

NEW YEAR'S EDITION

# L & E

LOVE EDUCATION

*Featuring*

**MARJIE HADAD**

**THE POWER COUPLE  
TECHNIQUE**

**MAKING AN IMPACT**

Celebrating those contributing to a kinder, more sustainable world

*The Weekly  
Relationship  
Review*

**START THE NEW YEAR FRESH  
IN YOUR RELATIONSHIP**

**MODERN  
DAY LOVE  
STORIES**



*Happy New Year!*





[CLICK TO FOLLOW @RAILEYMOLINARIO](#)

# NEW YEAR'S

---

**WELCOME TO LOVE EDUCATION** 06

**THE WEEKLY RELATIONSHIP REVIEW** 08

**GET FEATURED IN L&E MAGAZINE** 10

**THINK, SPEAK, AND ACT FROM A PLACE OF LOVE** 12



**SELF TRANSFORMATION** 18

**THE MULTIFACETED NATURE OF INTIMACY IN RELATIONSHIPS** 20

---

**AFRAID TO LOVE AGAIN** 22

**THE POWER COUPLE TECHNIQUE** 24

**HEALTHY LIVING STARTS WITH A HEALTHY MINDSET** 26

**3 KEYS TO BETTER RELATIONSHIP TALKS** 28

**YOU CAN RISE TO ANY OCCASION IF YOU HAVE TO** 14

**START THE NEW YEAR FRESH IN YOUR RELATIONSHIP** 16



# NEW YEAR'S

---

**EMOTIONS AND AUTHENTICITY** 30

**NAVIGATING NEW HORIZONS** 32

**UNDERSTANDING OURSELVES IS THE GREATEST FORM OF SELF CARE** 34

**OUR MODERN DAY LOVE STORY** 38

**MAKING AN IMPACT** 43

**KEEPING IT BALANCED** 46



**EMPOWERED MAMAS** 50

---

**HEALING HEARTS AND HOMES** 56

**THE PATH TO MOTHERHOOD IS A UNIQUE AND DEEPLY PERSONAL JOURNEY** 58

**5 WAYS TO USE FINANCIAL FORECASTING** 60



**3 EXPERT TIPS FOR A QUALITY DATE NIGHT** 48



A woman with dark, curly hair and red lipstick is smiling and looking towards the camera. She is wearing a dark blue top and a thin gold necklace. The background is a blurred outdoor setting.

# WELCOME TO LOVE EDUCATION

Where stories of Love flourish and falter, Railey Molinario became known not just as another name in the crowd but as the world's preeminent Love Educator and the imaginative spirit behind L&E Magazine. Picture a modern-day cupid, not with arrows, but with tools that imbue couples with the art of Relationship Intelligence. With these tools, they would craft tales of lasting Love, resilience, and understanding.

L&E magazine is not just another publication; it's a Love letter to couples everywhere, echoing the promises and dreams of the Roman god Janus. With his dual faces, Janus serves as a poignant reminder of where we've been and where we're headed. For couples, January becomes more than just a month; it's a narrative of introspection and ambition.

Dive into this edition and find not only advice but stories of renewed beginnings, tales of resolutions, and dreams penned for the year ahead. It's a chronicle waiting to guide your 2024 Love story to its most beautiful chapters yet.



[CLICK TO FOLLOW @RAILEYMOLINARIO](#)

# THE WEEKLY RELATIONSHIP REVIEW

Transform your relationship and bring you and your partner closer together. Once a week, go through the following questions while relaxing in a quiet space.



These six questions are designed to encourage open and honest communication. Each partner will practice uninterrupted listening of the other.



1. What was the best part of your week?

2. What was the most difficult or stressful part of your week?

3. Is there any way I can make the next week run more smoothly for you?

4. Was there anything I did that bothered you this week?

5. What did I do to make you happy this week?

6. What are you most looking forward to for next week?

[BOOK YOUR RELATIONSHIP SUPPORT CALL HERE](#)





[CLICK TO FOLLOW @RAILEYMOLINARIO](#)

# GET FEATURED IN L&E MAGAZINE

---



Product Promotion

Ask The Expert Article

Exclusive Interview

[Grab your full-page feature here](#)



Polyamory: a form of consensual non-monogamy in which a person is involved with multiple romantic or sexual partners.



## THINK, SPEAK, AND ACT FROM A PLACE OF LOVE

an interview with Lucy Byrd Hope

### **What is your personal story and journey that led you to become an expert in your field?**

I went through a period of my life where I suddenly found myself without an identity. I was no longer aligned with the career I had chosen nor the romantic partner I had chosen, and I felt out of place amongst my friends and even my family. I could no longer be the person I had decided I was. So who was I?

I learned from this experience that I am someone, not something. My worthiness is not based on my outcomes, what I produce, the amount of perfect I present myself as, or how pleased other people are with me. I am worthy of love, joy, and everything I've ever wanted simply because I am me. I will forever have an appreciation for this path of self-discovery because in transmuting the pain that arose.

I found tools to balance myself, which resulted in the creation of my book & programs: Daily Alignment. I learned energy wellness techniques, which resulted in the creation of my business, Lucyd Lotus, and I became nutritionally aware, which resulted in the creation of Wholism. In fact, in giving up my old identity, I found myself.

### **Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?**

I utilize many tools that help me maintain my connection with myself that I share in my book and with clients, including pausing. Pausing begins with recognizing when the body has an unplanned physiological change. If your breath rate has quickened, your heart has started to race, your palms are sweating, or feel sudden general discomfort, you can use this as an alert to check in with your overall state of being.

When these changes take place, generally, your fight-or-flight response has kicked in. This automated response can result in disruptive behaviors like yelling or fighting, so at these times, you can choose to pause.

You can then self-regulate with deep breathing, grounding yourself through sensory exercises, and doing a body scan, all shown to induce your body's parasympathetic nervous system. This stops your body's stress response so that you can accurately view your circumstances from a logical and rational state. After pausing, you can generally come to healthier conclusions and take more stabilized actions.

### **According to your expertise, what is the key to cultivating a fulfilling and thriving life?**

Finding balance, openness, and love that fills your life with happiness, joy, and meaning. Seek to remain balanced physically, mentally, emotionally, and spiritually. From this place of balance, try to remain open to new opportunities and experiences. In my experiences, I attempt to think, speak, and act from a place of love for myself and others.



A woman with dark hair, wearing a white suit with a capelet, stands against a dark background. The text is overlaid on the center of the image.

