

THE ABUNDANCE ISSUE

WELLNESS
LIFESTYLE

RADICAL
CHANGE
&
WINNING
OVER
A
DEADLY
DISEASE!!

INSPIRATION
TO
TAKE
ON
YOUR
ROLE
OF
THE
POWERFUL
COSMIC
CHANGE
AGENT!!



Amaranthia
Sepia

Claire
Jones

In the labyrinthine
corners of the universe,
there is everything.

ENOUGH ALREADY!

Rosemary Pharo

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Invisibly Disabled Mother-Daughter Duo
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Sista Creatives Rising

**A Creative Invisibly Disabled
Mother-Daughter Duo Rising
Together Through the Chaos**

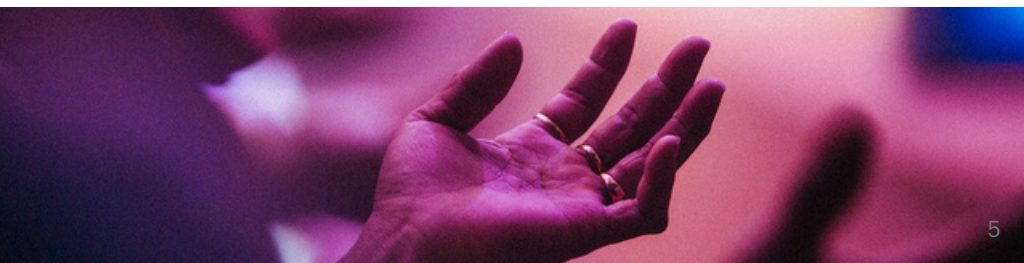
Claire Jones: How does one stand up again when as far as the eye can see, there's nothing but rubble? What makes it possible to believe that a future of any kind is possible in a situation where you have a tumor wrapped around your spine, and you're losing your mobility by the hour, feeling the coldness creep up your legs and torso? In a scenario like this, one's feet are cemented in place, and every part of you is immobilised by the sheer volume of disaster that confronts you. What do you do at a juncture like this?

Amaranthia: What brought you to this challenging moment?

Although 2022 is when our lives combusted, little indicators here and there began in 2021. We launched the first iteration of "Art & Mind" on September 26th, showcasing artists and speakers from America and beyond.

It was a challenge to get people to take us seriously for something experimental and unestablished, to the point where some participants disappeared last minute, and one sexually harassed us. Leading right up to the event, changes were made to films. During the showcase, we had to host while trying to prevent my sick cat from throwing up after taking anxiety meds. People watching had no idea any of this was happening.

We experienced massive burnout, and between October and March, I started noticing my Mom was sick. She was bloated and started purchasing a plethora of ankle ice packs and braces because her walking became staggered. I helped change her diet because foods high in histamines (most foods) caused her lips to blow up in welts. She asked me if it was a sign of cancer, but we deluded ourselves into thinking it was late-stage menopause symptoms. We started a three-month business course called Experts in Demand from November to January to strengthen Art & Mind.



This is where SCR was born. We kept delaying going to the doctor because of the ever-growing issue of Black women not receiving proper medical care. Since my Mom is an invisibly-disabled immigrant Black woman with a heavy accent living in a white majority community, we didn't think doctors would take her seriously.

After scarcely finishing our course, we slowly kept plugging away at our website. We finally launched SCR on March 18th, 2022, and the next day my Mom suddenly couldn't walk without a cane.

Claire: You've been at risk of contracting multiple myeloma since 2015. What was it like when you learned this, and what was it like leading up to the diagnosis of a less aggressive lymphoma years later?

Being told I was at risk made my world stand still. I like to say it is the moment I arrived into 'clarity' closely followed by awareness, presence, acceptance, and gratitude. This is the personal system I developed over time to help me rise above the chaos, along with self-care teacher Louise Hay's self-love affirmations.



I utilized this system and my Buddhist practice to navigate the most challenging moment of my life. It was as if I was riding an ocean wave that increasingly grew as I wobbled on its crest.

Ultimately, I could only release my entire being to everything happening and dwell in the present moment. I had no idea it would last seven years, culminating in a massive cancerous growth.

How has this journey strengthened your mission for SCR? In what way are you incorporating this journey into Art & Mind 2023, "I Know Who I Am!" which focuses on showcasing the stories of Black women?

Claire: My cancer journey clarified my purpose. I suffered from childhood domestic violence alongside my mother and my younger brother. During my tweens, I determined to become a well-known writer and free my mother from violence. However, trauma and drama got in the way. I became a high school dropout. The loss of stability made it almost impossible to rise.

Nevertheless, I kept dreaming about my mission and made it off my island home, eventually finding my way to college at age 32. After cancer, when I became one of the 1% to walk again after a high-risk spinal surgery, the seed eventually sprouted to bring forth SCR and "I Know Who I Am!", my mother is no longer here to see my vision come to life.

Amaranthia: My Mom's cancer journey forced us to focus on faith, self-care, and self-confidence. Over the years, with various art projects, we were told that our work wasn't worth pursuing, especially since we highlight issues around race, disability, and misogyny. When everything was interrupted because of her illness, we felt like the universe was telling us to focus on taking baby steps - go at our own pace and ignore negative self-talk. When the doctors told us she most likely won't walk again, we determined we'd survive this and tell the tale no matter what. Now that she went against the odds, we've applied that mindset to our work. We want to encourage Black women and femmes who have gone through similar crises to not let anyone tell them something is impossible, even when things seem bleak, and to self-advocate, whether through art, writing, or your voice.

Claire Jones and Amaranthia Sepia interview each other, reflecting on 2022 when Claire was diagnosed with lymphoma and a 50% chance of paralysis. Although it was a year of chaos, it was also a year of rebirth and healing, leading to the launch of SCR.



