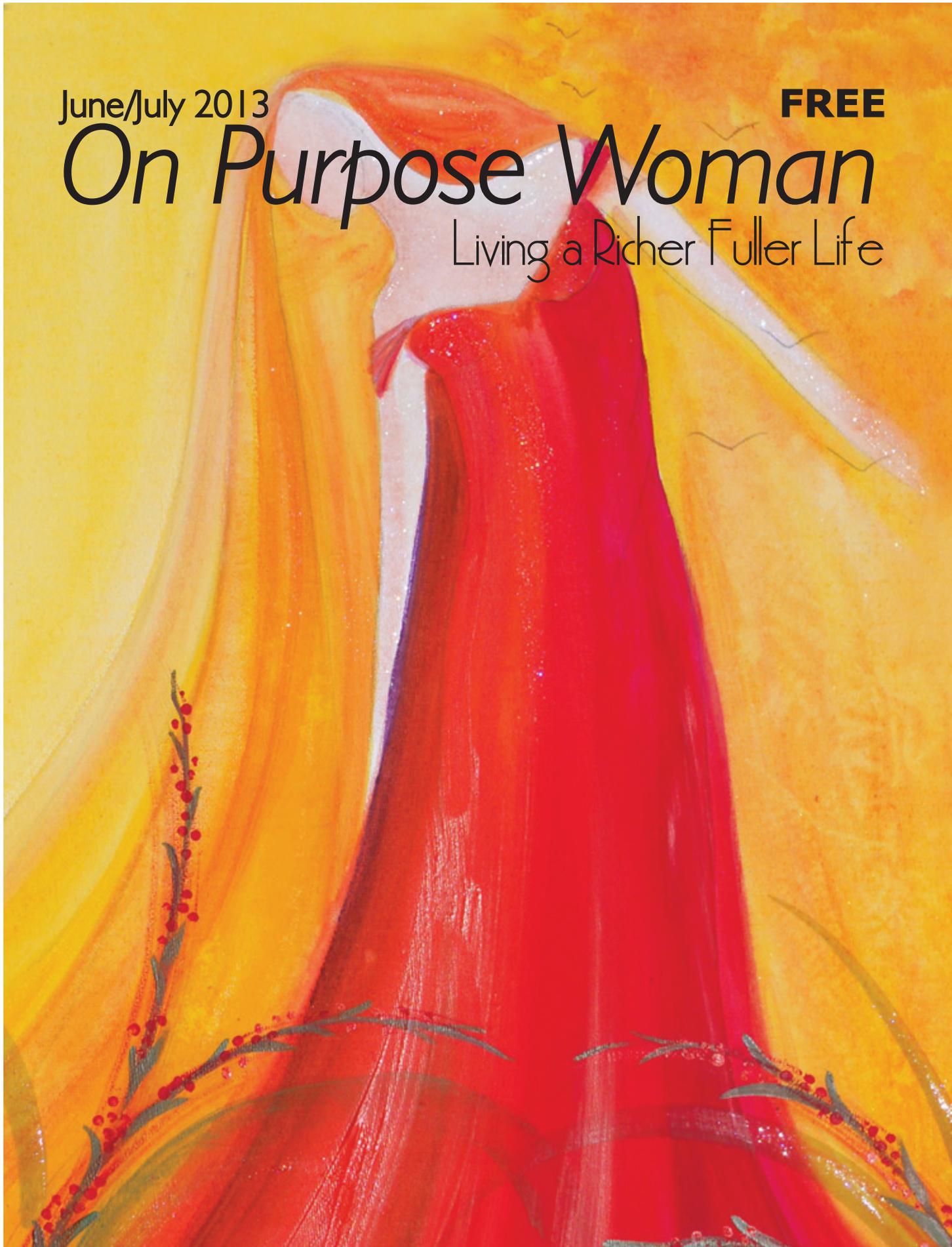


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Letter from the Publisher

June 2013

Thank you for picking up *On Purpose Woman Magazine*. If this is your first time I hope you enjoy it and will look for us again next issue. And if you are a returning reader, I'm glad you're back!

I want to thank all of you who participated in the clothing sale to benefit the Light of Truth Center by donating clothing and accessories, helping with set up and/or tear down and shopping the sale. It was a very successful event and plans are already underway for the 2014 sale. If you have women's clothing or accessories to donate contact me any time.

If you like jazz, you don't want to miss "An Evening With Marcus Johnson," another event to benefit The Light of Truth Center. Marcus Johnson is a Billboard Ranked, NAACP Image Award Nominated Jazz Keyboardist from Washington DC. It happens on October 19th, the night before my birthday so I invite you to come out and celebrate with me and support a great cause! See the ad on page 14 for all of the details. Get your tickets early as we expect this to sell out!

Every February I offer my workshop *Getting Out of Your Own Way*. For the first time, I am offering it again in August. For the details see the ad on page 2.

Entrepreneurs, I invite you to take part in a FREE webinar happening on June 13th—*It's All About AUTHORITY: Discover 5 Profitable Platforms That'll Increase Your Credibility, Community, and Cash Flow*. It will be presented by Marlena Kelley of The Global Institute for Empowered Women

Entrepreneurs, LLC. Don't miss it! See the Calendar of Events on page 33 for the details. I'll also be offering workshops for women entrepreneurs on July 1st. Check out the ad on page 22.

I'm excited that the 3rd Annual On Purpose Woman Conference will be two days this year. Mark your calendar for Friday & Saturday, September 28th & 29th. You can attend either or both days. See the ad on the back page and be sure to check out the August/September issue of *On Purpose Woman* for all of the conference details.

If you're looking to network with an amazing group of women, I invite you to visit an On Purpose Networking for Women or Connections Over Coffee event. See the Calendar of Events for the schedule.

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I hope to see you at a workshop or talk, at an On Purpose Networking for Women event or just out and about. And if we're not connected on Facebook, LinkedIn or Pinterest check out the box to see where to find me.

Enjoy your Summer!