**YOU CAN  
RISE TO  
ANY  
OCCASION  
IF YOU  
HAVE TO**

by Marjie Hadad

It's 8 a.m., Friday, October 13, 2023. It's been six days since Hamas, a terrorist group comparable to ISIS, stormed Israel by air, ground and sea, broke down the border fence between Israel and Gaza in the South, fired more than 5000 rockets at Israel and began an indiscriminate, point blank killing, torturing, mutilating, raping, burning, decapitating and kidnapping spree of Israeli soldiers and civilians, ranging from 6 months to 75+ years of age – in their homes, on the street, at army bases and at a nature music festival attended by thousands. It was a massacre, a modern-day pogrom.

I am an American/Israeli. I have lived in Israel for nearly 30 years, know personally what it is like to be threatened by rocket attacks, and presently have two children serving in the Israel Defense Forces, which, as I am writing, is responding to the massacre. It's not a political fight, it's a fight against pure evil.

My entire life I've opted to stay out of politics, preferring diplomacy, and for the last 23 years, I've worked as an international medical public relations consultant, which I love because it helps *all* people and cuts across political lines. I believe in equal opportunity and respecting differences, assuming peaceful. There has been nothing peaceful about the past week. Even today – there is to be a Day of Rage, called for by Hamas, to attack the Jewish community worldwide.

This is my mindset as I am writing this article. I wanted to share some perspective with you as you are facing obstacles, because, after all, we are all fighting our own battles, every day, though some big and some small.

We all have challenges, setbacks and struggles with one thing or another. Does any of this sound like you? Are you trying to:

- be resilient after repeatedly receiving nos and/or not succeeding at one thing or another the first, second, third time, etc.?

- function, maintain productivity and find the silver lining during or following, a personal or professional crisis?
- reinvent yourself professionally, as one door recently closed but a window just opened by a crack?

And because of the current event as I am writing, let's add --- go on, day-by-day, in the aftermath of a blood bath and in midst of war... one foot in front of another, contributing and praying for a peaceful tomorrow, where there is mutual respect and kindness amongst mankind?

I don't know what the world environment will be when you are reading this article after it is published in January 2024. What I can tell you is I've lived through and experienced all of the categories above and have 40+ years' worth of stories that would show you, that whatever challenge you are currently facing, or may face in the future, you absolutely have it in you to find your way: at work, at home and in life.

If you are depressed, feeling defeated, insulted and doubting yourself, I understand you. It's very real and I know it feels hard, almost impossible to find the sunshine. As difficult as it may be, though, I encourage you, when you are ready, to dig deep, breathe, compartmentalize, believe in yourself, decide on your goal, set a strategy, and get going, eye on the donut the entire way!! YES, YOU CAN DO THIS!!

If you start to stumble or start to question your strength, remember that I am writing this article in October 2023, as I'm listening to explosions and praying for the safety of the IDF, and especially my children, as well as that of the civilian populations caught up in this.

Yes, YOU can do anything, if it serves an important purpose or a greater good --- in the case of this article – to inspire you to find your inner strength to move forward in a positive, peaceful and healthy way to achieve your goals, short, medium and long term.

You are not alone. We stand together. We rise together.

# Start the New Year Fresh in Your Relationship

---

L & E

by expert Love Educator Railey Molinario

As the clock chimes midnight, we welcome a new year, replete with the promise of a fresh start and the optimism of untapped potential. Just as we declutter our homes, revise our goals, and refresh our mindsets, our relationships too can benefit from this seasonal reboot.

The New Year is a poignant reminder that relationships, like any aspect of our lives, can be given a fresh outlook. No matter how long you've been together, the magic lies in the continuous evolution of two intertwined souls, constantly seeking to rediscover and rejuvenate their bond.

To start, communication is vital. Open a dialogue about the past year – celebrate the highs, learn from the lows, and set mutual intentions for the year ahead. This shared reflection forms a foundation, a united front as you journey into the coming months.

Rediscover each other. Take a day to be tourists in your own city or enroll in a class you've both been curious about. Trying new activities together can reignite that initial spark, fostering growth and shared memories.

Most importantly, prioritize self-care as a duo. Whether through joint meditation sessions, monthly date nights, or simply taking turns cooking a surprise dinner, nourishing your relationship must be seen as pivotal as any personal resolution.

So, as you jot down your New Year's resolutions, remember that the Love story you craft with your significant other is an evolving narrative. In this year of renewal, stride hand-in-hand, shaping a thriving life that both of you truly deserve.



[BOOK YOUR RELATIONSHIP SUPPORT CALL HERE](#)





# Self-Transformation

by Alistair Hawkes

I experienced a stressful childhood, was raised by a single mom, chaos ensued, I had very little guidance growing-up, made a lot of mistakes – some of which were life-changing. Luckily, some good mentors and teachers showed up for me. In my 20s I worked for an amazing non-profit – The International Society for the Study of Subtle Energies and Energy Medicine – which illuminated multiple healing paths and gave me some options for intentional self-development as I read through submissions for our professional journal, articles on the role consciousness plays in health and wellness.

Becoming a counselor and licensed therapist in my 30 and 40s helped me heal myself from the events and circumstances of my early life. And, teaching social emotional learning to children in the public school system helped me discover my gift and passion for educating others.



Currently, with my brother Dallas, I teach a cutting-edge curriculum called HIKE4evolution. HIKE stands for Human Inner Keys to Evolve. Inner keys are our personal data points, strategies for getting into the “right frame of mind” that are specific to us as individuals and that are discovered through personal engagement with the learning of the practices of HIKE and the science behind why they work. This curriculum is a polymath of ancient wisdom practices from traditions around the globe such as Sufism, Tibetan Buddhism, Toltec systems, and modern bio/neurofeedback.

This system of learning is a step-by-step process for self-development that provides students with the tools and practices they need to become ALL they can BE, to develop optimal function, and be happy and healthy. The system requires a minimum daily time commitment of 3-7 minutes a day to remap the brain, build healthy connections between all psycho-emotional functions, and promote wellness at the cellular level.

There are several techniques I share with all of my clients and students: breathing, centering, and grounding. Breathing is the beginning. Breathing is the foundation for stress management. In sessions, we use mindful breathing for in-the-moment stress management, and longer breathwork sessions to transmute chronic and acute stressors, let go of old stuff, and feel more present and personally free. Most of us don't breathe fully, often because of life stress we hold our breath, or we breathe rapidly and have been doing so most of our lives.

When we become aware of our breathing habits and begin to breathe fully and consciously, letting go of what we have been holding and opening to expanded consciousness becomes easy. Using this tool- breathwork – we are able to open to greater forgiveness and self-love which helps us to have healthier and happier relationships.

These inner changes bring about shifts in our lives for the better. This is pertinent to couples who are struggling as they will benefit greatly from taking a few deep breaths together during challenging conversations and stressful circumstances. Breathing helps connect the emotional and rational brain centers and helps to reduce nervous system stress so difficulties can be seen with a new perspective.