Sista Creatives Rising (SCR) is a developing business concept founded by Black, invisibly disabled mother-daughter duo Claire Jones (60) and Amaranthia Sepia (23). Together they develop women/femme-focused virtual disability-accessible events called "Art & Mind" under SCR. Their mission is to help marginalised women/femme creatives, gain accessibility and visibility in the arts to facilitate personal healing.

"Art & Mind" supports underrepresented women/femme artists to share their journeys.

Sponsored by Brain Arts Org, a Boston non-profit, and recently sponsored by Dancing Queerly Boston, Art & Mind uses short films, documentaries, entrepreneur features, and speaking engagements by therapists and activists to raise awareness about social issues.

"Art & Mind" fundraise for Brain Arts. In 2021, our first "Art & Mind" show titled "Reflections of Women, Femmes and Our Mental Health During COVID" raised \$751 and had 30 attendees.

Starting June 1st, their open call begins for "I Know Who I Am!"



Enough already!

Rosemary Pharo

The thing about our limbic system is that we can re-educate it, even override it. Recognize when an overabundance of fear rises and follows our heart and mind.

Those voices in our heads that tell us we are not 'enough' don't go away. They simply must be recognized and overridden.

I have met many people along the way who feel that there is not 'enough' for them. Enough food, enough love, enough warmth, enough to meet their needs. Is this something they have learned, been taught, inherited, or conditioned with?

In the labyrinthine corners of the universe, there is everything.

In the eternal heart of the divine, there is nothing but love and bliss.

Unfortunately, however, during life's evolution on this planet, what we have accumulated beyond enough is an abundance of 'fear'.

Fear is produced for us by the amygdala and hippocampus inside our 'smell brain', our mammalian brain.

And it's what kept our ancestors alive of course, being able to spot potential threats and automate reactions to them.

For convenience sake, we had to spot threats subconsciously & quickly and then filter them through our limited conscious mind. Our human brain, schooled in the resource-limited savannas in which we began to first walk upright, with threats abundant, have not evolved since then, while still recording in our DNA, any



experience that kept us alive. While humans have so dominated the environment that, in most societies, risks come from other humans, not other animals.

That's the issue with evolution, isn't it?

It records everything that has kept our ancestors alive, positive, and negative. In the past these experiences didn't tend to be edited, so we carried them down with us, valuing both the useful and the useless ones equally.

It's not just us, research has confirmed mammals like mice remember traumatic threats and just need the trigger of an associated scent for their limbic system to kick off even when there is no parent mouse who could have taught them that through behavior.

There's a great book that talks about inherited unresolved trauma, called "The Ancestor Syndrome". It's got some great stories in it, collected from real life.

My favorite is probably the one about the people who live today near what was the ancient North African power of Carthaginia and despite being a great economic power and having a general with the mad idea of invading Rome from the Alps using elephants as transport, were finally defeated by the Romans.

The Roman politician who had made it his single-minded endeavor to have them destroyed, repeated continually 'Carthago delenda est', meaning, Carthage must be destroyed, and ultimately it was.

Today, more than 2000 years later, families in the area who had a series of daughters and no sons, call their newest daughter 'Delenda', apparently

wishing for no more female children. It's so sad an abundance of daughters seem not to be wanted there.

The thing about our limbic system is that we can re-educate it, even override it. Recognise when an overabundance of fear rises and follows our heart and mind. Those voices in our heads that tells us we are not 'enough' don't go away. They simply must be recognized and overridden.

Of course, some of the things which may get in the way of our lives are leftover charges from previous existences.

What if we have had other existences, where, with deep resonance and with utter conviction we made solemn vows of poverty, chastity, and obedience? And part of us remembered that, and still is honoring it?

Have you ever thought that we may be getting influenced by other existences, by other times when we have no intention of doing so? If we made vows and oaths in perpetuity, forever, and with enough solemnity, the universe, and perhaps even our soul, or the institution to which we made those vows and oaths may tend to honour this. In those places we revisit 'by accident' where a deep resonance occurs that we do not expect, it's good to reflect on it – helpful or unhelpful.

Sometimes, we can realize that something like this might be holding us back in visioning, creating, and sustaining our goals.

Of course, the choice is always there to move beyond these, and wake up to them.

Switch on and focus, where you DO want to go.



Change the vibration from the old fears of evolution and ancestors, from the social programming of birth families and other times, and lock onto the potential.

Take all the gifts that have been passed down and served us, clean out those that do not.

Honor our strengths, our bodies, our laughter, and our health. There is so much to be grateful for in the knowing, that those same ancestors made it through, created offspring, and made it possible for us to be here today.



Rosemary Pharo helps indigo and crystal people understand their evolving souls and maximise the harmony of their fields of consciousness using a raft of creative tools learnt over 25 years.



How my Akashic Records salvaged me.

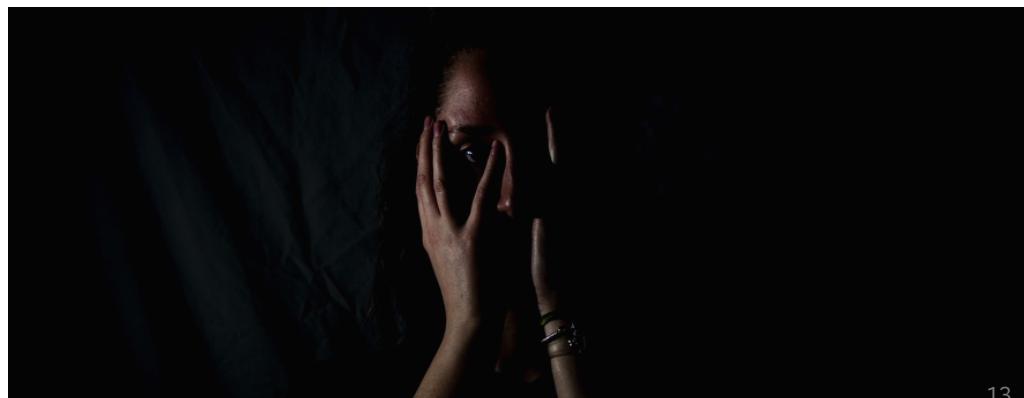
Paulami Das

I am scared to death!!!