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Mary Batson

The Master Gardener

by **Mary Batson**

and yet not perfect—here and there a scar is revealed, reflecting the various passageways its growing beauty had traversed. But I was still a little worried for the tree—in the back of my mind the nudging words of my forester father, that fall was the time for significant pruning, for the health of the plant, the bush, the tree. And yet, three times this week, yes three, I've observed heavy cutting back taking place around me.

Who knows, perhaps here in the east the weather and vegetation are different, and benefit more from a spring trim. Either way, well-intended shears or not, the message finally got through, even down to the casual comment from one of my girls yesterday at the home, about trimming the tips of one's hair to encourage healthy new growth. In this case, however, I thought perhaps a little over-pruning had been done—if this tree had knuckles, it had certainly been cut down to them.

The words continued to flow: Just like this tree, every so often—and only if we open our eyes wide enough—we can see the work of the Great Pruner in our own lives. Shears in hand, the Master Gardener will step in and begin to clip. Leaves long dropped, fruit long sprung, branches and twigs flying in a cloud that, when it disburses, will leave us standing there just

God speaks in mysterious ways, they say. This morning my Creator spoke to me from across the neighbor's fence, in the voice of the little tree I'd been contemplating as I sipped my coffee and watched the sunrise. (Yes, of course there's a tree in here somewhere.)

I'd noticed the tree earlier this week. It looked like it had been decapitated, headless as the plucked chickens in your grocer's deep freeze. Sometime over the weekend, Mr. Neighbor had gone out with a pair of pruning shears and turned his ex-wife's beautiful garden upside down. Truth be told, I'd been feeling a little sorry for the tree, shorn of its glory, standing there naked yet solid and rooted, revealing its inner workings, its structure and shape for all the world to see.

The form is beautiful, I think to myself, like a piece of Renaissance art, all curves and fullness,

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Five Key Steps to Leverage Event Sponsorship

by **Tassey Russo**

The date is marked in big, bold letters on your calendar. It's the big event that you've chosen to sponsor and at which to have an exhibition booth. You've worked on the marketing collateral and have it all ready to go, from the large, customized banners to the table cover and candy dish that reflect your brand colors.

Sponsorship of an event or conference is one of the best ways to take the next step forward in growing your business. It may even be a real "game changer" that allows you to realize the prominent industry positioning and influence that you've sought, not to mention an increase in clients and revenue. It's an announcement to all others that you are ready to step up and out!

To sponsor or exhibit at an event takes a significant amount of resources—time, energy, and money. It can yield a huge return on investment or it can be a failure with little to no gain achieved in list building, solid prospect leads, scheduled follow up calls, or products sold. The difference between making your sponsorship or exhibitor experience a success or yet just another great 'learning experience' depends on a few key steps that so many entrepreneurs fail to take.

There's quite a bit to do if you want to have a successful event sponsorship experience, but at a

minimum you *must*:

Tell people their own story.

Refine your message so that it is appealing to the event participants and 'hits home' for them. You must have a clear statement of what you do for people, and people must believe that you understand where they are coming from and what their struggles are. They need to believe that you are *the* one who can solve their problem or set them up to achieve a dream that they want for their life or business but just haven't been able to realize on their own.

Lead people to a well-defined endpoint.

People are on information overload at events. Overwhelmed or confused people don't generally take action. Help them out; focus people on *only one action* that you want them to take at the event. This is your *call to action* (CTA) and it is that one step that you want people to take right

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Libby Schleichert

The Truth is Out There— A Look at the Akashic Records

by Libby Schleichert

For centuries, mystics, scholars, and saints have sought to grow in their understanding of the Divine, to plumb the deeper intuitive wisdom of Spirit, to discover their unity with All That Is. Many did this by accessing what we call the Akashic Records.

The Akashic Records can be thought of as an unseen dimension of spiritual consciousness in which we can glimpse our Souls and our connections with Divinity. Here in the Records, we enter a high frequency force field where the vibrational imprint or “record” of every soul can be found.⁽¹⁾ Just as your fingerprint is unique to you, so, too, are your Akashic Records. They have a frequency that is totally different in vibration or

tone from anyone else’s. They are like your very own energetic fingerprint—the essence of you beyond your ego or personality. And when in your Records, you can tap into information that, like a cosmic Internet, can show you your life from a higher perspective.

In Hindu mysticism, Akasha is the substance upon which events are recorded and the membrane holding everything in the universe together. There are references to the Akashic Records in the Bible, where it’s called the Book of Life, and in Judaic texts where it is referred to as The Book of Remembrance. Many other peoples, including the Mayans and Tibetans, have referred to the Records by various names.⁽²⁾

These days, anyone with some training and an intuitive sensibility can learn how to open their

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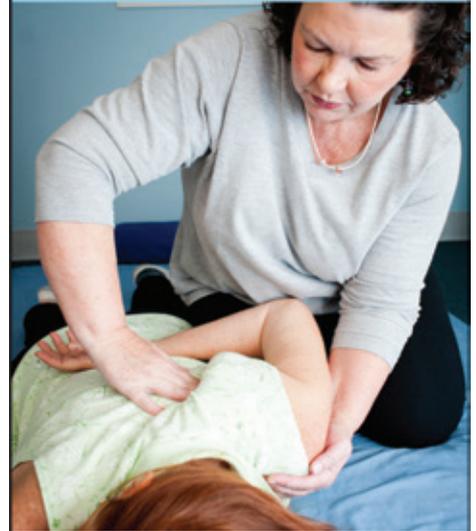
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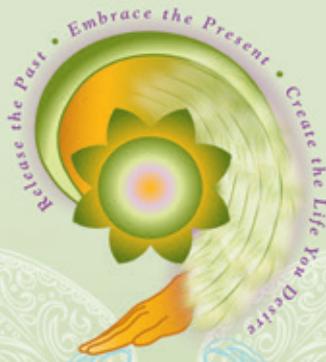
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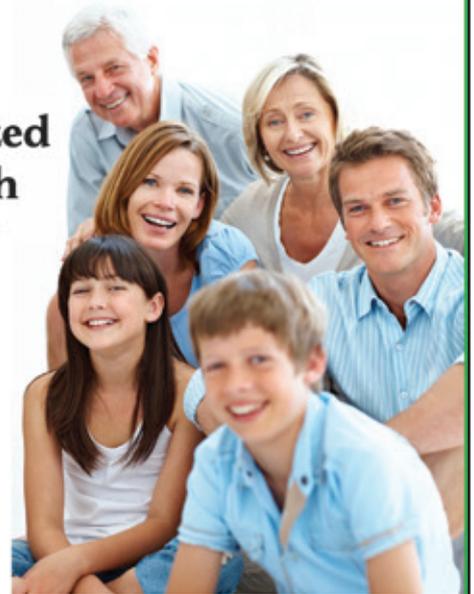
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Five Key Steps to Leverage Event Sponsorship

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there, at the event, while they are engaged with you in person so that you can form a lasting connection.