Wisdom traditions from around the world use centering as a concept. Centering is important so we can focus on what we are bringing about. When we are centered it is easier to take life as it comes and also stay on track with our goals and intentions. In the HIKE system we use the concept of AXIS as a way to center ourselves.

Our AXIS is the essence of who we are. When we focus on our axis using various metaphors and symbols, we are able to pull all of our mental and emotional energy to the here and now, become fully centered and open to all possibilities instead of being stuck in the myopia of details or distracted by life's goings-on.

Grounding is important so we can stay connected to our priorities. Grounding means being aware of our connection to the solid surface beneath us. Stress often causes us to get caught up in our minds and emotions so using grounding as a regular practice helps us “toggle” between all functions, mental, emotional, physical. “Putting” our awareness in our feet is an easy way to ground. In the HIKE system we use a concept called 3-legs for grounding and stability.

Awareness is the key to cultivating a fulfilling and thriving life. Awareness and presence. Having awareness is paramount to becoming all you can BE. Awareness helps us see problems and possibilities. Presence allows us to use focus and intention to solve problems and become inspired by possibilities. And happiness and optimal function are benefits of our self-development efforts. Use the tools available to you. There are so many simple ways to cultivate awareness and presence.

At HIKE4evolution, we invite you to learn with us, to learn our unique way of delivering material that may feel familiar and deep but that will help you see your own development in new ways. If you are seeking novel strategies that are time-tested and effective for self-transformation, check out our distinctly different perspective that will help you thrive.



# The Multifaceted Nature of Intimacy in Relationships

by Railey Molinario

Intimacy is often misconceived as synonymous with sexual interactions. However, intimacy paints a more intricate picture in the vast canvas of human connections. At its core, intimacy is about deeply knowing and connecting with another individual. Thriving relationships blossom not just on one but on multiple dimensions of intimacy: emotional, sexual, physical, intellectual, and spiritual.

Emotional intimacy is the cornerstone of any strong relationship. It's the sense of security and understanding we feel when we share our deepest fears, joys, and dreams with our partner without the fear of judgment. It lays the groundwork upon which all other intimacies are built.

Physical intimacy, while commonly associated with sexual activity, extends beyond this realm. It encompasses simple gestures, like holding hands, hugging, or a gentle touch, reinforcing the emotional bond.

Sexual intimacy, on the other hand, goes beyond the act itself. It becomes genuinely fulfilling when backed by emotional closeness, trust, and mutual respect.



Intellectual intimacy brings couples together on the plane of thoughts, ideas, and mutual learning. Engaging in stimulating conversations, debating ideas, or just reading together can cement this bond. Understanding each other's perspectives and continuously learning from each other keeps the relationship fresh and invigorating.

Lastly, spiritual intimacy connects partners profoundly, as they explore shared values, purpose, and beliefs. Through shared religious practices or simply meditative moments of gratitude, spiritual intimacy brings a deeper meaning to the union.

Ultimately, a thriving sexual relationship owes its success not just to the physical but to the emotional and intellectual ties that bind partners. By nourishing all facets of intimacy, couples ensure the longevity and vibrancy of their connection.

[BOOK YOUR RELATIONSHIP SUPPORT CALL HERE](#)

[CLICK TO GET FEATURED IN L&E MAGAZINE](#)

# L & E

## SHARE YOUR STORY WITH THE WORLD

Secure a full-page feature in L&E Magazine—the globe's leading authority for couples, known for its rich content, authentic stories, and dedicated following.

We offer a platform for storytellers, professionals, and product owners to illuminate our pages with their unique presence.

### **PRODUCT PROMOTION**

Got a product that makes couple's lives brighter? Feature it on our vibrant pages, introduce it to a worldwide audience, and witness your brand's visibility soar.

### **ASK THE EXPERT ARTICLE**

Expert in your field? Craft an engaging article and enlighten our readers. Use this platform to solidify your status as a thought leader in your field.

### **PERSONAL INTERVIEW**

Get interviewed by our seasoned team of writers and let our readers delve into your journey—your struggles, triumphs, and everything in between.



# Afraid To Love Again



by Demetria Buie

All human beings share an intimate desire to experience a unique soul-level connection with someone special. That is falling in love with the right person. Falling in love is great, feels wonderful, and is the most amazing thing human beings can experience.

It involves a rollercoaster of emotion which are beautiful, wonderful, and hideous at times. Nevertheless, people from broken marriages or broken long-term relationships fear falling in love again.

Besides, some who have never been in love desire it but are afraid. Human beings were created for relationships with one another.

Love is a natural feeling, and when you find the right person, you cannot fight it. The fear of loving again may be strong, but you do not realize that avoiding falling in love or connect with your soulmate is only hurting you.

You do not become any better, instead, you are only keeping yourself guarded, bitter and lonely. If you have never fallen in love, you are just afraid of the unknown and you cannot overcome it unless you decide to face it.

Real love is sweet and endless; however, it makes a person vulnerable and at the same time stirs up the old hurts. However, if you allow yourself to fall in love again, you are going to realize being vulnerable has its benefits.

In this case, vulnerability is not on the negative side. It is the honesty, and openness with a new person about your life, desires, thoughts, and dreams. It is the idea of allowing another person to know you more, which is important for them to love you right. Besides everything falling in love is biblical. Would you catch me if I fall for you?

If I fall for you today, would you catch me knowing love is an overwhelming feeling and is filled with passion? The bible says that love is kind, forgiving, patient, selfless, and sacrificial.

Loving each other is a commitment, also it is an act of service and satisfies the party. Therefore, loving is intentional and does not depend on how the other person is feeling. Jesus loved those who loved him and those who condemned Him.

However, even if love is natural, you should not perceive it as a dependent. The concept of "falling in love" places undue emphasis on the expressive condition of the person involved. The wording may make it sound accidental but it is not. You are responsible for your emotions; therefore, you should never be afraid of falling in love.

Falling in love is Godly. So, if you truly love a person, God will empower you to go past Infatuation to Commitment. He will help you overcome any form of true love counterfeits which affects human relationships. You will therefore find Joy serving that person than of true love when they serve you.

When you are falling in love with the right person, you will be giving more than taking from the beginning of your relationship.

Therefore, you should never be afraid of loving again. You could have done a mistake in your past relationship, however with God, things are different, even when you fight, God will give you wisdom and energy to fight whichever force that is trying to separate you.





**THE POWER  
COUPLE  
TECHNIQUE**



# THE POWER COUPLE TECHNIQUE

Conflicts in relationships are inevitable. However, rather than enduring frustration and disappointment, what if we could transform challenges into opportunities to strengthen our intimacy and grow as a couple?