Standing on the middle floor of a run-down building, I could hear screams of terror from the other room. I gather all my courage and move slowly out of the room I'm in. The scene in front of me is horrific. One of my sisters is butchered to death by a black-clad figure.

Maybe I pass out, maybe my brain blocked out the scene, but as I regained consciousness, I'm now being hurled with so many of my sisters to this vast meadow. I'm scared out of my wits, I don't want to die, as I see my other clan sisters hanging from the tree. Now we are brought in for the same fate.

I am shaking, crying, for mercy but there isn't any. I can't even see our tormentors, but a vast open plane and my body hanging on the tree. Its gut-wrenching and I am crying my heart out, suddenly realizing I'm in my studio.



What happened?

It felt so real.

I didn't even have time to say my Akashic Records closing prayer, as this was the trauma my Akashic Record showed me so clearly, as if I was living it. And it made so much sense, for I suddenly understood why was I sexually assaulted at 12 by a God-man, why my near-death experience happened, and why I met these two absolutely abusive and narcissistic females from my affinity family, who were so jealous as to stoop to the lowest low to malign and destroy my reputation.

It explained why I always felt so much for my maternal Grandma, and why even after her death she visited me in my Astral Travels.

You see, my Mother's Mom, was one of my clan Sisters, as is her Sister of this lifetime. And throughout both of their lives, their karma trajectory remained quite similar.

Abusive husband, check.

Difficult family, check.

Intense fear of being alone, check.

Having great ambition but married in a family of conservatives, check.

Intense intuitive understanding, check.

Knowing about a person inside out, check.

Strong mindset, check.

High quality of endurance, check.

I can go on & on, but the bottom line is, both these Grandma of mine (my maternal Grandma & her Sister) were/are scared to death of being alone, were abused by their closest relatives, emotionally they remain unfulfilled and the people who should have been their backbone, were their challenges.

The trauma that we all went through in that previous lifetime manifested similarly, for all of us, but I'm privileged enough to break that pattern!!!

Isn't breaking patterns, painful? Yes, it certainly is, but it also has beauty, resilience, promise, hope, joy, and fulfillment.

I feel the best thing that happened to me was my courage, my conviction

of following my intuitive intentions, and never giving up.

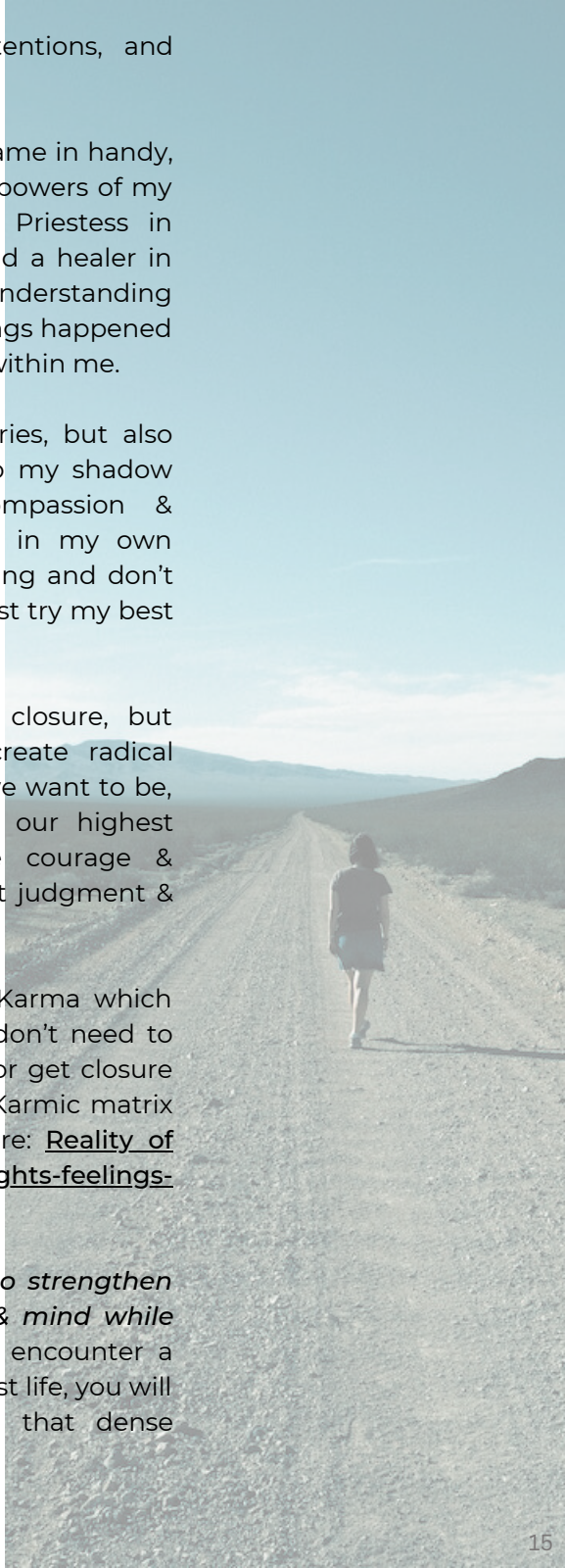
Being a psychic and a healer came in handy, as I was able to assimilate the powers of my previous lifetimes as a High Priestess in another timeline/dimension and a healer in Egypt. I was given this gift of understanding through my records of why things happened and what do I need to change within me.

I just wasn't creating boundaries, but also taking a different approach to my shadow healing, that of loving compassion & kindness which I never used in my own context. I also am more forgiving and don't take things personally, or at least try my best not to.