Give people your best.

The most effective CTA will give people something that is of significant value so that they will be compelled to provide you their contact information. Your information or 'gift' is of such value that people will feel that they might miss out on something important if they don't take action. (And you know that they will, of course!)

Start people on their journey to dreams realized.

Every call-to-action has one main 'offer' which should heighten people's excitement so they sign up for it because it's the exact information or advice they want. The CTA is the first step in the marketing funnel that will move these prospects through the process that will ultimately cause them to realize that *you* are the answer they've been looking for. Calls to action

or offers can take many forms but some include: teleseminars, webinars, an e-book, some not-to-be-missed chapters from a soon-to-be published book, tips and technique sheets, a website review, and a complementary strategy session.

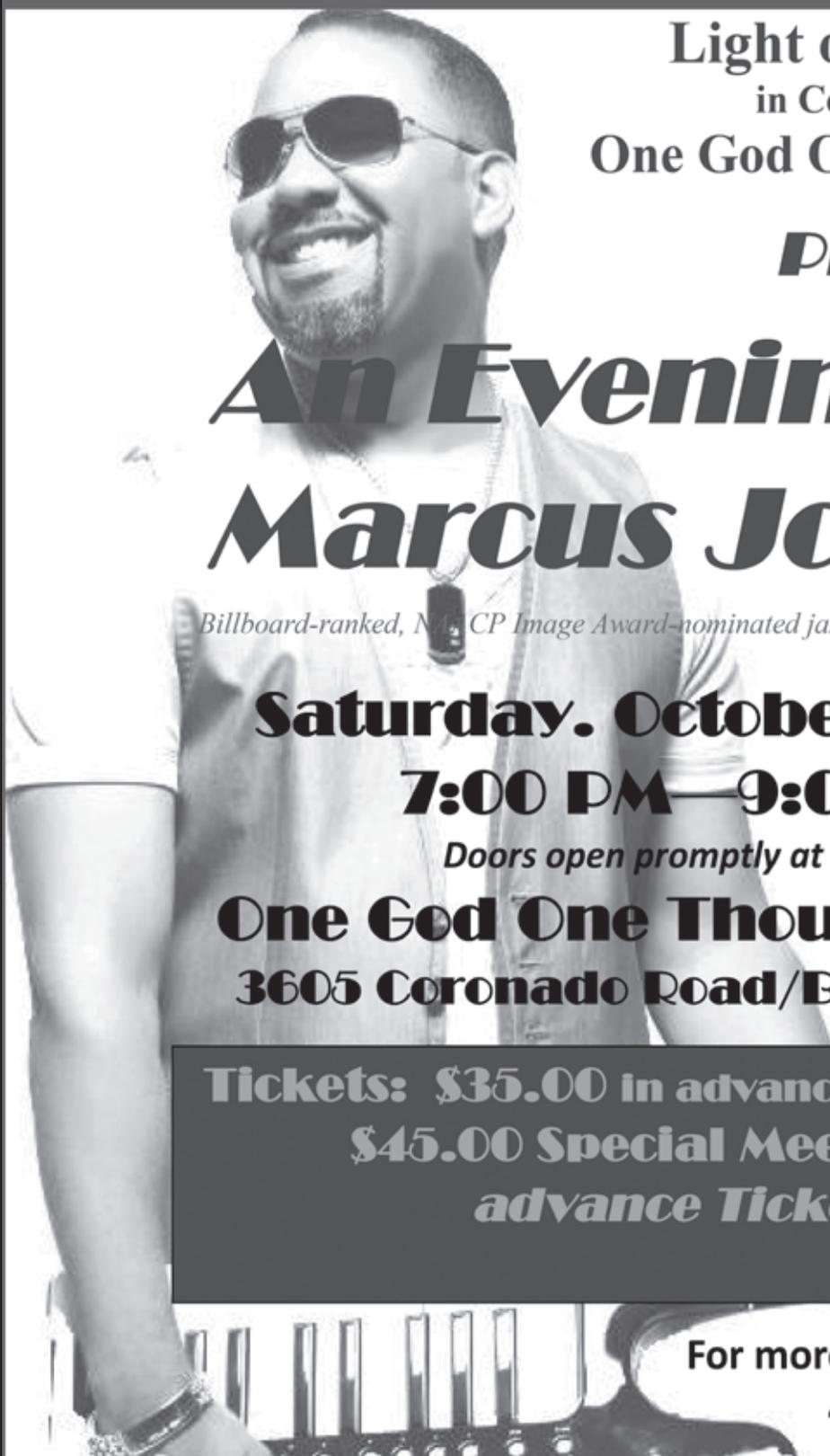
Remind people why they want to keep in touch.

The days at any event are long, whether you're an attendee, speaker, sponsor or exhibitor; it's critical that the follow up with prospects *begins* at the event and cycles through well-defined, planned action steps for the three weeks immediately following the event. Event attendees have too much information to process and too much work to catch up on after being away. While you know that what you do can 'rock' people's world, people you've just met don't know this and they are not ready to seek you out, not given the large number of business contacts made at the event. It's up to you to keep the connections and the commitments moving forward. Follow a twenty-

one day sequence of emails, autoresponders and web pages to keep these event leads 'in the know' about your offer and then for the introduction of the next call-to-action in your marketing funnel.

Having an automated, persistent, and targeted follow up process is actually the most critical step to take if you plan on participating in an event as a sponsor or exhibitor. Such a process, when combined with the other key steps discussed, will position you to achieve your goals for the sponsorship and continue to yield revenue for you for quite a while after the event ends.