The Power Couple Technique is a revolutionary approach that shifts the focus from individual battles to joint problem-solving, fostering unity and resilience in relationships.

It's no longer partner one versus partner two; it's time to embrace the idea of the couple versus the problem. The Power Couple Technique advocates for viewing challenges as shared adversaries, encouraging couples to tackle issues together as a united front.

The primary objective is not to prolong suffering or inflict pain on one another but to collaboratively navigate through the maze of relationship challenges.

Click Here For  
Your Free  
Relationships  
Without Fighting  
Masterclass

## 7 Steps To Success

1. Create a safe environment
2. Each person states the issue in need of resolution (do you agree?)
3. Each person states how they view the issue.
4. Each person explains what outcome they desire (do you agree?)
5. Together, brainstorm ways to solve the problem. Make a list.
6. Pick one you would like to try first. Begin to solve the issue.
7. Check in with each other to see if the issue has been resolved. If not, pick another possible solution.

Repeat this process as many times as needed until you find a solution that works for both of you.



# HEALTHY LIVING STARTS WITH A HEALTHY MINDSET

an interview with Nicki Leritz

## What is your personal story and journey that led you to become an expert in your field?

My personal journey began after the birth of my second child when I found myself in a relentless battle with weight gain. Fueled by a desire to shed those extra pounds, I embarked on a rollercoaster of diets, each more restrictive than the last. However, the cycle of enthusiasm, deprivation, overindulgence, guilt, and shame seemed never-ending. I realised that these diets solely focused on the external aspects of food and exercise, neglecting the crucial internal factors that drive our eating habits.

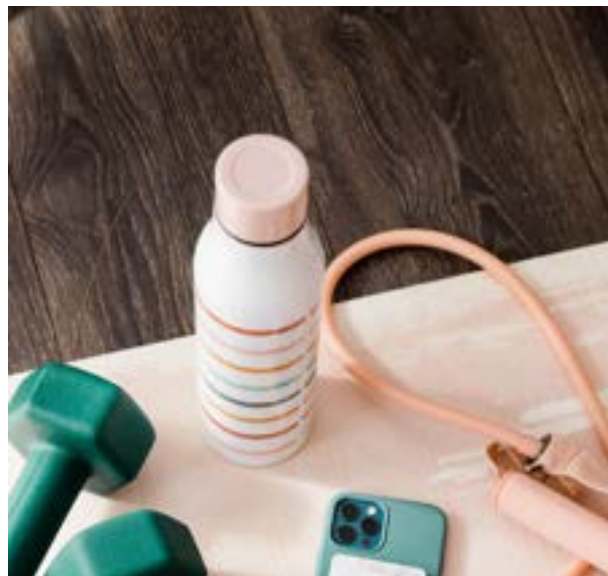
To truly achieve a lasting transformation, we must address the underlying causes of overeating, rewire our relationship with food, regulate our hunger hormones, and gain insight into the emotional triggers behind our eating behaviors. This holistic approach, which goes beyond the surface, is the key to losing weight and achieving genuine well-being.

## Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?

In my coaching, I emphasize the importance of proactive planning to anticipate potential roadblocks that might hinder one's weight loss journey. This strategic foresight enables individuals to arm themselves with a toolbox of effective strategies, ensuring they stay steadfast on their path. Over time, this deliberate planning initiates a subtle but profound transformation in the brain, rewiring it to instinctively prepare for challenges and maintain an unwavering focus on its goals, ultimately preventing derailment.

## According to your expertise, what is the key to cultivating a fulfilling and thriving life?

At the heart of cultivating a fulfilling and thriving life lies the power of unapologetic authenticity. Dedicate moments for regular self-reflection, enabling you to adapt and realign your path with your core values, ensuring that you're crafting a life that not only resonates with your deepest desires but also radiates happiness and fulfilment.



[CLICK TO FOLLOW NICKI](#)

NEW YEAR'S 2024 . 26





# 3 KEYS TO BETTER RELATIONSHIP TALKS



Effective communication is the bedrock of any strong relationship. When partners can converse openly and honestly, they pave the way for trust, understanding, and intimacy. Here are three essential strategies to enhance communication:

### Active Listening

Instead of formulating your response while your partner speaks, truly listen to what they're saying. Active listening requires full attention, nodding in agreement, and reflecting on what you heard. This ensures that both parties feel understood and valued.

### Openness and Honesty

Concealing feelings or information can create barriers. Being open and honest, even when it's challenging, can prevent misunderstandings and resentment. Expressing emotions in a non-accusatory manner is crucial, focusing on "I" statements rather than blaming.

### Regular Check-ins

Life's hustle can lead to unintentional distancing. Schedule regular times to discuss feelings, experiences, and concerns. These check-ins can be daily, weekly, or monthly, but consistency is key. They offer a safe space for both partners to share and grow together.

Prioritizing these strategies can transform communication patterns and fortify relationship bonds.

[BOOK YOUR RELATIONSHIP SUPPORT CALL HERE](#)



CLICK TO FOLLOW @RAILEYMOLINARIO



## EMOTIONS AND AUTHENTICITY

an interview with Jeanne Bessette

### What is your personal story and journey that led you to become an expert in your field?

We all have something we strive for or have a passion that drives us to become something more than ourselves as we see ourselves... Mine was and remains to be an artist, a healer, and a guide to help people find their own light. I was born highly intuitively gifted and artistic.

Neither of these aspects of me was necessarily accepted or encouraged within the container of my family of origin. As a small person, due to a lot of family dynamics, I had to put those gifts away. By the time I was in my 30's I realized that nothing in my life was going to work without bringing my gifts and talents back online. I would say that hard work is always an element of success but truly when we are born to do a certain thing and we don't follow that dharmic path, life can throw you sideways in more ways than one.

I realized this was a turning point for me. I decided at 32 that I would become a professional photographer. I was very successful and owned and operated a studio in Rhode Island for thirteen years. The problem was that I was truly meant to be a painter and a sculptor and even photography proved itself to be a shadow of my true calling.

It's not that being a photographer was unsuccessful, it was. But in the end, I am designed to be an artist like the one I am now and my life has changed in ways I cannot express in words and the art is growing and changing as I breathe.

### Can you share a technique you regularly employ with clients, especially one that aids couples during challenging time?

When we begin to understand that the dynamic of relationships is not about what is going on externally we can then sit still enough to gather the strength, compassion, and love for another as they are merely an outside version of us. This is a very eagle-eye view of relationships but it is very useful in helping those who truly want to grow not only in themselves but in their relationships to create more harmony in their lives. When we truly understand this concept we can then invite more peace in all our relationships, not just intimate ones.

