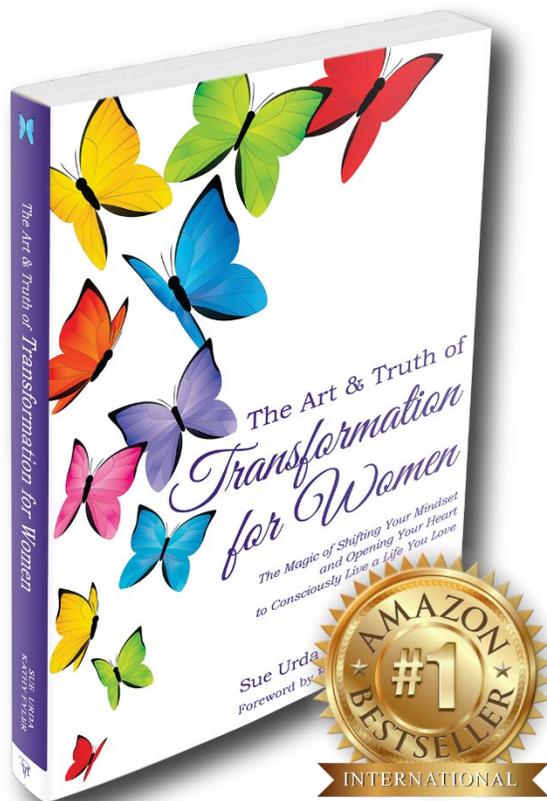
The individuals sharing these tips are the authors of the book *The Art & Truth of Transformation for Women*. They have come together to share their personal experiences and journeys to help you live a more heart-centered, joy-filled, and loving experience of connection and growth. It is their wish that the tips and stories will assist you on your personal life journey.



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# Transformation Is the Process of Becoming.

## *The Question Is... Who Are You Becoming?*



Living a transformational life means you are in a constant state of evolution. For some it is a growing and expanding process, while for others it resembles morphing from one way of being to the next. For the authors of this book, it is an ongoing and ever-changing process of cocooning, resisting, birthing, shedding, and emerging to new ways of thinking, feeling, showing up, and “being” in their lives. In all cases, the author transformations are a result of shifting the mindset and opening the heart to realize their desires and live a life they love. Transformation is the worthy process of becoming one’s highest and best self.

As you read the stories of these 20 inspiring women, you will feel their pain and joy, laugh and cry with them, learn the lessons they learned, and ultimately come to love them for being such courageous beacons of hope. In many cases, you will see yourself reflected in their journeys.

*The Art & Truth of Transformation for Women* is filled with personal and heartfelt stories by women who are wayshowers, teachers, coaches, and empowered individuals. They are here to let you know that the possibility of change, beauty, and grace exists for all of us. Their wish for you is to ease, encourage, and elevate your transformation through the example of their own.

### Discover these Valuable & Transformational Lessons:

- Authenticity is the highest form of self-love
- Grief, loss, and despair often trigger new beginnings
- Faith plus taking the first step can lead to a whole new life
- When the student is ready the teacher will appear
- Heal your life through mind-body-spirit modalities
- Release fear and darkness to allow your bright future
- Law of Attraction helps create a life and business you love
- Living from your heart invites opportunity
- Tough times and failure are often blessings in disguise
- There is more to this life than we have been taught
- Doing well by doing good is possible for everyone

***THE ART & TRUTH OF TRANSFORMATION FOR WOMEN***  
*THE MAGIC OF SHIFTING YOUR MINDSET AND OPENING YOUR HEART TO CONSCIOUSLY LIVE A LIFE YOU LOVE*

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# Manifest and Attract Positivity Through Affirmations

## Andrea Firpo

Affirmations are a proven and powerful method of creating positive thought patterns, which over time can program and motivate your mind to accept the thoughts as true and attract the corresponding events and situations into your life.

However, using affirmations to spiritually bypass or block our negative thinking isn't what I am referring to. I'm asking you to directly confront your inner child in the mirror, and re-parent yourself by repeating what you either never heard or were never told, like "I am strong and courageous."

- Start by repeating your affirmation daily, five times, out loud while looking in the mirror. Create a habit like doing it after brushing your teeth, and write it on a sticky note to remind yourself.
- Continue to say your affirmation through all of the emotions you feel. Keep looking at yourself and witness the words as you speak them.
- Allow your conviction to grow stronger each time you say your affirmation. Any negative feelings or beliefs will soon be purged and overridden by your motivation and positive thoughts, allowing your reality to reflect your affirmation.

Used correctly and with practice, affirmations are a positive tool for manifesting your desired reality.



**ABOUT THE AUTHOR:** Andrea Firpo is a Psychic Cheerleader focused on transformational healing by building awareness in the body and mind around the deep conditioning of emotional trauma. Andrea draws from her background in psychology, feng shui, plant medicine, reiki, shamanism, and psychic energetic healing to identify underlying patterns that undermine her clients' self-worth. The simple yet powerful energetic tools she teaches helps them identify blocks, expand their intuition, heal, and make incredible paradigm shifts in their lives. Andrea also highlights the stories of incredible women in her podcast, "Brilliance through Resilience." She lives with her family in Portland, Oregon and works with clients everywhere.