Tassey Russo is the owner of Level Up Solutions, a coaching practice geared toward working with entrepreneurs who have exciting ideas to grow their business but struggle with the technical or procedural planning, implementation or management know-how to move it in a new direction and achieve the next level of success and profitability. www.LevelUpSolutions.com.



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BIODANZA... Poetry of Human Encounter

by **Michelle Dubreuil Macek**

"When the music changes, so does the dance." This African proverb rang true in my life when my Fulbright Teacher Exchange to Lille, France suddenly morphed into an invitation to teach in Cotonou, Benin, West Africa 17 years ago. I accepted the invitation with reticence. My chic European musical beat went south to the dramatic drums of Africa and set me on a personal and spiritual trajectory of limitless opportunities that would take hold of me no holds barred and shape me into the woman I have become. A lifelong dancer, I embraced Beninese African dance weekly on a hard gray cement floor under a raffia topped hut, sweating in the unbearable heat, my knees paying for it the day after. A subsequent move initiated me into East African Ugandan

ceremonial grooves, but it wasn't until a posting to South Africa that I truly was able to lift the veil to my authentic self.

Seven years into my continental journey, having given up my independent life and tenured teaching job in the US, having married and had two children by that point, I had lost myself somewhere along the way in the morass of new motherhood and the difficult task of constantly adapting to new environments. Who was I? What did I want from life? Where did I want to live? With whom? All of these existential questions suddenly weighed me down and I daresay that I was in a very dark space in my life.

Discovering Biodanza was the product of pure serendipity... or as I now see



Michelle Dubreuil Macek

it my second invitation to divine intervention... saving me from sliding into the abyss. First a flyer on a gym wall "Come dance with life", then an article in a magazine "Biodanza, the poetry of human encounter". Luckily I was listening to these omnipotent messages and acted. With trepidation, I made my first encounter, pregnant with my third child, in an outdoor Biodanza class in nature and never looked back!

Although initially taken aback by the seemingly personal connections with others that I experienced in the sessions, I soon began to comprehend that this was exactly what was

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like that tree, shorn of all things past, yet firmly rooted, where we, and everyone else, can take a good long look at our branch structure.

These are the times we begin to understand a little more about who we are, how strong we are, and what we're truly capable of. In these moments we can take a lesson from this little tree. It doesn't begin to doubt itself, torment its soul with questions and what ifs, what-did-I-do-wrongs. The blessing for the tree is that it understands, with all its treely wisdom, that this time of pruning is not about the past—it's not about what happened last summer, last season, what fruit it bore, what birds it sheltered, what shade it offered.

It's about the present, and it's about the future. It's about what does this little tree need right this very moment, to encourage its growth, to make it stronger than ever, more beautiful in its blossoming than ever before. It's about the promise of spring, new life, rebirth and resurrection, a personal Easter for each plant, each tree, and yes, each person.

And unlike human gardeners, who may be well-intended but ill-informed, we can trust that the greatest Gardener of them all knows all about timing, and all the tips of the trade, from making a clean cut and not spreading disease to keeping the shears sharpened and knowing when a slice would be so deep as to stunt all future growth. No over-pruning here, although it may feel that way for a while, as we, like the trees, must learn to submit, to sink inwardly, deep into our roots, to find the nurture and sustenance to go on.

If we've gotten away from those roots, begun to over-identify or see ourselves only as our fruits, our flowers, this trimming can be—at least momentarily—devastating. If we've begun to place our value only in those who come to

nest in our shade, who disappear when that protective covering is gone, again, this can be devastating. It can totally knock us on our collective keisters until we begin to remember, to connect, to go deeply enough to find the truth within. It was always there, after all, and still is, just waiting, rich and vibrant, for us to remember and come home.

Of course, there are other aspects to this tale, like the dangers of those who take it upon themselves to do a little trimming, which can serve as a reminder to us to keep our shears to ourselves. The Great Pruner has care of this garden—it is not our place to interfere. And yes, there are times when disease and rot may call for the deepest pruning of all, or a lightning strike from the Heavens may split a tree from tip to toe, calling for major surgery to rescue anything left behind, if a fire was not sparked that took the whole forest with it. But those are not stories for today.

Today we sit with the strong, healthy young tree, standing there in its glory, yet another shade, and wait with it in celebratory anticipation as the winds blow and seasons change, and the first buds and new growth of spring begin to appear.

And so it is. Namaste.

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Mary Batson is a storyteller, a bridge builder, and an apple butter fan. While learning to fly, this barnstormer-in-training finally spread her wings and now serves others as they do the same. To see other writings and her books www.FrontPorchRambles.com.

own Akashic Records. There are books, and online and in-person classes to help you hone your skills. Or you could choose to have a reading with someone trained as an Akashic Reader. But why would you want to access your Records, on your own or otherwise?

Akashic teacher, Linda Howe, says that the Records are among the best tools for allowing us to come into greater alignment with our "Oneness with the Divine," and "receive Divine illumination."⁽³⁾

Ernesto Ortiz, another Akashic teacher and expert, believes that within the Records you can discover "the possibility of understanding and healing of (your) patterns that emerged in this lifetime..."⁽⁴⁾

Many people report that, as a result of information received in their Records, they have a much clearer understanding of family relationships: Of why, for instance, a brother had to

separate from the family; or why a son had to move far away from home for a time. They have gained insight on struggles with friends, and on health and prosperity issues, as well. The Akashic Records have

In Hindu mysticism, Akasha is the substance upon which events are recorded and the membrane holding everything in the universe together.

There are references to the Akashic Records in the Bible, where it's called the Book of Life, and in Judaic texts where it is referred to as The Book of Remembrance.

revealed comforting answers to many, many other day-to-day problems.

"The material that came through from the Records resonated deeply with me and truly enlightened the issues I'd brought to the session," commented one person after an

Akashic reading.

"The information that came through gave me the necessary insights to make changes in my life," asserted another after her reading.

Within the Records, whether you open your own or have someone else do it, you will experience an energy of pure, unconditional love. Just being in that vibration feels soothing. And if you open your heart and ask to discover what there is to know about yourself and your path, there is much wisdom to receive.