Relationship with self is number one so we have our inner sanctity and sovereignty. Then we get to apply that on the outside. It builds courage, and an understanding of others in a new way and it also allows us to know when something is not working and we can dig deeper with a person who is willing to work with us or move on. As an artist, I have a unique way of seeing the world. If everything were a painting for example, I'd be saying, "Hey, how do we communicate better? Or how do we fix this part that seems off?" Nothing is separate from how we create: relationships. Art, same... same... same.

### According to your expertise, what is the key to cultivating a fulfilling and thriving life?

My number one criteria for a life well-loved are self-love, self-worth, and self-knowing. It all starts with the self and I realize this is thrown around a lot that we must love ourselves first. The truth is that not everyone realizes what that means.

Self-love is the number one component to loving it all as we are all one. That is what oneness or unity means. For example, I am currently working on a worldwide project called Gaia Rising. My aim is to help humanity in a way that raises the consciousness level of how we think, feel, and interact with each other and our planet.

Without knowing our connectedness we become disconnected and compartmentalized and we can do great harm not only to others but ourselves. When we feel separated we tend to act in fearful ways and when that happens we can absolutely destroy the harmony of this thing we call life. Raising our consciousness is crucial to our future and living a fulfilling life is living in a way that we understand how precious life really is. Thriving is inevitable when we approach our lives from this perspective and we are all in this together.



# Navigating New Horizons



by Dr. Dawn Menge

With war raging around our world, many are facing the decision to move to a foreign country, either willingly or unwillingly. This is the life of a young man born in the Savanna of Africa. He found himself in beautiful Seattle, Washington. Here, he met an amazing, heart-filled teacher who utilized Queen Vernita's educational adventure, and it would transform his new life in America.

I have shed many tears for this child over the years. His early life story is just crazy. He was born under a tree in the wildlands of Africa. Their clan had a goat and a cow or two. They, otherwise, were a nomadic people who lived off the land. Then came a war where Native peoples were placed into protective UN camps. He lived his young life as a nomad, searching for a place to call home.

I once asked Nuh why African runners were so fast. He thought for about 5 seconds and told me that if a person was not a fast runner in Africa, they were dinner. He said that in a matter-of-fact way. Mr. Wayne took him under his wing and used the Queen Vernita educational series to teach him to read, write and count in English. "People that have had immigration experience. It has taken Nuh about ten years to acclimate to the United States. It is such a complex place compared to his previous life in Africa.

My expertise as a Special education teacher for thirty years and having a Ph.D. in Curriculum and Instruction helped create an educational series that he and his family thrived in his new homeland when this young man was given the opportunity.









*an interview with Lisa Silvani*

**What is your personal story and journey that led you to become an expert in your field?**

I have been practicing medicine for over 13 years. There were times when I only met patients for less than 10 minutes each and not being able to fully understand their problems.

Other times, I got to meet patients for hours and was able to craft satisfying treatments both for the patient and myself. I realize I don't like being a mainstream GP. I realize that I want to better myself, my knowledge, my skills, and ultimately how I practice medicine.

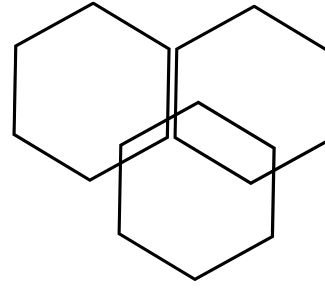
## *Understanding ourselves is the greatest form of self care*

Several years after I graduated, I lost someone very dear to me. He played a big part in raising me and shaping me into who I am today. At that moment, I felt hopeless. There was nothing I could do except wait for the progress. When I heard the news, I felt guilt and shame for not being able to do anything for him. That one moment changed me. I just want to do better and be a better doctor. After quitting my job the next year, I went back to get a master's in anti-ageing Medicine. The whole concept of holistic, lifestyle, and minimally invasive therapy is what attracts me the most. I began to see possibilities beyond what I had learned through years of medical school.

After that, my life just began to flow. I started learning about functional medicine and it changed my perspective on health itself. I realize there are so many more we can do outside what mainstream medicine taught us. Even if it's a long chance, or so they say, but it gives progress and hope. Even if it doesn't cure diseases, it helps to heal the body. It helps people to live their life. It gives them the chance to stay with their family longer. Watch their dreams unfold. And sometimes, that is what really matters in the end.

**Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?**

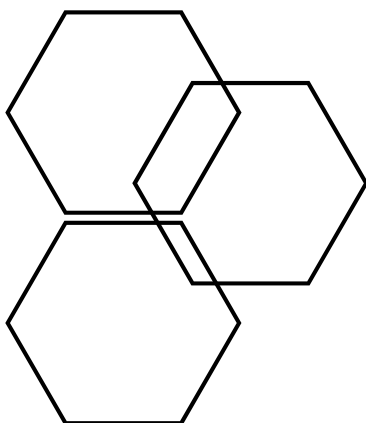
In my practice, I am a medical doctor but I also do coaching as part of the program and sessions. So for this part, I tend to rely on psychological influencing techniques to enhance engagement and compliance. While the big part of the practice would be giving recommendations on supplementations, crafting lifestyle interventions, and prescribing therapy, I often see the ones that move the needles are the small things such as health tracking, breathing exercises, and even simple journaling techniques.



Those are what keep the patients and clients going even when they can't see the outcome yet. And it's needed to ensure that the clients are progressing and getting the results. Another thing is that it's important to understand why patients want to have better health and how much changes would go for those whys. In short, what motivates them to change and get better? I think we as a human has great power inside of us to heal and progress but it all comes back to our determination. And that is more than what any doctor can do. Employing those coherently with my medical knowledge are the combinations that I always do to maximize the treatment outcome.

**According to your expertise, what is the key to cultivating a fulfilling and thriving life?**

I had my health problems. I remembered how my childhood was spent on drugs and light treatments for my allergy and asthma. I remembered how I always being left behind when it came to sports because I got so pale after running a few rounds. So I learned that without good health, you just can't do much. And I think it sticks with my mind until now.



Everyone wants a better life. Everyone wants to thrive. But to accomplish all of that, we need to better ourselves first. Which includes our health. Because, your body is the one that will take the hit from anything that happens in your life. It can be a physical hit or a psychological one. It can even turn into a disaster that can take years to recover. But diseases and pains are not the only problems from having a lousy health. Because when your health is not in the best condition, it's hard to lead a good life. It's hard to be motivated, to have good judgment, and even to make good decisions. So if you don't take care of your health and prepare your body, it's going to be very hard to achieve a fulfilling and thriving life.

Taking care of your health needs a better understanding of yourself. You need to know what happens inside your body beneath all of the pains and symptoms that you experience. You need to know how your daily activities and environment affect your health. Understanding your own body's preferences and knowing what you need from your diet and environment will set your life faster than you'll ever imagine. It helps you to think better, learn better, act better, and have the agility that your life needs.