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# Bridge Building: A Journey to the Other Side of Change

## Ann Franzese

It's a fact of life that we live in perpetual change. Life changes, whether significant or small can be happy and exciting, and other times leave us feeling unsettled, perhaps distraught. Often, a curve ball will hit unexpectedly and even in the happiest times. The arrival of a child, grandchild, or a move, a marriage or divorce, a job loss or promotion can cause you to be anxious about what's next, even if you planned it.

To optimize this journey to the other side of change, let's use the analogy of building a bridge. The transition is the new life event, which results from the actual crossing from one side to the other. The transformation is the empowerment journey it takes to construct and make the crossing, creating a newly reshaped and wiser you.

### To begin your empowerment journey when change occurs:

- Find your key supporters, those who will lift you up and not pull you down.
- Secure the professional resources you will need for construction. Professional expertise allows you to learn and have a fresh set of ideas to collaborate with.
- Take the necessary action every day to ensure you reach the other side.

Bridge building can be fun if you lean into the possibilities of what's next.



**ABOUT THE AUTHOR:** Ann is a leading authority in helping others cultivate emotional intelligence and shift their thinking to open doors to new possibilities and dreams. She has over twenty years of experience in the corporate sector, specifically sales/sales management, performance, business and organizational development, team-building, leadership, and succession planning. She has served on non-profits boards, with roles in operations, capital campaigns, organizational design, and fundraising. In addition to degrees from the University of Tennessee and Northwestern University, Kellogg Graduate School of Management, Ann holds coaching certifications from International Coaching Federation, Institute of Professional

Excellence in Coaching (IPEC), and CreatingWe Institute. Ann resides in the Chicago suburbs with her son and daughter.

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# The Morning Routine Ritual

## Ashlee Tuck

Having a solid morning routine is one of the most crucial things you can do to have a successful day. Even if you wake up on the wrong side of the bed, a morning routine can get you back on track. Repeat these steps daily to make it a habit. Remember to adapt your morning routine whenever you see fit.

**Here are five tips to incorporate now for a successful day right from your bed:**

- Set two alarms; one for your desired wake up time and one fifteen minutes earlier. This allows you to hit the snooze button once.
- Say a prayer or meditate with an intention to solidify it into your consciousness for your day of work ahead.
- Drink a glass of warm lemon and ginger water to kickstart your digestive system.
- Do five minutes of forward folds and twisting stretches while sitting in your bed to wake you body up and stimulate your digestive system .
- Later on or right from your bed, read ten pages a day of fuel-enriching content to keep you in your desired mindset.

Keep these five steps in mind to insure a healthy and productive morning.



**ABOUT THE AUTHOR:** Ashlee Tuck is a Vinyasa yoga instructor, Sound Therapist, Reiki educator, Somatic Therapist, personal trainer, and owner of Ashlee's Crazy Yoga. Ashlee, who has been teaching yoga for over five years and practicing for six is passionate about making wellness accessible for everyone, regardless of age and lifestyle. Creating Ashlee's Crazy Yoga has given her the opportunity to bring yoga to communities and uncommon venues such as churches, senior homes, and beaches. Ashlee currently resides in Oak Creek, Wisconsin with her husband Kary.

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## Go with the Flow!

### Becki Lanham

I have found that the path of transformation is not a path at all, but rather an untamed river coursing through our lives.

There are times the river gains momentum, rushing us through its rapids. Fighting these fast currents will only bring exhaustion and injury, with the rapids ultimately bringing us to the same place.

The river also slows, inviting reflection, rest, and recovery within its deep waters. Swimming through the stillness to hasten our arrival to the next river bend robs us of the joy and healing that serenity offers.

Sometimes the water brings us to a ledge. As we approach the cascades toward the unknown, we can easily be fearful for the upcoming fall. The abruptness of the waterfall is necessary and beautiful, with the promise of renewal in the tranquil waters of the pool below.

Although surrender and faith are the keys to navigating the waters of transformation with grace and ease, the river will always guide us to exactly where we are meant to be. The only way to stop our transformational journey is if we allow fear, the need for control, and doubt to pull us out of the water entirely.



**ABOUT THE AUTHOR:** Becki joyfully serves women through her holistic practice nestled in the beautiful Shenandoah Valley of Virginia. She offers an array of services: Arvigo® Abdominal Therapy sessions, health coaching, birth and bereavement doula services, as well as Arvigo® Therapy self-care classes and other feminine-focused workshops. Her ever-growing passion for sharing holistic women’s wellness services and education with others has led her to her most recent venture—expanding her education to become certified as both a Fertility Awareness Educator and Sexual and Reproductive Health Educator.