What happens during an Akashic Reading? First, you would prepare questions for the Reader ahead of time. You might ask, for instance, "How can I see this differently?" or "What is there to know about this?"

Then, at the beginning of your session, the Reader would open your Records by

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En. O'Grady

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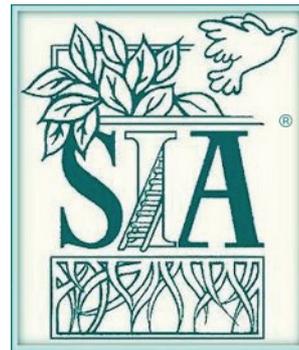
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All our required nutrients are available from plant sources. That should be sufficient reason for us to stop depriving animals of their freedom, their joys, and their lives. But if we also consider the devastating impact that meat and dairy have on personal and planetary health... the fact that our existing farmlands could feed six times as many people if we grew only plants for human consumption... that livestock produce far more climate changing greenhouse gases than all combined forms of transportation... it becomes abundantly clear that we need to begin shifting to a healthy plant-based diet.

June 29th, 6-9 pm, potluck in Owings Mills and screening of **"Genetic Roulette"**. Pesticide manufacturer Monsanto has been experimenting with our foods, combining DNA from various plant and animal species, and patenting the resulting species. U.S. Government says there's no need to label GMO foods. Film shows evidence to the contrary, especially concerning children's health. Please join us!

July 27th, 6-9 pm, potluck in Owings Mills: **Michael Greger, MD - "The Latest in Human Nutrition"**. Dr. Greger reviews all the recent nutrition research & reveals his findings in his highly informative and entertaining annual presentations. We learn a lot and laugh a lot when Michael is in the house. **RSVP Required.**

Potluck Dinners held at **Your Prescription for Health** 10210 S. Dolfield Rd, Owings Mills. Guests bring vegan dish to serve 8, plus \$5 donation (members \$2). Or attend for \$12 without bringing dish. RSVP and join us!

Vegetarian Summerfest conference, July 3-7, campus of U. of Pittsburgh at Johnstown, PA, offers terrific education on veg/vegan lifestyle, and wonderful food. Hope to see you there! www.vegetariansummerfest.org

Veg Discussion Groups meet monthly at **The Land of Kush**, in downtown Baltimore, and at **Mr. Chan Szechuan** in Pikesville. Everyone's welcome!

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Embracing the Maiden

by **Cherry-Lee Ward**

We want to be whole on this earth and embrace all of who we are. Women and men alike have gifts within the feminine that we have yet to fully bring into our lives. Exploring and integrating these parts offer an opportunity to be more present and more authentic. There are five aspects that I will be covering in the next few issues of *On Purpose Woman Magazine*—the Maiden, Lover, Mother, Queen and Crone (one per issue). Each of them has qualities and gifts that serve us greatly in our daily lives.

The Maiden is the little girl who lives inside of us. She has an energy that we have tried to put away, grow beyond or hide in the shadows. She is innocent, exuberant, bubbly, giggly, pure, delicate, light, fun, playful, connected with nature and free with no need for control or purpose. The maiden cannot always explain things fully but feels them deeply. When the maiden is happy—everyone is happy!

Sometimes prone to tantrums, she LOVES to receive and does not question the motive of givers. The maiden knows that we don't need to earn the good that comes our way! She knows that isn't how the world works!

The maiden asks questions that won't make you feel proud yet won't seem to go away: When will it go my way? When will I get a



Cherry-Lee Ward

break? When will it be my turn? When will someone listen to me? When will someone notice me? Most of us spend our lives trying to quiet this repeating voice.

The Maiden is soft and playful, imaginative, and tough. She wears her emotions on her sleeve, loves fiercely and hates society's rules. She knows what she wants and feels free to change her mind on a dime.

"I just want someone to come and solve this for me! Help me please! I want to play! I don't want to wait! Let's go fast! This is pretty! I'm having so much fun! I want it now! "

To manifest what we desire and be who we want to be in this world, we need to tune into that Maiden energy and trust that we are taken care of. People who don't spend time developing trust in themselves, instead spend time covering over the deep aching belief inside of them that the world will not take care

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missing from my life... authenticity. Thus began my long journey into a deeper understanding of what constitutes authentic and healthy relationships... with myself, with others in my life, with the Divine, with the world.

With passion in my heart and a newly born baby, I decided to join the Biodanza School in Johannesburg. I was very challenged by the level of intimacy that was carefully and progressively introduced by the facilitators throughout this mostly non verbal

creative movement training. However, a safe container was created to connect

first with myself. Am I being real with myself?

What is that mask I am hiding behind? How is this showing up in my dance? As I began to peel away the layers of the onion with self-regulation and feedback with myself and with others, I felt the emergence of the real me within every dance. The 3 year process was the most cathartic and life changing I've ever experienced and developed a passion in me that has never gone away.

Next, and perhaps the biggest challenge, was learning how to be present with others. Not superficially present as we tend to be in our busy western society, but really connected with someone else in the dance. Holding hands, gazing into the "eyes of humanity" as creator Rolando Toro describes it, or lying in a warm nest or "puppy puddle" on the ground or, better yet, in a tender embrace with someone, I felt increasingly comforted, contained and liberated from cultural constraints of how we are supposed to relate to one another. Slowly, Biodanza began to break down all the barriers that I had set up and set

me free to be.

Deepening this ability to be authentically present with myself and other human beings also allowed me the courage to connect more profoundly to the Divine. For what are we humans, if not divine? When I dance now, I am filled with the sense of the presence of the numinous and feel the pulsation of this awesome energy in dancers with whom I ignite on the dance floor. Dogma no longer dictates my existence and my connection

to God is deeply personal.

When I am in my sacred role as wife and mother, I am connected in mind, body, spirit ways that overshadow the distraction I felt before. I put down

the paper, close the computer and engage on a deeper level for I know now that each moment is sacred and precious. I am able to be in "vivencia", as we say in Biodanza, of being present right here, right now. In fact, my life has become one big vivencia with many poetic encounters! I am grateful.