## La Fauxmagerie

THE UK'S FIRST PLANT-BASED CHEESEMONGER



Nestled in the heart of the UK, Lafauxmagerie stands as the country's pioneering plant-based cheesemonger, offering a distinctive and delightful experience for couples seeking a unique twist to their date nights. Tucked away like a hidden gem, Lafauxmagerie unveils a secret cellar, an intimate enclave that exudes romance and coziness.

The ambiance is unparalleled, creating a one-of-a-kind setting that sets the stage for an unforgettable evening. For couples in search of a casual yet sensual dinner date, Lafauxmagerie is the perfect rendezvous point, where plant-based delights take center stage.





[CLICK TO FOLLOW @RAILEYMOLINARIO](#)



*Our Modern  
Gay Love  
Story*

# Etienne & Teddy



As a gay man, finding a partner is a struggle. You can't walk into a bar and hit on just anyone. What if they're straight and/or homophobic? It can be hard to tell who is batting for the same team. Because of this, dating apps are a much simpler way to view the pool of eligible bachelors. That's precisely where Teddy and I found each other.



One seemingly boring night in July, we matched on Tinder and exchanged a few messages. I went to Teddy's place to hang out, and we hit it off. He and I shared a lot of the same values and had similar interests. At that point, we were both at IU's Bloomington campus. I had graduated and worked remotely while Teddy was in his last year of optometry school. In a couple of months, I'd be headed back to Chicago for work, and Teddy would be moving around the country every three months: not the recipe for success at the beginning of a relationship.



We used our time together in Bloomington, and our feelings deepened. I returned to Chicago but was able to visit Teddy for brief periods and got a sense of what living together would be like. Since our relationship was mostly long-distance, communication and openness were vital. Once Teddy had graduated and received an offer to practice optometry in Tampa, we decided to move in together, and the rest is history!



Our Modern  
Day Love  
Story



# Kirstie & Christine



We are Kirstie Pike and Christine Diaz the founders of On Airplane Mode, an award-winning LGBTQ+ travel platform. Our hearts have always been fueled by wanderlust and a longing for adventure. Six and a half years ago, in the bustling heart of New York City, we met and became partners in both love and travel.



Our connection was instant, and it wasn't just the passion for seeing the world that bound us together. It was also the shared dreams and courage to pursue lifetime of adventures that made our bond unbreakable. We decided to start dating, and from that moment on, we embarked on a journey that would take us to over 35 countries and counting. Our journey has taken us to some of the most beautiful destinations in the world including the colorful streets of India to the ancient wonders of Jordan and the romantic enchantment of Paris. With every new place we visit, we have discovered not only the world's beauty but also the strength of our love for each other.



Our platform, "On Airplane Mode," has a mission of empowering women and the travel community to have their voices heard, while representing queer relationships, and showing that love knows no boundaries. We look forward to being at the frontline of positive change by providing hope for queer women everywhere, showcasing the beauty of love and the power of being true to oneself. Our love story continues to inspire others to follow their passions and embrace their true selves, just as we have done, hand in hand, exploring the world one adventure at a time.

MAKING  
AN

# Impact

Celebrating those stepping up, making a difference, and contributing to a kinder, more sustainable world.



## ALLY



Award-winning food supplement developed by a Harvard-trained neuroscientist to reduce anxiety, boost mood and improve your tolerance to stress.

## NIBBLE



Made with just a handful of ingredients, our vegan and gluten free Nibble Simply bites are essentially luxury biscuits made healthy.

## PRYMORA



A clean, fragrance-free, vegan and cruelty-free skincare line that invokes the luxurious self care experience everyone deserves.



## HEY REALGIRL

The real life co is committed to the worth and growth of women everywhere and in every way by providing Mental Health & Wellness support.

## ALEPH



Toxin free, GMO free, cruelty and child labour free, and vegan beauty.

## GOUPIE



We use 100% recyclable and FSC card for these packs so that the retailers are not having to throw away tons of additional waste. We deliver in reused ingredients boxes, or biodegradable bags to reuse our own waste and, again, not leave our retailers with tons of plastic and other nasty waste.

## ARTISAU LUXURY



An array of generously scented candles, soaps and wax melts that can be enjoyed for personal use or as a stunning gift.

Vegan and cruelty free lip gloss that cares. We are serving looks with natural ingredients.



## GELATO BEAUTY

## HARRY SPECTERS



For every £1 spent at Harry Specters, 69p directly improves the lives of young autistic people and their families through paid employment, free work experience, and free training opportunities.

## BLACK PALM



A range of beautiful, natural products sourced ethically and with a focus on sustainability.

Our products are crafted with a blend of herbal and holistic ingredients, carefully chosen to address your specific needs.

## MILA BODY HEALTH



Multi-purpose skin care, for sensitive and dry skin, with natural and organic ingredients which can be used from head to toe. The products are unisex, sustainable and healthy for the skin. All products are people friendly, animal and Earth friendly. All of plant-based skincare products contain the highest quality ingredients selected to nourish body's natural well-being.

## GREATEST BLENDS



Ingredients from companies that run women empowerment programs, especially when it comes to sourcing coffee and chocolate since women farmers are constantly undervalued and underpaid for their work due to gender-related challenges.

## THE FEMALE GLAZE

# KEEPING IT BALANCED

an interview with David Williams

## **What is your personal story and journey that led you to become an expert in your field?**

I am an 9 time author, 1 time best seller podcaster and entrepreneur from Queens, NY. I am also a Founder of Kayles Enterprises, which consists of not just my books but my fragrances and my soon to be wines. A conversation with a dear friend years ago is what introduced me to not only creating my own products but also start building my own brand. I am also proud to be an advocate for autism.

## **Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?**

A technique that I share with clients and customers is the power of I am. One of my favorite affirmations is "I am my own Superman" and finding your own superhero to relate to. It keeps me in my pursuit of excellence while also encouraging me to ask for help. Reminding yourself that you're not alone is the key

## **According to your expertise, what is the key to cultivating a fulfilling and thriving life?**

One of the keys to maintaining a fulfilled life is to keep it balanced. Finding out which way works best for you. Make time for rest, meditation, workouts and things that don't have anything to do with business. It'll rejuvenate you when you're tired. Don't run yourself into the ground trying to keep up with people.





# INVISIBLE HOUSE JOSHUA TREE

[VISIT THE INVISIBLE HOUSE JOSHUA TREE](#)

## POWER COUPLE KEYS TO SUCCESS

### ➔ Recapture the Magic of Early Dates



Remember those exhilarating moments of your first or second date when you dressed your best, exchanged playful glances, and couldn't take your eyes off each other?