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## Spread Your Wings & Fly Cindy Fay Lybbert

When I was a little girl, I learned a very important lesson: If caterpillars can transform, grow wings and fly, SO CAN I. And you can too!

To begin your flight, you must love yourself enough to break out of your own limited cocoon, spread your wings, and fly. Healing starts with YOU. To start practicing self-love, every time you look in a mirror state one positive word about yourself. Need help finding words? Begin with the letters to the word BUTTERFLY. If you need help simply google 'positive words that start with the letter B' (etc.) and write the words that resonate with you. Have fun with it, and you can change it often to reflect your mood, growth, and desires.

### I AM...

Beautiful  
Unique  
Teacher  
Transformational  
Energetic  
Radiant  
Faithful  
Loved  
Youthful

Butterflies represent personal transformation, life, beauty, change, hope, endurance, a spiritual rebirth, creativity, vibrant joy, and passion. We can learn a lot from this little creature. Transform your wounds; remember it starts with YOU and loving yourself.

"If nothing ever changed, there'd be no butterflies." ~anonymous



**ABOUT THE AUTHOR:** Cindy Fay Lybbert is a testament to the power of faith and the courage of Spirit. Through courageous perseverance and keen desire to thrive, she overcame life challenges and discovered a Divine calling to be of service to others. As an Empath and Master in the Healing Arts, Cindy takes clients on a "healing journey" that helps transform their wounds and create miracles. She takes great joy in helping men, women, and children around the world heal on all levels of abuse, healing Mind, Body and Spirit. She knows that healing can happen quickly and easily; she also believes in the power of faith and that God is the ultimate Healer.

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## Purposed Life Transformations Darnell Gouzy, MCT

We enter this world and our life's journey of growth and transformation which will continue throughout our lives. Our journey of listening, watching, and learning develops our unique self. This process continues as it expands levels of awareness of life from people and culture that surround us.

Through coherence, we are interconnected with group concepts and ideas via osmosis on a subconscious level. When combined with our own experiences, our life's story is created.

We can make a conscious choice in the way we interact with the world around us, producing a more peaceful and joyful life.

### **Your mindful approach towards personal transformation and can be achieved using these tips:**

- Release negative emotions and/or victim mentality to enter a more receptive state of mind.
- Become the observer and view your life from a different perspective and determine what you would like to change.
- As you transform by the renewing of your mind, the energy frequencies you send out into the world also change creating a shift in what you attract into your life.
- When you send new energies into the universe, you interface with the world in a different way creating your life's transformation.

Be blessed in discovering your own transformation of truth for your life.



**ABOUT THE AUTHOR:** Darnell Florane Gouzy a Biofield practitioner holding certifications in several modalities, including, MCKS Certified Pranic Healer; and Neuro-Linguistic Programming. She is also a Transformation Specialist and AIS Stretch Therapist working in person and virtually with clients of all walks of life, including MLB, NBA, and NFL athletes. Darnell combines scientific and metaphysical principles to bring harmony within the mind and body to create sustainable life changes. Darnell contributed to the 2016 #1 bestseller *The Gifts of Grace and Gratitude*. In 2018 she lectured to the Louisiana Student Nurses Convention on *The Integration of Allopathic Medicine and Energy Medicine for Optimal Healing and Health*.

Darnell Florane Gouzy C.P.H., R.M.T., C.P.T.

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# Drop the Baggage

## Gina Reuillon

I love to travel light. I once impressed a tour guide by packing a seven-day trip to Israel into one carry on. There's something that feels free about traveling light, especially if your luggage practically wheels itself.

Unforgiveness is like packing three suitcases with poorly functioning wheels for a one-day adventure. Emotionally, unforgiveness leads to bitterness. Bitterness has the ability to take root in our soul, and then branches out and digs right in.

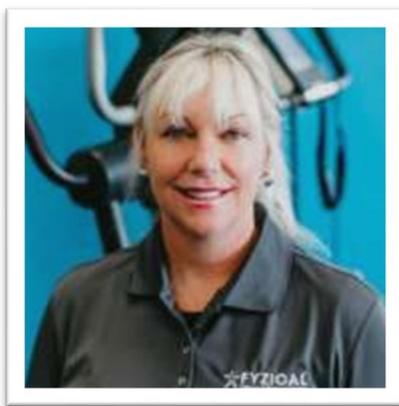
On the contrary, a soul free of bitterness has the aroma of a freshly planted garden when every root has been pulled up.

Forgiveness is a choice. Forgiveness is a practice. Forgiveness is for you.

### Follow these steps to make forgiving easier:

- Sit in a quiet place.
- Place your hands on your abdomen and take three deep breaths.
- Imagine a person or event that causes you negative emotions.
- Next, imagine a flow of white light proceeding out of your abdomen (biblical heart) flooding the image in need of forgiveness.
- Whisper out loud "I forgive you".
- Continue this practice until the image becomes neutral with no more negative emotions attached.