What I have learned from my experience is the following: listen to the subtle messages being spoken to you and act on them; dare to take risks in your life, even small ones; develop love and compassion for yourself first and this will guide you in your life. And lastly, dance. Dance every day!

*"When the music changes,
so does the dance."*

African proverb

Michelle Dubreuil Macek is the Director of the East Coast School of Biodanza Maryland/DC opening this fall. She offers weekly classes in NYC and Maryland. For more info: www.biodanza-usa.com or email at biodanzaeastcoast@gmail.com. See ad on page 19.

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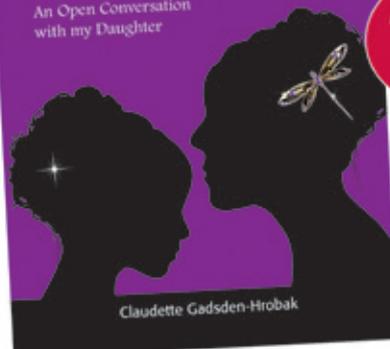
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The Feng Shui Health Connection

by **Sherry Burton Ways**

Your health is inextricably connected to your environment, which is why good FengShui benefits your health. Granted, FengShui may not alleviate all of your ailments; however, it can help optimize your wellbeing to the extent that your health is linked to your physical environment. On the other side of that coin, the lack of good FengShui can cause or exacerbate negative chi, which results in the kind of physical or mental stress that leads to illness.

One of the home's main sources of bad health is the bathroom. Because it is a place of waste, it is also considered to be a place of dead chi. In addition, bathrooms have drains which suck or flush away good energy. For this reason, it's best to keep the toilet lid down and the bathroom door closed, especially if your bathroom is connected to your bedroom or is near your kitchen. You don't want the opposing energies to mix. One way to stabilize chi in the



Sherry Burton Ways

bathroom is by placing a crystal on the toilet tank. Furthermore, keeping your bathroom clean and disinfected will not only make it look and feel pleasant, it will also keep it free of germs and bacteria that cause people to become sick.

Leaky shower heads, pipes, and faucets waste more than water. Leaks represent (and often result in) a waste of money. They can also influence your emotional state. Water bills increase when such problems are ignored or allowed to perpetuate; suddenly you're wondering where all of your money is going and why you are feeling stressed. Make sure to have a plumber fix water leaks in or around your home as soon as you discover them.

When it comes to the health of you and your loved ones, why not have all of your bases covered with the use of FengShui? Not only will you reap the benefits of this ancient art's healing qualities, you will also enjoy the way it opens

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Marlena M.D. Kelley

Did you know that the power of the spoken word is restorative? It can heal us and bring us joy. The power of the spoken word is a statement of who you are and what you stand for. It commands attention, it is ever present and life changing, for it makes us laugh and it makes us cry. Remember when you heard the most heart-felt speech of your life, spoken words that made you believe in a power much greater than

Unlocking The Power Of The Spoken Word

by Marlena M.D. Kelley

yourself. Shirley Chisholm, John F. Kennedy, and Martin Luther King definitely come to mind.

The power of the spoken word has an incredible way of bringing dramatic changes in one's life. You too, have that power. The way you choose to use that power embody your intentions, for they are a carrier of your energetic self. When you intentionally unlock the door to the positive power of the spoken word, great things happen.

Unlocking the power of the spoken word causes a ripple effect far beyond you to effect everything and everybody that comes into your life. You have the power to bring your brand of transformation to the world using the power of the spoken word.

Do you know that some situations in the lives

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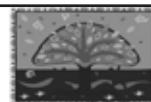
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The Truth is Out There

saying a prayer. The prayer allows the Practitioner to shift consciousness, enabling him or her to register the subtle impressions held within the Records. The information may come through as intuitive “nudges” or images or vague sensations.⁽⁵⁾ A good Reader will never say, “You have to do such-and-such.” Instead, he or she will allow room for free will. And the answers that come through are always cloaked in love and grace—never in judgment.

While the Akashic Records are, by most accounts, a spiritual realm, some scientists claim that the underlying framework for them has a very real basis.

About a century ago, Albert Einstein laid the groundwork for an entirely new way of understanding the world. All that exists in the physical world, both visible and invisible, he said, is an expression of electromagnetic energy. Everything in existence has its own range of frequency. Modern medical tests, such as the electrocardiogram (which measures heart beats) and the electroencephalogram (which records brainwaves), confirm that our bodies have specific electromagnetic energies.

Hungarian philosopher of science and systems theorist, Ervin László, takes the concept of an electromagnetic universe

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even further. He says that our brainwaves create vortices that hold information about us and that extend out into the universe. As these waves disperse, they intersect with the brainwaves created by other people, giving rise to complex energetic forms. These forms, he says, are actually holograms, each rich with data about the people who created them.⁽⁶⁾

In other words, our own energetic patterns are part of the vast, vibrational energy field in which we all live. And in this universe, everything and everyone interacts with everything else. And, along with Akashic experts, László asserts that it is possible to achieve a

higher state of awareness and “enter into deep communication with this universe,”⁽⁷⁾ the universe known as the Akashic Records. To believers and scientists alike, the truth, it seems, is out there, just as the classic sci-fi TV show, *The X-Files*, once intoned!

Footnotes:

1) *How to Read the Akashic Records*, by Linda Howe (Boulder, CO: Sounds True, 2010), p. 3.

2) *The Akashic Records: Sacred Wisdom for Transformation*, by Ernesto Ortiz, (Bloomington, IN: Balboa Press, 2012), p. 19-20.

3) Howe, op. cit., p. 4.

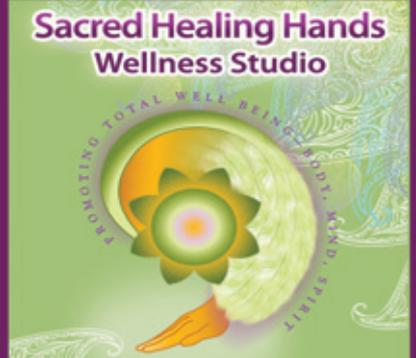
4) Ortiz, op. cit., p. 20.