Railey encourages couples to bring back that excitement. Dress up as if you're trying to impress each other anew, engage in playful flirting, and maintain eye contact. Rekindling the initial spark can reignite passion and remind you of what drew you together in the first place.

---

### ➔ Banish Negativity, Embrace Positivity



Couples can compartmentalize their lives effectively. Railey emphasizes that date night is a time for celebration, not a platform for airing grievances or discussing problems.

Leave discussions about household chores, work stress, or parenting issues for another time. Instead, focus on the positive aspects of your relationship and share joyful moments.

---

### ➔ Prioritize Intimacy



Railey advises building intimacy to enhance your relationship. Physical intimacy, including holding hands, cuddling, and kissing, fosters a sense of closeness.

Simultaneously, emotional intimacy thrives on vulnerability, sharing desires, and recounting cherished memories. Create a safe space where you both can open up and be authentic with each other, deepening your emotional connection.



## 3 EXPERT TIPS FOR A QUALITY DATE NIGHT

by expert Love Educator,  
**Railey Molinario**

Date nights, often seen as a simple escape from daily hustle and bustle, hold a more profound significance in the realm of relationships. They represent moments where time seemingly stands still, allowing couples to reconnect, rekindle, and reaffirm their bond.

These precious moments, when executed with thought and care, have the power to invigorate a relationship, bringing it closer to the feelings of those initial days of romance and exploration.

[BOOK YOUR RELATIONSHIP SUPPORT CALL HERE](#)





CLICK TO FOLLOW @RAILEYMOLINARIO

# EMPOWERED MAMAS



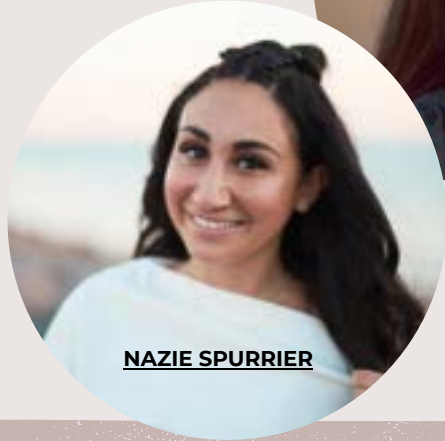
Whether you seek guidance in health and wellness, personal growth, or spiritual exploration, our team at Empowered Mamas has handpicked experts, products and services designed to ignite your inner power!



NICKI LERITZ



FATIMA PAGTAKHAN



NAZIE SPURRIER



LOUISE GREEN



JAN KING

*Empowered*

*Mama*

*Experts*



ILDIKO MARKUS



ADRIENNE BARTON



SIMONE BUENO



EMILY CLEGHORN



JAI MICHAELS

IGNITE YOUR  
INNER POWER

TARA ANGELES



DR. JENNIFER NOBLE



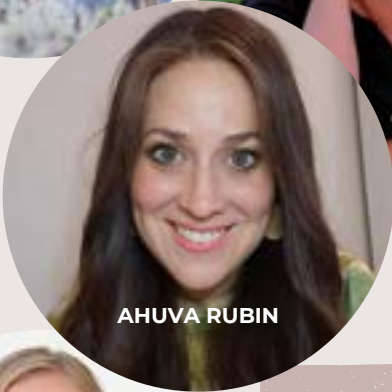
TEHILLA LUTTIG



LAUREN NELSON



AHUVA RUBIN



MELANIE BONIK



Empowered

Mama

NORMA BRSCIC



Experts

DR. MINESHA RUFFIN



ROBYN LADINSKY



CHRISTINE DEVERY



CHRISTINE JAMES



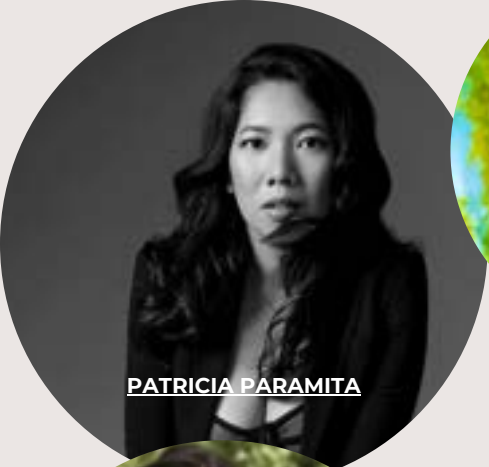
KATIE KOLAKOWSKI



IGNITE YOUR  
INNER POWER

TALYA PARDO





PATRICIA PARAMITA



AUBRIE ST. LOUIS



PAULA STEWART



MARJIE HADAD



ANNETTE CASHELL



SHELBY MITCHELL

*Empowered*

*Mama*

*Experts*

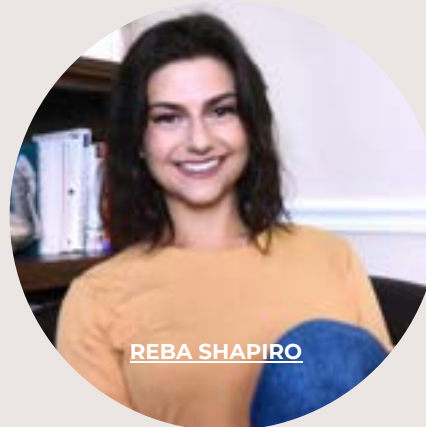
IGNITE YOUR  
INNER POWER



CLAIRE STANDEN



JAMIE STUCK



REBA SHAPIRO



SASA EVANS



KELLY PEARSON



JULIE BURGESS



CLICK TO FOLLOW @RAILEYMOLINARIO



# THE GREEN SPOT

[CLICK TO BOOK A TABLE](#)

# HEALING HEARTS AND HOMES: LETTING GO OF (STEP)FAMILY DRAMA







*Healing (step)family wounds requires open, honest, and compassionate communication.*

by Adrienne Barton

In the complex tapestry of (step)family life, joy mingles with threads of trauma and drama, straining the bonds we hold dear. As a stepmom and dual-certified Empowered Parenting and Stepparent Coach, I understand the importance of addressing and healing these wounds to nurture a harmonious family environment.

In a world filled with romanticized notions of perfect families, the reality of stepfamily lives often tells a different story. Behind the Instagram-worthy family photos and joyful holiday gatherings, many (step)families grapple with daily challenges of trauma and drama that threatens the very fabric of their bonds. But there is hope. Within these struggles lies the potential for transformation, growth, and deeper connections.

It's a path demanding courage, patience, and a steadfast commitment to releasing past wounds. Yet, the rewards are immeasurable – a home filled with love, understanding, and lasting connections.