Life doesn't always gives us closure, but knowing that we need to create radical change within us to be what we want to be, which I think isn't less than our highest potential, we need to have courage & conviction in ourselves and not judgment & criticism.

I have a podcast episode on Karma which clears a lot of things and we don't need to know exactly what happened or get closure when we know how truly the Karmic matrix works. You can hear more here: [Reality of Karmic-Matrix - Beyond thoughts-feelings-actions](#)

I'm sharing with you *2 ways to strengthen your inner-self in your brain & mind while visiting the records*, so if you encounter a challenging situation from a past life, you will be able to heal faster from that dense energy.



1. Using your Forehead Center as a projection System and not 3rd Eye:

Our 3rd Eye has more toxic energy than our Forehead because it manages everything and has to put up with so much, being the *commander chakra*.

Using our Forehead portal as a projection to our Akashic Records, not only protects us better but also enhances the power of this center. Akashic Records is a chamber of healing, infused with the most sacred and pure energy. Just connecting with it through our Forehead will enhance our own power and strength.

2. Sharing intention with the Akashic Guardian:

Your Akashic Guardian is extremely powerful Shaman energy, who not only guides you and takes care of your records but can bend reality at their will.

Create an intention of protection and higher wisdom creation at your cellular level and before projecting to the records, connect with them & communicate your wish for your highest good. They will respond favorably and you will feel the difference even in your body.

As 2023 is all about the Universal will aligning itself to override our free will whenever necessary, for our highest good, it's also the best time to access your records. Keep your vibrations higher by visiting the records.

If you'll like to work with me visit this Page: [Channelings & Readings](#)



Paulami a Soul-attuned healer, spiritual mentor, researcher & teacher focussed on creating spaces, practices to embody our Soul, so we can live a life of integration of our highest potential, in all aspects. Through her Near Death Experience, subsequent healing and the dark night & two powerful awakenings, her superpower was enhanced which is seeing unseen potential in others, untapped and unexplored, waiting to find an expression.

THE AGE OF HUMANITY, UNITY & COMMUNITY

Louise Hallam



Since December 2020 when we entered the Age of Aquarius, many people felt like they have lost their sense of direction and felt as if they are disconnected from themselves.

There was a call to return to a more human way of living, to identify with the authentic self and soul purpose, to connect to our inner wealth, to find love, joy, and wisdom rather than focusing on the external.

Many will have felt this shift, wanting to connect to their intuition, having a more sensitive approach, and in some cases experiencing the beginning of a conscious awakening.

This age of Humanity, Community, and Unity asks for a deeper understanding of the self, in life, in business, in leadership, and in society.

To become human means to love, support and help your fellow humans, to feel safe in sharing your thoughts on love and compassion, connecting to your higher self, taking notice of synchronicities and coincidences that can't be easily explained, being enlightened, open, and honest, speaking up, and having something to say.

It's having a purpose and seeing beyond your own limitations, with no obstacles or barriers.

As people begin to question themselves, they see that our government, education system, businesses, and economy are outdated for our new paradigm. It requires a new level of humanity, unity, and connection that has been lost.

They are asked to create a vision by tuning into their inner world and gathering as a collective to create a force for good, a human force, whose combined power can take the form of a movement.



There is a stillness required to change the shape, to shapeshift the future. Our spirits cry out for nourishment for laughter, love, for remembering their true purpose and wisdom.

"I am" becomes "I am not". *To define oneself by status, a title, or a role is to diminish oneself in need of recognition. All that you are is nothing because you need nothing to BE!!*

Those with only a bucket and spade dance a merry dance in the rain



with wood, smoke, and fire. They become happy with the stream and the handmade tools. They feed themselves with fresh plants, fresh water, and no chemicals. Wear soft clothes, simple hair, no make-up, natural and soft.

Connecting back to their inner child that is innocent. Who does not question that they are loved because they feel love and they know love.

To have rediscovered the secret to joy, happiness, contentment, and that they are one with themselves. They feel guided, intuitively knowing what to do. Taking everyone by the hand to ignite in them what they have seen for themselves. For they have seen the future and there is no going back.

Those that seek to understand the new world building and the change that makes a better place for humans.

Your ancestors want to say they are 'sorry'.

As more people are awakening in consciousness, the thread of your ancestral wisdom connects you through time, holds the support and guidance of lifetimes of learning, skills, and indigenous language, beauty, and rhythm.

Your ancestors are calling you to connect with them. They wish to support you on your sacred journey and hold a space for you. To share your deepest desires, wishes, and fears.

Once you grasp hold of these threads, you will be connected with the ancestors and lineage that respond to your need and desire for healing to move you forward in health, wealth, abundance & expansion.

Your ancestors are ready to stand around you and provide the strength and protection that you need to get through the current turbulences and shifting sands of time.

They are also sticking their hands up and saying 'sorry' for what they have burdened you



with, which are the limiting beliefs and patterns that are triggered when you are ready for your next uplevel, shift in consciousness, and stepping into your power.

Some may also need to be separated energetically from you.

If you are experiencing a persistent cough, did you know that this could be a blockage to your self-expression? Or a fear of using and sharing your unique gifts, skills, and talents?

A pain in the shoulders might indicate that you are carrying the heavy burden of enduring the pain and hardship of not being able to speak your truth or show your feelings in a past life as a healer, medicine woman, priestess, shaman, or spiritual community leader.

When you are experiencing that feeling of being stuck or blocked, you can see where you were, but not where you are going.

When you release ancestral patterns, it clears the way for 7 generations back and seven generations forward.

The theory has different origins but is believed to be based on the Native American tradition, which is interesting to me as the very first spirit guides and community that I was connected with are Native American.

When planning anything, it was considered what the effect would be on 7 generations going forward. In terms of land management, health, wellness, location as well as animal migration, and therefore food supply, amongst other things.