Using this process as often as needed will keep your soul free of excess baggage.



**ABOUT THE AUTHOR:** Gina Reuillon was born with a soft spot for the “underdog.” The desire to help others led her at the age of twelve to become a “candy striper” volunteer at a local hospital and, eventually, to a Master’s in Physical Therapy. Except for a short stint on Wall Street, all of her jobs, including that of a mental health counsellor and an aerobics instructor, have involved helping people live better. For the past twenty-five years she has been in private practice as a physical therapist and in 2018 added Functional Medicine to her skillset. Gina remains committed to being part of the transformation of healthcare.

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# Three Keys to Creating Lasting Change

## Jackie Garfield

Lasting change requires you to dig deep. You're making a decision to view yourself differently, forever. While old behaviors and habits are no longer serving you, learning to consistently do something else, to be someone else, requires self-awareness, compassion, and forgiveness.

### Here are three keys to creating lasting change:

- Progress, not perfection. When trying something new, you're bound to mess it up and that's okay. It should be expected. Learn the lesson and do better next time.
- Small hinges swing big doors. All of the small actions that don't feel like much add up to big change. Take that step forward, no matter how small it seems, and before you know it, you'll be celebrating how far you've come.
- Patience, patience, patience. We live in a fast-paced world and want results yesterday. When you decide that you want something to change and it takes longer than you're expecting, it's easy to want to give up. Don't. The moment you're ready to give up is usually the exact turning point you're seeking.

Once you embrace and practice these key principles, any change you desire can be yours!



**ABOUT THE AUTHOR:** Jackie Garfield is a certified Intuitive Eating Counselor and body image coach. She is passionate about helping women ditch the diets to make peace with food and their bodies. As a recovering corporate worker-bee who worked in finance for a Fortune 100 company for over twelve years, Jackie loves watching what unfolds for her clients when they create more space to live an authentic and aligned life. She obtained her Health & Mastery Coaching certificates from the Health Coach Institute. When she's not busy creating change for her clients, Jackie loves hanging out with her husband and stepdaughter.

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# It's Your Illusion - Which Illusion Do You Choose?

## Karen Flaherty

Have you heard of or studied Quantum Physics? Pretty heady stuff, for sure, but it's also fascinating! I've gotten to know a bit about it since I've been studying Human Design for the past 10 years.

Quantum Physics says: We are all in constant motion—all atoms are moving constantly, including US, as people. Yes! And as we observe things, they change. Whoa! That's powerful. So here are a few of the tenets I live by, now that I know our 'story' of ourselves is whatever we CHOOSE it to be:

- If you believe you are NOT, then you're NOT.
- If you believe that you ARE, then you ARE.
- In the NOW, we only have sincerity, love, and presence, if we so choose.
- You will be known by your heart and your energy, not your words.
- You no longer need to ask how to be of service, because your life is service.
- Know your consistent values and live by them. Your values become your value to others.
- Our WHY never changes. We are born with our life's purpose. It is our mission to discover it and live our purpose.

Contemplating and incorporating these tenets will open you up to new and expanded possibilities for your relationships and your life. Have fun with them!



**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

Living by Human Design

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# Quit Yer Complainin'!

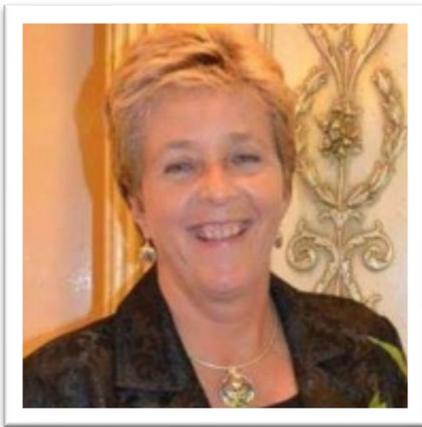
## Kathy Fyler

A great way to change your outlook on life and to create transformation in your life is to consciously decide to stop complaining. Many times, we complain and don't even realize that we are doing it. These thoughts lead to negative feelings and thus lower your energy. If you are vigilant and mindful to remove complaining each day, your life can change dramatically. You will feel more at ease with the world, accepting of yourself and others and grateful to be alive.

Here are 10 tips to help you on your "no complaint" journey:

- Bite your tongue when you feel a complaint coming on.
- State information objectively, instead of in the form of a complaint.
- Train yourself to reframe a potential complaint.
- Do not repeat bad news and spread negative gossip.
- Do not commiserate with others.
- Do not agree with others when they are complaining.
- Take a deep breath before opening your mouth.
- Look on the bright side and share it.
- Focus your thoughts on what is good and pure and true.

Good luck and thank you for being beautiful example of non-complaint!