5) *Science and the Akashic Field: An Integral Theory of Everything*, by Ervin Laszlo, (Rochester, VT: Inner Traditions, 2007), p. 116.

6) IBID, p. 114.

7) IBID, p. 113.

Libby Schleichert, M.A., is a certified Advanced Akashic Reader, as well as a Master Emotional Freedom Technique Practitioner and an Advanced Yuen Practitioner. She loves using all of these techniques to help clients find wellness in body, mind, and spirit. She can be reached at: 301-540-2117, or epschleichert@gmail.com. Visit her at www.boydswellnesscenter.blogspot.com.



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Embracing the Maiden

of them. Others steel themselves to be independent. Yet, there are soft ways we can take care of ourselves that can also encourage others to support us.

Our children, partners, friends and family need to see us mother ourselves. They need us to model a healthy relationship with self. Self care is not self-ish and may look like spending an extra day in bed when sick, journaling your feelings or reading a novel when you have "more important" things to do. If you do this with some consistency you'll find that you get a feeling someone IS taking care of the little girl inside of you. Quite a powerful experience!

The energy of maiden can be that place of imagination that you had as a kid. "I'm packing my suitcase to go to Africa. I have a hat, binoculars, a sandwich and a library book on African animals. What more do I need?" Can you remember that level of excitement and fantasy? Can you set your heart's intention, allow for what you need to show up and hold the space of enchantment and mystery for your inner Maiden?

If your maiden is feeling neglected, unheard,



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not honored....

Be a mother to yourself. Make that soup or cancel something at the last minute because it's what you need most. Conserve your energy and mood so that you are in an optimal space rather than constantly depleted.

Take an afternoon and go to a museum or an art show and look around.

Buy and use bubble bath.

Be irresponsible on one thing that might not matter. Drop the ball and see how very good it feels.

Buy something that has no practical purpose or use ... just because it's pretty or interesting and you like it. Can be small (or not).

Get some daisies, tulips or simple flowers for your home.

Get a box of crayons and some paper. Draw a rainbow, stick figures or whatever calls to you.

Call a friend you know you will belly laugh

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Unlocking The Power Of The Spoken Word

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of others are waiting for a word from you? Until that word comes, things in their lives will remain the same. Trust me, as soon as you unlock the power of those words, its power will be released and the desired changes will take effect in their lives.

Unfortunately, many of you are

Try these on for size:

Compliment everyone you meet:

“You look great!”

Express positive self-talk:

“I am beautiful!”

Apologize often:

“I am sorry.”

Let go and release:

“I forgive you.”

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Embracing the Maiden

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with.

Find a way to spend a day, afternoon or evening in bed, even if you need to fake being sick.

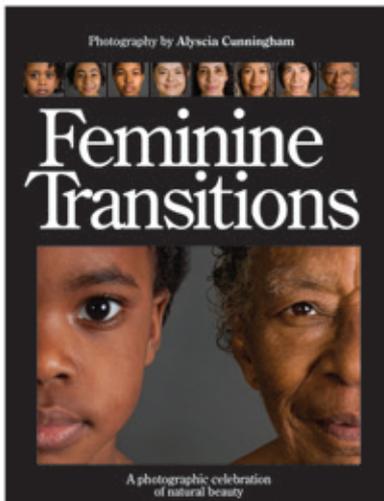
Get lost in a good movie.

Embrace the Maiden and see what shows up in your life!

Cherry-Lee Ward, M.Ed. is a contemporary shaman and healer—drawing from traditions around the globe and her inner wisdom. She is an internationally known teacher, mentor and inspiring presenter.

Her current passion is exploring the expression of the Sacred Feminine and Masculine in her life and the world around her. It is her joy to share wisdom, her ongoing questions, a broad perspective and her luscious healing energy. To learn more go to www.Cherry-LeeWard.com She teaches and sees clients at New Paradigm Wellness in Timonium, MD. See ad on page 16.

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Feminine Transitions cover photo

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Publication Date: July 2013
Number of Pages: 128
Size: 8.5" x 11"
Binding: Sewn Hardcover
Cover Price: \$49.95
Pre-Order: www.AandCbooks.com
Email: info@AandCbooks.com

Calendar of Events

Morning Events

10:00 am–Noon:

Annapolis MD. Every 2nd Friday at The Annapolitan Assisted Living Community.

Bel Air MD. Every 1st Thursday at Pairings Bistro.

Columbia MD. Every last Friday at Homewood Suites by Hilton.

Rockville MD. Every 3rd Thursday at the home of Terry Arzt.

Frederick MD. Every Last Tuesday at Church St. Pub.

Lutherville MD. Every 2nd Monday at the home of Ginny Robertson.

On Purpose Networking for Women Evening Events 5:30–8:30 pm:

Columbia MD. Every 2nd Tuesday at Homewood Suites by Hilton.

An Evening with Marcus Johnson—a Benefit for The Light of Truth Center.

Saturday, October 19th. See ad on page 14.

Earthsavve Monthly Veg Potluck and Lecture.

See ad on page 20.

FREE Webinar: It's All About Authority: Discover 5 Profitable Platforms That Will Increase Your Credibility, Community and Cash Flow.

Thursday, June 13th from 1:00–2:00 pm. Presented by The Global Institute for Empowered Women Entrepreneurs, LLC in Association with Ginny Robertson LLC. For more info or to register go to www.5StepAuthority.eventbrite.com.

Getting Out of Your Own Way—A Workshop with

Ginny Robertson. Friday, August 1st/Saturday, August 2nd OR Sunday, August 3rd. See ad on page 2.

How to Promote Yourself with Confidence, Grace & Ease—A Workshop with

Ginny Robertson. Monday, July 8th. See ad on page 36.

Networking Naturally—

A Workshop with Ginny Robertson. Monday, July 8th. See ad on page 36.

On Purpose Woman Advertising Copy due

Wednesday, July 24th. Call 410-252-2703, email ginnyrobertson@GinnyRobertson.com or go to www.GinnyRobertson.com for rates and specs.

3rd Annual On Purpose Woman Conference.

Saturday & Sunday, September 28th & 29th. See ad on page 40.