Think of it as the legacy that you want to leave for your children, grandchildren, and beyond.



Another theory is that it can be connected in life, by 7 living generations (older and younger), that we are aware of. It equates to about 140 years of inherited patterns, beliefs, and behaviors.

Consider who your ancestors are and what potential traits, helpful or not so helpful that you might be carrying on a subconscious level. Your ancestors are queuing up to help you release them and set you free.



Louise worked in the corporate world for 25 years. She experienced a spiritual awakening and was connected with her Native American guides who unlocked her true purpose and powerful healing tools, including the sensitive healing of ancestral trauma.

Through her own commitment to raising her consciousness and overcoming ancestral fears, Louise has been able to transform herself into an Intuitive Consultant, channel for ancient wisdom, and spiritual mentor. She is now working with senior leaders, changemakers, and spiritual entrepreneurs, walking this journey with women on a global scale.

Louise is a co-author of the book [Know Your Worth Goddess](#). A collection of powerful stories from women around the world claiming their self-worth to inspire others to reclaim theirs.



Abundance Through Gratitude

Being abundant is a desire we all have, but for most of us, it simply seems out of reach, or so we think. We were raised with words like: “Careful what you wish for.”, or “Those who have a lot, have a lot to lose.”

Our ancestors were governed by a mindset of lack, rather than abundance, and they passed this mindset onto us. But the thing is, there is just as much abundance as there is lack in the world.

What does abundance mean to you?

Knowing what abundance means for you in any given moment is key to being able to bring more of it into your life.

Sandra Cooze

It all depends on what we focus our attention on.

A mindset of lack is a mindset that focuses on everything you wish you had but can't seem to reach, or achieve, which keeps you stuck in a mindset of need.

A mindset of abundance is created by being grateful for what you already have in your life, which in turn opens you up to receive more.

That's an interesting concept, isn't it? Being grateful and humble creates more abundance than craving it.

Let's look at that a bit more closely. A mindset of lack is essentially a mindset governed by fear. You may fear that what you desire you will never get, because you are undeserving, too greedy, not happy with what you have, want too much, have your dreams set too high, etc. That makes sense, right?

You should be happy with what you have and not thrive for greatness when there is no greatness in the cards for you.

Yeah, nice try.

All these are limiting beliefs, self-sabotage, and conditioned behavior. None of those statements are facts. They are fears and limiting beliefs you were brought up with or taught.

When you are in a mindset of abundance, you have stepped into your power of being limitless. Limitless means that there is no limit to what you can achieve - ever. The only thing that limits you and keeps you in a mindset of lack, is your limiting belief. This means that when you are in a mindset of lack, you are restricting yourself to what other people believe you should be doing. But if you are entering the mindset of abundance, you no longer listen to those naysayers and go your own way.



How do you step into a mindset of abundance to receive everything you desire? You have to face your fears and push through any limiting beliefs you have. The greatest obstacle to overcome, however, is not a limiting belief – it is trauma.

Trauma is the greatest saboteur in your effort to live a life of abundance. But here is the thing, it can also be your greatest inspiration because when you release trauma, you can achieve

anything. When you live with a negative mindset and want to shift it, you need to begin by determining the root cause of that mindset.

And this root cause is always leading you back to trauma, limiting beliefs, conditioned behavior, and self-sabotage. The beauty here is, that the more you heal and release those constricting issues, the more positive and abundant you will automatically become.

This is what I love most when I work with my clients. Witnessing their transformation from a mindset of lack to a mindset of abundance. It is simply magical. We all have the ability to create the reality and the life we want. We all are infinitely abundant in what we can achieve or receive, but we have to first want it more than anything, and then work toward it.

What I also want you to understand is that just because you are dealing with trauma and limiting beliefs does not mean that you can't live an abundant life. On the contrary, focusing on abundance, rather than lack will not only support abundant life but will also help you release trauma, triggers, limiting beliefs, and anything else that stands in your way.

What does abundance means to you? Give this question some thought. For most people, abundance means wealth, riches, money, a nest egg, and a lucrative business venture. But it can also mean health, happiness, children, a family, great friends, and time.

Knowing what abundance means for you



in any given moment, is key to bringing more of it into your life.

Here is a little experiment:

Every morning, right after you wake up, write down 5 things you are grateful for.

This is not as easy as it sounds. Because most of us would look at this exercise with shame and guilt because they focus on what they believe they should be grateful for. But that is not what this exercise is about.

I want you to push all those limiting thoughts and constricting feelings aside and think about what in your life makes you insanely happy.

Is it the sunshine that woke you up?

Is it the laughter of your children?

Is it the fact that you overcame a great obstacle?

Dig deep, and write it down, no matter how silly, or crazy it sounds. Do this practice for 21 days and see how your life is shifting.



Sandra is an Expert Trauma Healer, Cert. Traumatic Incident Reduction Facilitator, Intuitive Coach and Mentor, Reiki Master/Teacher, and Published Author.

Her mission is to revolutionize trauma healing. She designed the 'Full Circle Trauma Healing' method, a multi-modality approach that not only focuses on releasing the trauma, conditioning, and limiting beliefs you had to experienced, but also, the trauma you carried on from your ancestors and generations past.

Her recently published book '[Journey to Your Self - How to Heal from Trauma](#)' takes the reader on a journey through the mysteries of trauma, and the effects it can have on body, mind, and spirit. While unraveling the concept of trauma she lists helpful tools, leaves room for notes, and encourages her readers to work through the unique exercises she lists to support them on their healing journey.

Introducing the Freebie of higher connection.

RISE IN POWER
WITH



SACRED ANGEL
ATTUNEMENT

Paulami Das

Your energy is your greatest currency, shared with you by your Spirit team and the Cosmos. You have the immense power of doing wonders with your attuned energy. Join your powerful, benevolent creators of Light and change your energy in an instance.