**ABOUT THE AUTHOR:** Kathy's earlier career includes being a Critical Care Nurse, Project Manager for a technology firm, owner of a \$5 million manufacturing company, and Co-Founder of a national Women's Networking company. In 2005, she followed her calling to make "more of a contribution to what matters most in this world". Using her experience and passion for technology, reading, and people, she co-founded Powerful You! Publishing to fulfill her personal mission of assisting women to be authentic and share themselves broadly online and through the published word. Kathy is a Publisher, Amazon #1 Bestselling Author, and tech enthusiast who loves the beach, sports, and travel.

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# Art of Living

## Kathy Sipple

*Life is not an exact science, it is an art. ~Samuel Butler*

The story surrounding Michelangelo's sculpture, the David, is that he started with a block of flawed marble already rejected by another artist. Upon seeing the awe-inspiring final result, he was asked, "How did you know this masterpiece was inside?" and he answered that he removed everything that wasn't part of the masterpiece until only the masterpiece remained.

How many of us choose a major, a spouse, what religion to follow, or whether to follow one at all, based on what people we love tell us we should do?

Even when those shoulds arise out of love, they are never coming from a place of allowing and therefore always serve to obstruct the most beautiful, authentic version of ourselves we could be if we dare to excavate the depths of who we are really meant to be.

I claim for myself the title of Social Artist. I decided to chip away parts of my persona that were not part of my essence. I may not finish, but in the becoming, I will fulfill my artistry. I invite you to do the same.



**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.

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# Live Every Day ON Purpose!

## Lauren G. Foster

You attract what you ARE, so if you make feeling the best you can a priority every day you will watch your life get better and better, right before your eyes.

Before you open your eyes in the morning, get yourself in a good feeling place. Think about things that thrill and delight you. Make a decision that you are going to hang on to this good feeling for as long as possible.

### In your journal, write the following:

- Your Magic Orchid for the day - a thought that always makes you smile, a memory, dream, person or pet. Any thought you can call on to raise your vibration throughout the day.
- Three 'I AM' statements - I AM...in love with my life, healthy, strong.
- Three Creation Statements - I AM creating... a successful business, a healthy body, a fantastic presentation for my business.
- Three Keywords about the future you are creating... wealthy, happy, traveling.

After journaling, meditate for five to thirty minutes. Sit quietly and open your mind to the possibilities of the universe. Connect with your body and breath.

At the end of your day, open your journal and write three things you accomplished that day. Congratulate yourself on a day well lived.



**ABOUT THE AUTHOR:** Lauren G. Foster is an author, speaker, Happiness Teacher, certified Meditation Teacher, Primal Health Coach, Life Mastery Consultant, and Dream Builder Coach. She started Be Happy First in 2014 and is on a mission to help one million women learn to be Happy and Free on Purpose before her sixtieth birthday in 2025. When she's not writing, producing the *How to Choose Happiness and Freedom Show*, or creating teaching tools, she can be found hiking and basking in the woods with her two dogs and four cats near her mountainside home in the Appalachian Mountains of East Tennessee.

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# Shift Crushing Resistance

## Nora Yolles Young

Have you held back from reaching your full potential? Resistance may feel like the enemy; in fact, it's your Mind-Body wisdom hollering at you to pay attention.

Do you ignore the engine maintenance sign when it lights up? Of course, not. Nor should you ignore the physical signs that resistant thoughts create. It's your body's hi-tech communications system in real-time.

Resistance is a thought and a feeling. It can feel like you're encased in a tension prison with no way to escape. In my mindful hypnotherapy practice, working with conscious awareness shifts resistance in seconds.

### Follow these steps to manage your resistance as it pops up to change your life!

1. Notice the physical sensations as they happen to disrupt and initiate new patterned thought. Keep in mind, the body is the first line of defense to shifting resistance.
2. Pause, allow, and observe bodily sensations. In observation mode, breathe deeply ten seconds, exhale five seconds sighing audibly.
3. Observe with detached non-judgment. Allow your inner sight to be judgment-free. Let resistance trigger curiosity and show you what it needs.
4. Visualize resistance lifting, turning into smoke that floats away.

Repeat, as necessary for clarity, freedom, and ease.



**ABOUT THE AUTHOR:** Nora Yolles Young C.Ht, C.I., LBL® holds a Bachelor of Arts in Human Origins and Prehistory from The University of Redlands, Johnston Center. Nora considers her work as a certified integrative and regression hypnotherapist and instructor; Life Between Lives® therapist; consciousness coach; and healer to be both her art and her soul's purpose. In her twenties Nora worked as a contract archaeologist in Hawaii and California; today, she blends her understanding of consciousness and people and cultures throughout the ages with innovative healing tools in her one-on-one and group sessions, trainings, lectures, and publications. Born and raised in Hawaii, Nora now lives with her husband and two children in central North Carolina.

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# Four Considerations Before Making the Transition from a Corporate to a Lifestyle Career

## Renee M. Dineen

Are you called to transition from a corporate to a lifestyle career where you can work and live your way—doing work that sustains you but doesn't own you? This might mean starting your own business or following your passion.