### **Acknowledgment: The First Step**

Healing begins by acknowledging the presence of trauma and drama. It's tempting to conceal these painful experiences, hoping they'll vanish on their own. However, they often resurface, causing further discord within the family. By confronting these issues directly, (step)families initiate the healing process. Admitting, "We have wounds," takes courage, but it's the essential first step toward recovery.

### **Letting Go and Forgiving**

Letting go is a profound act of self-compassion, freeing us from the grip of anger, resentment, and blame that perpetuates cycles of conflict. Forgiving doesn't mean forgetting or condoning hurtful actions, but it means liberating ourselves from the burden of carrying grudges.

Letting go and forgiving aren't always easy. Trying to see the situation from the other person's perspective helps. Recognize that people make mistakes and can unintentionally hurt us. While this doesn't excuse their actions, it fosters empathy and facilitates forgiveness.

### **Effective Communication**

Healing (step)family wounds requires open, honest, and compassionate communication. Although discussing our pain can be challenging, it's essential for understanding each other and finding common ground. (Step)families developing effective communication strategies, is critical to building a strong foundation for resolving conflicts with empathy and respect.

### **Creating a Harmonious (Step)Family Environment**

The ultimate goal is to establish a harmonious family environment where love and understanding prevail. Healing is an ongoing process, and it's not always linear. (Step)families may face setbacks, but with the right guidance and support, they can keep moving toward a brighter future.

In the intricate tapestry of stepfamily life, complexities exist, but they need not define us. With the power of healing, forgiveness, and effective communication, (step)families can write a new narrative, filled with love, understanding, and lasting connections. Together, we can heal hearts and homes, forging a brighter future for all.



by Alisha Blanding

The path to motherhood is a unique and deeply personal journey, one that often comes with unexpected challenges. My story is a testament to this truth. At the age of 34, I was diagnosed with pre-ovarian failure and perimenopause, a diagnosis that left me facing the reality of infertility. I want to share my journey and the valuable lessons I've learned along the way, in the hope that it may encourage and support other women who find themselves in similar situations.

At 34, I believed I had ample time to start a family, considering myself still young enough to carry and birth a healthy child. However, I later learned that the medical community designates "advanced maternal age" or "geriatric pregnancy" as beginning at 35, accompanied by increased pregnancy risks, including a higher likelihood of a c-section. Unfortunately, I prioritized my career and postponed family planning. Looking back, I wish I had possessed the knowledge I have now, as it would have influenced my choices significantly.

# The Path To Motherhood Is a Unique And Deeply Personal Journey

My journey began with a diagnosis based on my hormone levels, specifically Anti-Mullerian Hormone (AMH) and Follicle-Stimulating Hormone (FSH) tests. These tests play a crucial role in assessing a woman's ovarian reserve and overall fertility health. A low AMH and high FSH, as in my case, often indicate diminished ovarian function.

In response to this diagnosis, I decided to explore the option of freezing my eggs. This process involves stimulating the ovaries with hormone injections to produce multiple eggs, which are then harvested, frozen, and stored for future use. However, I must emphasize that this path was not without its challenges. The hormone injections were not only physically painful but also emotionally taxing. It was a difficult and inconvenient journey.

Throughout this trying time, my faith in God became a source of strength and resilience. Infertility is a path marked by uncertainty and heartache, but faith can provide the inner strength needed to endure the challenges and persevere.

**As I write this article today, I remain unmarried without children, having faced the disappointment of not being able to successfully freeze my eggs. While this was not the outcome I initially envisioned, it has led me to a deeper understanding that life often unfolds in unexpected ways.**

My experience has led to new opportunities, including me authoring my first book *Unmarried Without Children*, which dives deeper into my journey to marriage and motherhood, and the establishment of a ministry dedicated to supporting women navigating similar journeys. I'm embracing my single season and trusting that God's promise for motherhood will be fulfilled in His time.

If you need support or have questions, please don't hesitate to reach out to me. Remember, you are not alone on this journey. Stay strong, and never give up on the promise that God has for you.



[CLICK TO FOLLOW @RAILEYMOLINARIO](#)

# 5 Ways to Use Financial Forecasting

by Taylor Smith

Attention ambitious entrepreneurs!

We all know that building a successful business requires more than just a brilliant idea. It's about making informed decisions, and that's where financial forecasting comes into play. Let's dive into the key benefits of mastering financial forecasting and how it can lead your business to new heights of success.

## 1. Understanding Your Business's Financial Health

Picture this: gaining valuable insights into your business's financial health. By delving into past performance and projecting future revenues and expenses, you can identify trends, strengths, and areas for improvement. Armed with this knowledge, you'll be empowered to allocate resources efficiently and optimise your operations

## 2. Setting Realistic Goals

Dream big, but plan smart. Effective financial forecasting empowers you to set realistic and achievable business goals. By envisioning your financial potential, you can establish targets that align with your resources and market conditions. This not only gives you a roadmap for growth but also lets you measure your progress and celebrate milestones along the way.

## 3. Securing Funding and Investments

Looking for funding or attracting investors? Financial forecasting is your secret weapon. Lenders and investors want to see a well-thought-out financial plan and a clear path to profitability. A robust financial forecast boosts your credibility, increasing your chances of securing the funds needed to fuel your business's expansion.



## 4. Mitigating Risks

Let's face it – every business venture comes with risks. But financial forecasting allows you to anticipate potential challenges and prepare contingency plans. Be ready for market shifts or unexpected expenses, responding proactively and minimising their impact on your business.

## 5. Informing Strategic Decision-Making

Strategic decision-making is a superpower that comes with mastering financial forecasting. By running various scenarios and analysing outcomes, you can make informed choices about product launches, pricing strategies, marketing campaigns, and resource allocation. Decisions backed by data and well-crafted financial projections are more likely to lead to success.

**In the world of entrepreneurship, knowledge is power, and financial forecasting is the game-changer. It enables you to see the big picture of your business's financial landscape, set realistic goals, attract funding, mitigate risks, and make well-informed decisions.**

Remember, a successful business is built on solid foundations – and that includes mastering the art of financial forecasting! But fear not – you don't have to do this on your own! Partnering with a business consultant can transform your business.

A business consultant is your strategic partner, wearing multiple hats:

- They're an expert.
- They're a confidante.
- They're a mentor.

All wrapped up in one package, a business consultant can simplify scaling, guide you toward growth, and equip you with practical tools to seize control of your business. But it's not just about the money! Business consultants excel at aligning your time, energy, mindset, and investment capabilities with your goals. Embrace the opportunity to unlock your business's full potential – and get that freedom you envisioned when you first embarked on your entrepreneurial journey.



[CLICK TO FOLLOW @RAILEYMOLINARIO](#)



[DRINK-TRIP.COM](https://www.drink-trip.com)

L & E