Having your own Cosmic Spirit team is also quite advantageous.



On Nihilism and the urgency of Self-Awareness

Elisa Boccedi

I have always loathed the restrictions implied by labels and definitions, with a passion. This is why I like to go by the nickname of "Aka Skyweb", an alter ego that shields my humanity and enables me to venture to uncharted territories of daring mental landscapes.

I guess my internet persona can be partially defined (definitions are inescapable, after all) as a Tarot deck creator with a fidgety artistic streak. I am deeply fascinated by Greek mythology and the symbolisms of ancient cultures, mainly because both are drenched in what we would call "metaphysics" nowadays, that is, a more layered perception of the world and its underlying principles that we have long forgotten.

Beauty of existence lies in its fleeting nature, like the distorted reflection on a running, raging body of water. Reality is what we make of a lifetime of observation, in a nutshell.

My perception of God (or the Divine, to adopt a more mainstream term in these godless times) is mediated by their absence in the dreariness of our high-tech addled brain, as well as in the proliferation of one-sided Spiritualism. I do not hold any belief, unless for the short span of time needed to drain them of whatever the message they may convey and, use it to create something, be it a sketch, a mixed media doll, an etching, or an ink painting.

What I produce is ultimately the dross of poorly digested notions and concepts brewed in a restless emotional quagmire. This, I perceive as an exercise to enhance my own self-awareness. How much we are missing, by frantically grappling at the mirage of a solid ideology, a fool-proof method that is but a placebo to quash our innate proclivity to search for a better understanding of what surrounds us!



Yet, the more I collect, in terms of notions, visual stimulation, and experiences, the more I fail to retain any of their innermost meaning; it simply flows away, leaving an impression at the back of my mind, a shiny detritus quickly added to the pile of treasures that strengthen my focus.

I have come to the conclusion, that the beauty of existence lies in its fleeting nature, like the distorted reflection on a running, raging body of water. In a nutshell, the reality is what we make of a lifetime of observation. If we try to pin it down to the rationale of one belief system, we are just acting as a taxidermist faking life out of what originally were living beings.

Images can stir our imagination, and our imagination can urge us to

try a different way of self-expression, but our self-expression should definitely make us question its validity, spurring us to a never-ending quest for unattainable reassurance and self-assurance.

All in all, I have a strong feeling that only such a fluid and dynamic perception of reality can oddly enough, strengthen our self-awareness and set us free from any form of conditioning. Freedom of thought comes with the arduous compromise of an ever-shifting focus, and it is indeed exhausting, but well worth the ultimate price.



Elisa Boccedi was born in Italy & moved thorough Europe during her late teens and early 20's, before eventually settling in Japan.

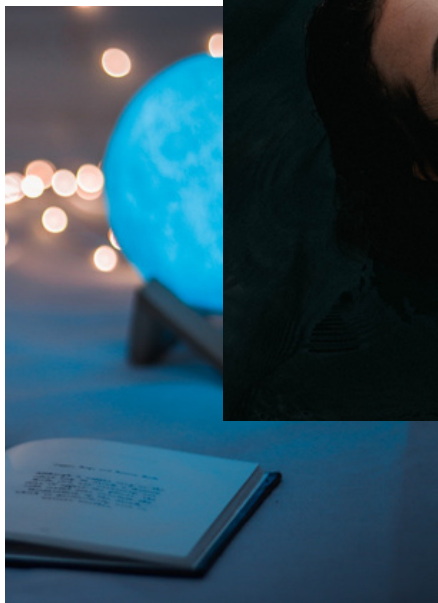
She is the creator behind the indie decks of Ariadne's Thread Tarot, the Orphic Tarot and the Wyrd Oracle.

She finds similarity, in her creative process as a fundamental need and the inescapable driving force in her life, with a demonic inner Moloch idol which is presented as uncensored thought-provoking concepts, significant ideas, philosophical and mythological systems, heart wrenching real-life stories, edifying works of art, horrifying tales of survival and death, that is, to make it brief, everything that makes us human.

THE MAGIC BEHIND THE BLUE DOOR

Lisa Marree

LISTEN TO
YOUR HEART



Nothing happens by accident. We call everything into our life. Conscious or unconscious.

I want to touch your heart and give you hope. If you are suffering, be like Dori “just keep swimming”. You control the setting of your sail, not the wind.

I was so scared walking into the Bedroom, Dad was sitting on the end of his bed crying and there was

a single suitcase next to him. I don't remember any other details, but he said through his tears “I can't stay here anymore. I have to leave”.

I was 4, terrified and confused, and little did I know that moment was the beginning of the rest of my life.

My childhood and the next 20 years were shrouded in darkness

and pure survival.

My mother was diagnosed with violent Borderline Personality Disorder with extreme narcissism.

My childhood was one of physical and psychological horrors, neglect, substance abuse with Mum's cocktail of psychotropic medication, and violence which often involved law enforcement.

After Dad left, I was always trying to please my mum, keep my room clean, get good grades, win at sports days, but no matter what I did I didn't seem to do enough to make her happy.

She was always angry, crying, and will get very violent. I didn't even know what I did wrong. *But I always had whispers inside saying, "It's okay Lisa, this is not the normal world, you'll be okay".*

I was a loner, and my darkness became an obsession to be noticed.

I became obsessed with being a high achiever in everything that I did, I guess subconsciously so I would be noticed, just to feel significant.

I found a love for swimming when I was about 7. I felt safe, surrounded by champions, mentors, and coaches, just like big brothers and sisters that I felt safe with. They had an unlimited champion mindset which I believe was my saviour and I became a champion too.

My need to win was a way, to make my mum love me, but it fuelled her sickness. By the age of 14, I hated swimming and took up Kung Fu. This school taught metaphysics, where I felt an instant connection to 'beyond our senses'. I felt safe. I felt 'at home'. Little did I know this was leading me to my destiny.