**Here are four considerations to explore:**

### 1. MY WHY

- Why is change calling me? What inspires me about it? What scares me?
- If I don't change careers, what will be my regrets?
- How will this move serve important people in my life?

### 2. MY CURRENT REALITY

- What do I love about my current work? How has it fed me? Does it still feed me?
- How does it deplete me? What is the impact?
- Can it work financially, with some sacrifice?

### 3. KNOW THE SIGNALS

- What tells me that now is the right time? What does the possibility feel like?
- What does it feel like to ignore the possibility?
- Who around me will support my venture? Who will not?

### 4. MY EXPECTATIONS

- What will be different or better? What am I ready to change, release, and pursue with passion?
- What habits will serve me? Which ones won't?
- Do I have faith this change will make way for new, fulfilling possibilities?

Your answers will determine your readiness for your transition.



**ABOUT THE AUTHOR:** Renée Dineen is an international thought leader playing at the intersection of business, psychology, and well-being. In 2015, this self-described recovering work-a-holic and “doing” addict left her executive role in biotech to do work that mattered to her without sacrificing the other parts of her life. Today, her consulting firm inspires leaders and teams to develop while retaining their authenticity in the face of challenge. Renée has been featured on podcasts, presented on global stages, and published dozens of articles on leadership and personal growth. Her 2020 Ted Talk, Authentic Inaction™, in which she demystifies our culture's obsession with busyness and doing, reached over 500k views. Renée lives in California with her husband and two children.

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## The Power of Your Authentic Voice

### Roe Couture DeSaro

Allow your authentic voice to be your power for a thriving life.

By connecting with your unique core values and knowing what inspires you deeply and what you are naturally gifted to do, you will be able to find the courage to powerfully address those areas of your life that aren't working for you so you can play a bigger game in those areas that are.

With courage, you will be able to reclaim the power that fear and self-doubt took away, to boldly step into action with inspiration, and to stay the course toward what tugs at your heart and brings your life a deeper sense of meaning and fulfillment. Gaining clarity and understanding yourself better will allow you to activate the parts of you that awaken your inner soulful GutsyGal with grace and ease. Your fulfillment follows your perception of who you are.

There is another shining light once you find your fulfillment, through owning the power of your voice that may startle you. Your voice can open a new possibility in others. You cannot help but elevate, empower, and lift others up when you step into your authentic voice.



**ABOUT THE AUTHOR:** Roe is a multi-award-winning entrepreneur, TEDx speaker, four-time bestselling author, transformational leader, influencer, coach, and facilitator of courageous conversations that move the needle. After breaking several glass ceilings for a high-ranking Wall Street firm, she founded Gutsy Gals Get More, LLC. Her collective learning programs are uniquely experiential to help women leaders uplevel their mindset, unleash their brilliance, step into their GutsyGal power, and become an impactful influencer while earning wild money. As a strong advocate for feminine/masculine balance, she has experienced women taking more risks and achieving more than they ever had before gracefully.

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# GOKAI - The Five Principles of Happiness

## Sanae Okada

Jikiden Reiki® is a traditional hands-on healing method that is given as a physical treatment or distant healing session. It can address a variety of ailments from physical conditions to psychological issues. This is the original form of Reiki from Japan that has remained unchanged for 100 years.

A key concept in Jikiden Reiki is called the “Gokai” or “The Five Principles of Happiness.” It is a fundamental practice in the original Reiki.

The Gokai helps center one’s mind and dismiss busy thoughts. It makes us aware of our thinking and connects the body and mind. Our thoughts affect our physical health. The Gokai is an excellent self-care tool for your everyday life.

Say the Gokai in Japanese in the morning and evening, aloud, three times consecutively.

GOKAI translated:

- Kyo dakewa - Just for today
- Ikaruna - Do not be angry
- Shinpai suna - Do not be worried
- Kansha shite - Be grateful
- Gyo o hageme - Do your duties fully. Doing exactly what you have in front of you today.
- Hitoni shinsetsuni - Be kind to others

This daily practice can improve your health and well-being and bring happiness to your life.



**ABOUT THE AUTHOR:** Sanae Okada has been helping others through the healing arts since 2000. She uses a range of holistic therapies, including Jikiden Reiki®, Shiatsu and health and life coaching. Sanae is also a Jikiden Reiki Shihankaku Teacher and is registered with the Jikiden Reiki Institute of Japan and Canada. Through her wellness company, The Healing Lounge, Sanae and her team provide services to individuals and companies, including Microsoft Studios and Electronic Arts Canada. Sanae’s personal clientele includes many celebrities such as musicians K’naan and Maestro Fresh Wes and leading CEOs Hamed Shahbazi and Brian Paes-Braga. She is currently expanding her remote Jikiden Reiki services so she can help more people worldwide.

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# How to Create a Holy Relationship with Yourself and Another

## Sandy Levey-Lunden

The Holy Relationship is a healing partnership based upon totally authentic and 100% Truth; communicating with another person who you have a joint intention with or fully aligned conscious purpose.