To register for any On Purpose Networking for Women or Connections Over Coffee events, go to www.GinnyRobertson.com

Business Directory

Business to Business

Anna's Journey. Writer, radio show host. MISSION: to promote small businesses. www.annarenault.com
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Flowing with Change. An online community where conscious business owners can participate in a Collaborative Manifestation Group, access conscious business teleseminars, and promote their business. www.FlowingWithChange.com

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Carol Wetherill, LMT, MTP - Massage Therapy, Holistic Coaching, Healing Arts. Columbia MD. Call 301-980-6725 cwetherill1@verizon.net www.peaceways.us

Coach Claudette, Your Motivational Mentor - Helping women and their daughters enjoy a better quality of life by changing negative thoughts to empowering life experiences. 443 690-4231 www.CoachClaudette.com

Green Healing Wellness - Changing Lives Through Homeopathy and Natural Medicines. Dr. Kevin Passero, ND, 443-433-5540 www.GreenHealingNow.com
See ad on page 12

Healing Gateway - Sherry Dmytrewycz provides energy assists for the healing and clearing of People, Places and Animals. 703.802.0377 sherry@healinggateway.com
www.healinggateway.com. See ad on page 27

Heal My Voice, Inc: Empowering women and girls to heal a story in their lives; to connect with their inner authority and innate wisdom. www.Healmyvoice.org.

Kathy Kitts After School Fun for Preschoolers & Elementary School kids! An awesome program designed to nurture the natural wonder and curiosity about the world children are born with. 202-670-0808 or Kathy@NewGrowth.com. www.NewGrowth.com.
See ad on page 31

Life Journeys - Past Life Therapy, Life between Life, Quantum Healing Hypnosis - In understanding the patterns of behaviors reoccurring throughout many lifetimes, you can release and heal blockages in your current life. willislifejourneys@yahoo.com
willislifejourneys.com 443-804-3940

New Paradigm Wellness – Holistic Medicine/Energy Medicine – Wayne Bonlie, MD and Cherry-Lee Ward, M.Ed. www.NewParadigmWellness.com. See ad on page 16

Meditation Bootcamp: Join Kathryn Yarborough for a daily meditation via phone, Skype, online. Starts the first of the month. Pay what you can.
www.FlowingWithChange.com

Ruscombe Mansion Holistic Center.
www.ruscombe.org. See ad on page 4

Sacred Healing Hands Wellness Studio. Tracy Houchins. www.SacredHealingHands.com.
See ad on page 12

Miscellaneous

Infinity Coaching; Career, Transition & Life Coach - Carolyn R. Owens, SPHR, CFCC, CFJST, COwens@InfinityCoaching.net www.InfinityCoaching.net
Twitter: <https://twitter.com/CarolROwens>
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See Ad on Page 30

Lisa Stearns - Writer/Facilitator/Motivational Speaker - Finding Your Voice™; Changing Lives One Word at a Time. www.LisaStearns.com. [Facebook.com/LisaStearnsInspires](https://www.facebook.com/LisaStearnsInspires). See ad on page 7

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Unlocking The Power Of The Spoken Word

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still withholding the restorative words that could bring about transformation to your community. Remember, God gave you a mouth to deliver yourself and others. Are you using it to fulfill your vision? Are you using it to your maximum benefit?

Today is the day you begin to unlock the power of the spoken word to transform lives, for the right words always produce life-changing results.

Marlena M.D. Kelley is CEO of the Global Institute for Empowered Women Entrepreneurs, LLC. She teaches women how to market and sell their expertise so they can lead and earn as the CEO they are. Marlena began her marketing career 20 years ago and became a full-time entrepreneur in 2008. Learn more at www.5stepauthority.com and see her ad on page 24.

Radio Show Directory

Anna's Journey. Internet radio show covering all topics, www.blogtalkradio.com/anna-renault. Podcasts available for convenient listening! Interested in an interview? Contact Anna www.annarenault.com

Heal My Voice Radio: Providing information and engaging in conversations that support women to find their own answers and empower and heal their Voices. www.blogtalkradio/healmyvoice

Just BEE Wellness - Online Wellness community educating people on how to have a more balanced, empowered and energized life so they can thrive. www.justbeewellness.com or cassandra@justbeewellness.com

Blog Directory

Heal My Voice Blog: Topics that support women in empowering themselves and others by reclaiming their inner authority and innate wisdom. www.andreahtylen.blogspot.com

Relatetocancer.com. Written principally by Elizabeth Alraune (a hypnotist, life coach and radio show host) who has had a very real experience and unexpected encounter and relationship with cancer. The good, the bad and the ugly. Resources. Information. Perspective. 400+ Posts.

The Feng Shui Health Connection

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up and brightens the spaces you occupy. As you begin to make adjustments in accordance with FengShui, tell yourself that you have good health and feel wonderful. These intentions will then become tied to the physical changes you make and they will come to fruition in your physical reality.

Sherry B. Ways is the Principal Designer of Kreative Ways & Solutions, LLC a Largo, MD based design firm that focuses on creating interiors that inspire you. Ways is also the Amazon Best Selling Author of "Feel Good Spaces: A Guide to Decorating Your Home for the Body, Mind and Spirit." See her ad on page 4.

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10:00 am – 1:00 pm

Networking Naturally

Monday, July 1

2:00 – 5:00 pm

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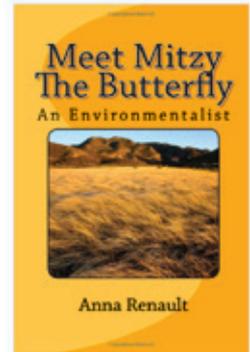
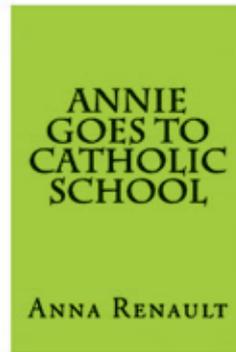
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Anna Renault is a survivor of multiple cancers and other medical situations, as well as domestic violence. She is now looking for opportunities to give back to those who helped her get to where she is. **(Testimonial: as one of her print designers, she is phenomenal!)**

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On Purpose Networking for Women

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