I developed Anorexia Nervosa by 15. It was the ONLY thing I could control in my life. At 16, I ran away from home. Mum kept telling me she would kill me while I was sleeping.



It was also the deepest darkest time for me to consider ending it all as well, to escape the psychological torment.

But the 'inner' guidance was already there, insight, intuition, whispers of strength and courage.

I pulled myself out of the darkness again, realizing I was trying to escape her, not me.

I actually wanted to live, I wanted to be an example to help empower people to overcome the most horrendous life experiences, I wanted to be great, and I wanted to be remembered.

....Just not sure WHY? Yet...

At age 17 I enlisted in the Army. This was another excuse for me to run away. I was a top achiever in all of my fields, but never felt satisfied and needed to prove myself again and again.

Two years in, my military service ended after a serious accident that left my lower limb disabled with unrelenting pain, more suffering!

I needed my next fix of achievement. I went to university and completed a Bachelor of Applied Science in Medical Science. I was fascinated with the power of the human body and the human spirit. I was always curious about the universe and LOVED being immersed in mother nature. So being a medical scientist was a good fit!

I had now been learning personal & spiritual development and practicing meditation, breathwork, and tai chi for



*We are
not what
happened
to us.*

about a decade now. It was the only light I had in all the darkness.

But I was not well. I had been suffering from an autoimmune disease since I was 17. I guess all of those years of internal grief, pain, anger, neglect, and loneliness, had contributed to my systemic autoimmune disease that resulted in over 14 operations, and a hysterectomy at 29.

From the age of 25 to 30, I poured extra hours into my job and had two investment properties to my name. Once again, the high achiever, but never satisfied, I still felt empty. But I had this constant calling and a burning desire to make an impact in the world. Or was it my great longing for love and the pursuit of happiness?

Were they tied together? I know I was meant to be more. But I was desperate to be FREE.

Tucked in here were two abusive marriages, that is for another time!

I made a naive financial decision to go guarantor for my second husband's business with my investment properties. You know where the story goes... the business failed along with our marriage.

It's 2003, I'm exhausted and sick. I walked away from my marriage with no job, no home, no family, facing bankruptcy, and just a suitcase of my belongings.

All I had was my inner voice saying *everything will be ok.*

I am critically unwell, unemployed, and facing the deepest despair. I still never gave up on my dreams and that's where my partner came in.

I made the decision to never go back to western medicine, my values did not align, and I pursued Holistic Health in a total 360 approach.

Over the next 5 years, working very hard, we were able to build a successful health & nutrition business, earning a multiple six-figure income working from home. It was tough, with lots of tears, frustrations, highs, and lows.

We made it a non-negotiable to attend leadership events to hang

around successful people.

What happened next is my date with destiny.

In a Leadership event in Singapore, in 2011, my Life changed in an instant. I felt a pain in my chest that was so heavy, and I started to cry.

I was listening to the speaker via translation, I FELT her. I was totally connected by this moment. She spoke about opening the Blue Door.

She had a blue door on the big screen. She was referring to opening the door to the heart. In Buddhism, it's a tale of the doorway to happiness.

At that moment I realized I had my heart locked away in a vault. It was so disconnected from whom I was striving to become that I was forever chasing happiness and freedom. At that moment I let go.



My heart felt like it became lighter, but I was scared and lonely.

I knew this was the beginning of that childhood dream. That day my heart opened, I stopped living in angry desire and started LIVING in inspired desire. I found my purpose.

This would not have happened if I did not constantly surround myself with successful people. I wanted to be FREE. Free from health problems, and financial problems, have rich relationships, and a deep spiritual connection.

Fast forward 12 years. My obsession is now MY LIGHT.

You see, life happened FOR me, to lead me to my purpose. To empower others, to help people unconsciously trapped in survival, turn their pain into power.

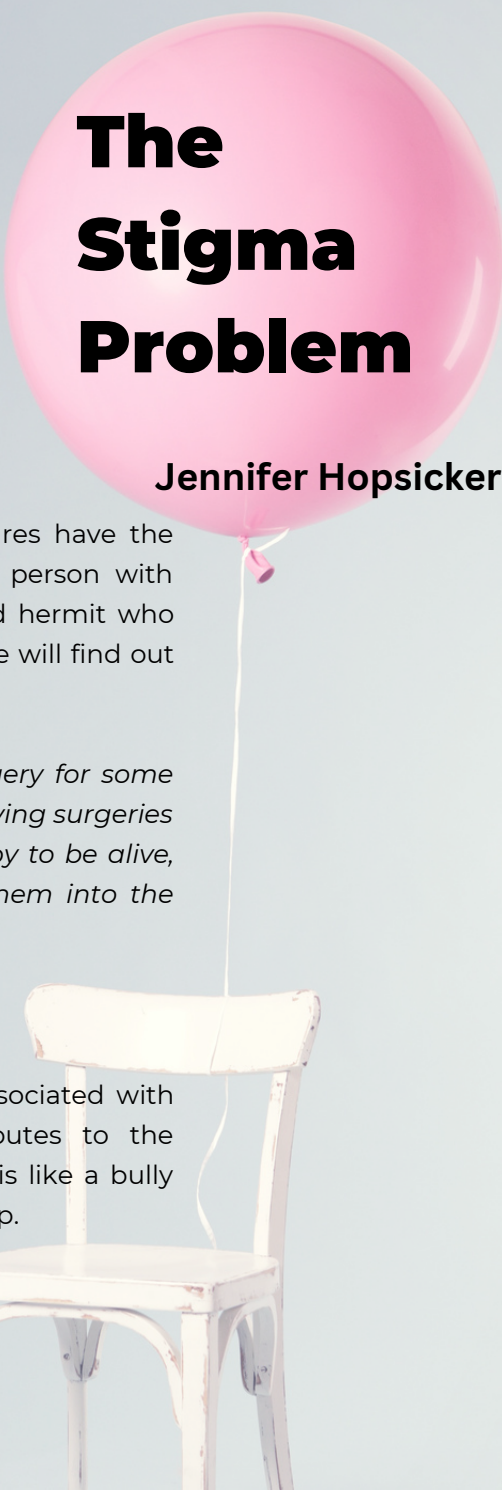
Rise Up with me. I believe together we can light up the world.