In a Holy relationship both people are fully-seen, safe, held, and seen as 100% innocent. You both must, at some level of mind, see yourselves as whole, complete, and perfect for the relationship to work.

True love arises from the heart as a Holy Relationship based on Truth. You recognize each other as divine beings. You are not in this relationship to fulfill a perceived lack; you understand you have everything you need within you already. By releasing your negative beliefs about yourself and the other, you can then see each other's infinite perfection and become spiritually one.

### The Keys to Creating a Holy Relationship

- You have looked within and know there is no lack; you are both fully complete.
- You see each other as a divine being.
- You have a mutual purpose together that you wholeheartedly share.
- You are each other's student and teacher; in a constant flow of learning and teaching.
- Walking together in purpose, you surrender your relationship to Spirit's guidance
- and ultimate healing.

A Holy Relationship is a sacred meeting of two souls, forever.



**ABOUT THE AUTHOR:** Sandy Levey-Lunden is an international speaker, counsellor, and life coach of over forty years. She has created twenty-four original seminars, each in response to a challenge presented to her by someone during one of their life coaching or counselling sessions. Sandy was one of the first and original life coaches in the 1980s, before such a career even existed. Her unique style of coaching has helped over 40,000 people in North America, Australia, and Europe to heal their past negative beliefs, traumas, personal pain, and relationship challenges. Sandy lived in Sweden for eleven years and now resides in beautiful Bellingham, Washington in the Pacific Northwest.

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# Transform Struggle to Growth with One Simple Question

## Sarah Lascano

You find yourself in the midst of a difficult situation and an easy resolution is nowhere in sight. Why is this happening to me? How do I get out of this? How do I make this go away?

Exasperation, overwhelm and stress crowd your mind. What should you do?

Take a deep breath and ask one simple question:

“What do I need to learn from this situation in order for it to go away?”

Ask your higher self, ask the universe, ask whomever you feel is ready to help you. This simple question does a few powerful things.

- Turns the table from being a victim of your life’s experiences to being in your power.
- Empowers you to see the learning opportunity the universe is offering you.
- Transforms struggle into growth.

Struggle doesn’t have to be a way of life, instead you can use it as a gift.



**ABOUT THE AUTHOR:** Sarah Lascano is the founder of RayZen Energy, where she is an energy medicine and spiritual healing practitioner. She has helped hundreds of clients around the world get unstuck, find better health, gain wisdom, and transform their lives. Her popular On Demand Healing sessions are transforming the way people receive energy healing. Sarah holds engineering degrees, is an IET Master Instructor and certified BodyTalk Practitioner which she combines with knowledge of the human body to bring a powerful, grounded energy to her sessions. It is her passion to help people discover the root cause of their problems and move forward with ease and grace. She lives in western Virginia with her husband and three children.

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# Channeling the Wisdom of Your Other Hand

## Shelora Fitzgerald

Is there an authority figure or petty tyrant in your life, a boss, parent, teacher, or mate you can't afford to confront?

Writing out a conversation between that person and the part of you that feels out of control, overwhelmed, hurt, fearful, weak, rejected, punished, criticized, or victimized by them can shift your relationship in miraculous ways.

### SPEAKING UP FOR YOURSELF

1. Choose an authority figure in your life whom you want to "give a piece of your mind."
2. With your pen in your *dominant hand*, let this person speak in his or her typical authoritative, abusive "voice," saying the kind of things that drive you nuts.
3. With your pen in your *other hand*, write or print your true feelings, all the things you'd really like to say and do to that person. Don't hold back. Let it all out.
4. If there is more to express, continue dialoguing back and forth until both sides have had their say.

Being polite just keeps the lid on the unspoken, repressed part of you that needs to open up and speak its truth. This specific method of written self communication opens up the possibility of healing the hurt parts of yourself.



**ABOUT THE AUTHOR:** Shelora's escape from attempted rape at the age of nine drives her lifelong quest to understand the nature of God. Along the way, she has acquired a vast array of historical, scientific, psychological, and metaphysical knowledge, tools, and techniques. A highly intuitive spiritual teacher and creative visionary, Shelora has a rich background in the performing and healing arts. She runs the gamut from actress and director to Registered Clinical Counselor, Course in Miracles therapist and Soul Psychologist. Now a public speaker, she inspires her audiences to recognize the hidden treasure trove of precious gifts buried beneath every traumatic wound.

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## 50 Shades of Gray (Hair)

### Sue Urda

A few years ago, I decided to stop dying my hair. I know, I know, I hear your gasps, and feel you scrolling to look at my picture. Yes, my hair is now mostly white, especially in the front, and I just this year turned sixty.

Before making the decision, I posted a question on Facebook, *what is the appropriate age for a woman to stop dying her hair?* Sadly, this was one of my most liked and commented-on posts—second only to *what's your go-to snack?*

Is hair really that important?

I'd like to say the comments surprised me; but they didn't. It was nearly 50/50 between NEVER and WHENEVER you feel like it. Other comments included *anytime you want to, only after your mother does, or don't ever stop dying it.*

The point is, there's lots of judgment out there, from people who love us and people who don't even know us. So, the big question as you move through transformation and change is this...

***Why do you care what they think?***

Transformation is personal and unique to you, so do your own thing. I invite you to show up as you are, do and create whatever you desire, and be totally authentically YOU.



**ABOUT THE AUTHOR:** Sue Urda is your *Feel Good Gal*. She is an Award-Winning and #1 Bestselling Author, Speaker, Inspirer, and Co-Founder of Powerful You! Publishing & Powerful You! Inc. Sue is a two-time honoree on INC Magazine's list of the 500 Fastest-Growing Private Companies. Having started three companies since 1989, Sue knows the challenges and joys businesses face, and she is committed to helping entrepreneurs and all women thrive, get connected, share their stories, and feel good. Sue loves assisting individuals in their pursuit of success, purposeful living, and freedom. Sue's mission is to help people FIND THE FEEL GOOD and live in that space every day.

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# Regain Your Energy

## Taeko McNish

Everyday life can be exhilarating and energize us or it can be draining and deplete us. There are many things we can do to regain energy.

- Sleep and rest
- Clean and declutter your living spaces
- Move your body
- Establish goals with purpose
- Eat nutritious, high energy foods

### Eating for Energy:

Ultimately, we want to eat foods that provide fuel to power us through each day. Energizing foods look different for each person, so here's how to know what is right for you:

- Observe and become more aware of what you are eating, how often you eat, and why we are eating. Tracking this information in a journal can help you make better decisions.
- Notice what foods give you energy. Maybe it's vegetables, fruit, or proteins like fish and chicken. Eating these can help you feel more alive and clear.
- Notice the foods that make you feel sluggish. Breads, pasta, chips, and highly processed foods are often the culprit. Eating less of these or cutting them out completely can provide more energy as well as a better mood.

Everybody is different, so getting to know your own body will help you make better choices for a more energized life.



**ABOUT THE AUTHOR:** Taeko McNish is a health and wellness coach who strives to help clients navigate the complexities of their lives and discover their potential. Taeko holds a degree in Biology and is a certified aesthetician, massage therapist, and Reiki master. At her wellness spa, Taeko Aesthetics LLC, she puts her knowledge to practice with medical aesthetics, therapeutic massage therapy, Reiki sessions, and wellness coaching. She recently completed extensive training through the Health Coach Institute and the Mayo Clinic Wellness coach training program. Taeko also utilizes Motivational Interviewing and Neuro-Linguistic techniques to enable clients to achieve better health and quality of life.

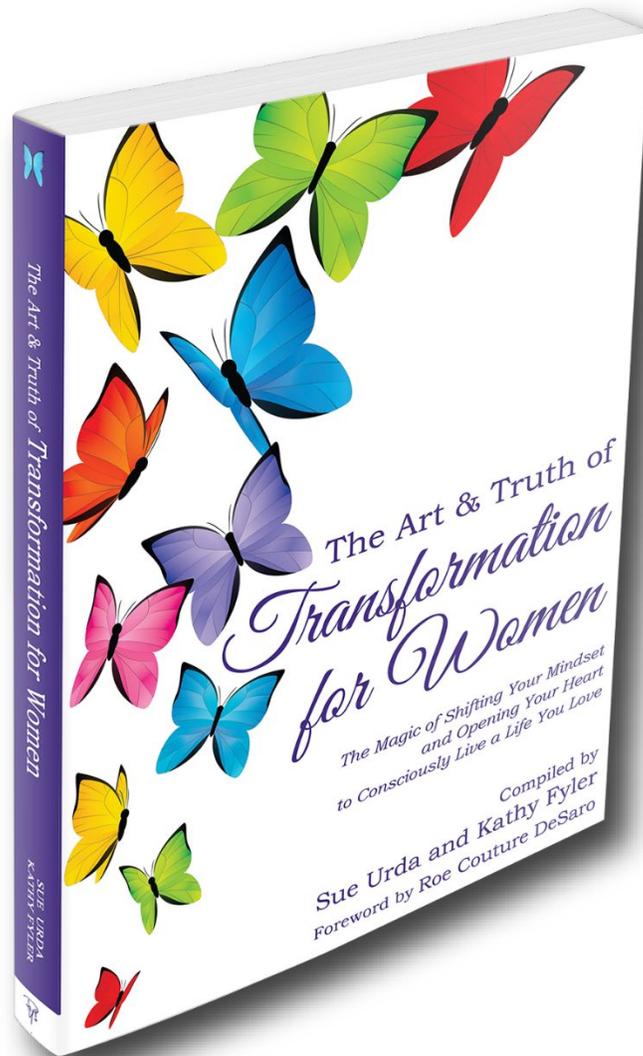
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