Beaming in from the Sunshine Coast, Australia, Lisa believes we can all rise up through our pain and awaken the giant within. She is a proud wife & mum of 2 step daughters, with many tools in her tool kit!

The list ranges from serving in the military, to Public Speaker, Holistic Health Expert; Leadership, Mindset & Life Coach, Author, Medical Scientist & Neuroscience Researcher and lover of 'woo' and teaching manifesting!

Lisa is a master of helping people unleash their Super Powers, to rise up above their past set-backs, using neuroscience tools, strategies & techniques to reprogram and reinvent to their highest potential to become unstoppable in health, wealth & relationships, and be a world changer & Legacy maker.



The Stigma Problem

Jennifer Hopsicker

In medicine, only a few procedures have the potential to change an average person with good self-esteem into an isolated hermit who avoids the public and fears people will find out their secret.

This is the power of ostomy surgery for some patients. These are usually life-saving surgeries that should make a person happy to be alive, but they can sometimes drive them into the most profound depression.

The question is why.

It's because there is a stigma associated with having an ostomy that contributes to the person's depression. This stigma is like a bully in the schoolyard that never lets up.

In the article, “Psychological issues affecting patients living with a stoma,” there are several examples from patients with an ostomy:

“It is not normal. One day, I was myself, and now I got this ‘thing’ on my stomach. I am different. I will never be me again.”

“This is not normal, this thing coming out of my abdomen. It should be coming from my bottom. how do I learn to live with it?”

“Everyone tells me I do not smell. I know I do. I know they are not telling me, to protect me.”

“The smell permeates the whole house and my wife has air freshener in every room. It is most embarrassing when visitors are here. She always has the windows open.”

“I do not like the stoma, never have, never will. I refuse to change it every day. I wait for a leak. The special nurses told me what to do, but what did they know? I refuse to empty it when I am out and do not bring spares.”

These are all examples of stigmas that patients create in their minds.

They are certainly valid, but if an ostomy-trained nurse could talk with them or another ostomate, it would be tremendously helpful in getting the patients to accept their ostomy and learn to live with it.

Leaders of hospitals, clinics, and other medical facilities need to act regarding treating ostomates who receive this care with disdain.

I had severe Crohn’s disease and, in





1995, had so many anal fistulas caused by Crohn's that I was becoming incontinent. When I discussed getting an ileostomy, my surgeon stated, "Who would want to marry you with one of those things?"

I replied, "Who would want to marry me incontinent?"

I ended up with an ileostomy and married. It felt good to return to that doctor and say, "Look, someone married me."

I later became a nurse and a colleague told me, "I would rather be dead than have one of those (ostomies)."

I looked at the nurse, pulled down my pants, pointed to

my ostomy, and told her "You need to be careful of what you say because you never know who has an ostomy."

I have had several other situations where regular people would say things like this, but it always hurts more when it comes from medical staff. They are supposed to know better.

This stigma from the medical staff makes the patient feel bad about themselves, and this kind of treatment should have no place in medicine.

A rather disturbing example of the social stigma was in 2013 in Cincinnati. Lt. Joe Richardson showed gruesome photos of gunshot survivors from the University of Cincinnati Medical Center to at-risk youth.

“You're not killed, but you're walking around with a colostomy bag, and that's just not the way to get a girl's attention by limping down Warsaw Avenue with a colostomy bag,” said Richardson.

This article went viral and upset many people, both with and without ostomies. A change.org campaign began, this author signed it, and eventually, it had so many signatures that the sheriff issued an apology and took down the campaign.

What makes people have this stigma about an ostomy that no one has ever asked for or wanted? What makes it ok for people to make fun of or say these mean things? The answer may lie because talking about stool is a taboo subject. No one wants to talk about it. It is considered gross.

Jess Goodman started an organization called “Uncover Ostomy” to reduce the stigma of having a stoma, especially for younger ostomates. Her original campaign showed off her ostomy.

She posed nude with her pouching system in plain sight. Her social media is filled with photos of her and her ostomy. Jess has been an inspiration to thousands of people around the world. However, recently, her campaign no longer shows off the ostomy.



She now states, “Why should we show off our ostomy and make ourselves different? The only thing different about us is how we poop.”

What a great thought. Lets hold onto that.

People with ostomies are not different. They go to the bathroom a different way. So please stop the stigma, stop the looks of disgust and accept us the same way.



Jennifer Hopsicker is a Medical Empath, working for her certification as a NLP practitioner, Dharma Life Coach and Spiritual Life Coach.

She also works with oracle card reading, and uses Human Design. She has been using I Ching since for more than 2 decades.

Jennifer has been published in The Phoenix magazine winter issue (Ostomy topic) and she is working diligently to create more acceptance, compassion towards the stigma marring the Ostomy community.

We at Decoding Wellness are excited with gifting you the inspiration, the motivation; you need everyday to live with courage, charisma and the power which is you.

Our Authors are the Queens of radical change and many stories had me in tears. Each one of them has strengthened my "why" and I hope they will do it for you too.

We will never stop providing the best content related to alternative wellness, spirituality, navigating your lifestyle to align to your highest dharma, because we believe you deserve the best.

Note
of
love

Paufami Das



**Let's get to
know our
authors.**




Claire Jones and Amaranthia Sepia



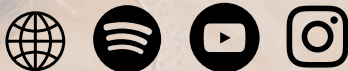
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