

Living in Everyday

GRACE



By the Co-Authors of
The Gifts of Grace & Gratitude
www.graceandgratitudebook.com

Ahhhhh..... GRACE.

Imagine the possibility of living
in the space of grace
in every moment of every day.

It is a REAL possibility.

Yes, even if your life is full of
challenges, obstacles, loss, or tough situations and people,
you can still live in a state of grace.

Every Day Grace *is* REAL
and it's yours for the asking...

All you have to do is follow a few practical tips and
implement some simple practices,
and you'll be on your way to living in

EVERYDAY GRACE!

You deserve it.

That's why we created this e-book...
to help YOU experience grace
and all the goodness that comes with it

About this E-Book

GRACE... it provides an opening for peace, abundance, beauty, and joy. It is a state we all desire—and you know this especially if you've ever had the pleasure of being in this state. For those of us who live in a state of grace, we recognize that it has little to do with what's going on around us and much to do with mindset and simple practices. The authors of this e-book have found ways to improve their own quality of life and are here to share them with you so you can do it too!

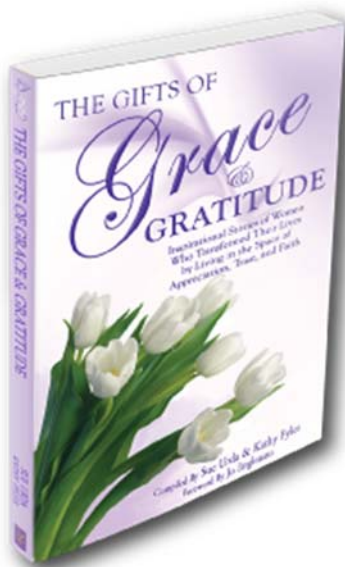
This e-book is a compilation of mindful and meaningful tips, thoughts, and exercises intended to enhance your own moment-to-moment life experience.

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

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

About the Authors

The individuals sharing these tips are the co-authors of the new book *The Gifts of Grace & Gratitude*. They have come together to share their personal experiences and journeys to help you have a smoother and more graceful experience of growth. It is their wish that the tips in this e-book and their stories in the paperback will assist you on your personal life journey.



Share this e-book with your friends by providing this link to them:

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About the Upcoming Amazon Bestselling Book* ~ Available November 17th, 2016

The Gifts of Grace & Gratitude

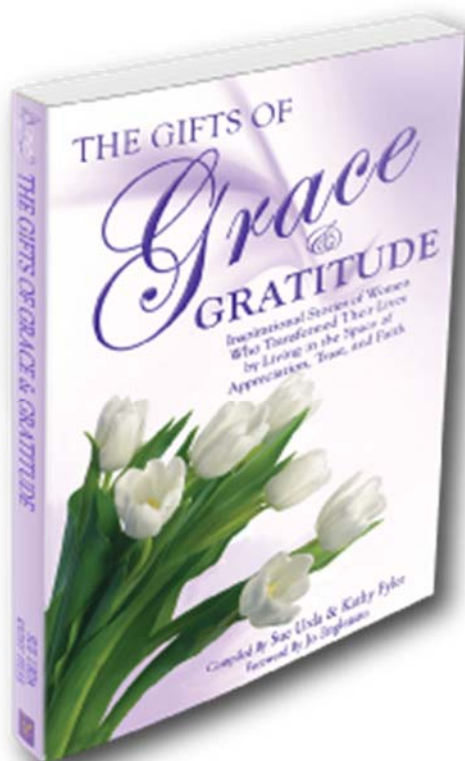
Inspirational Stories of Women Who Transformed Their Lives

By Living in the Space of Appreciation, Trust, and Faith



Do You Recognize the Goodness & Bounty of Life?
Are you Grateful for the Gifts that Surround You?

Imagine Allowing Grace to Transform Your Spirit.



The Gifts of Grace & Gratitude contains stories of twenty-six remarkable women who've chosen to live in the beauty of life—even after experiencing some not-so-perfect moments and sometimes downright horrific life events. They've navigated their way through significant, life-altering transformations by facing their challenges head-on, making tough choices and mindful changes, and moving forward with grace, intention, and integrity, albeit sometimes over many years or occasionally kicking and screaming. And now, they find themselves grateful for the multitude of supportive people, lessons, blessings, and growth along the way.

Sharing their own hero's journeys, these authors shine the way for you to maneuver your own trials, strife, and angst, to see the beauty and goodness that rise from the muck, and to inspire and motivate you to make the powerful choices you envision for your own life.

If you love a good heart-to-heart and treasure a great story, you will be many times blessed as you read this book.

This book is brought to you by Powerful You! Inc., an empowerment and connections company designed for business, personal, and spiritual growth. We teach, promote, and share stories of empowerment, peace, joy, love, abundance, and true freedom, as these are the basis for smooth-running businesses, homes, communities, and the world.

***The promotional book launch takes place on Nov. 17th, 2016 and will ensure Amazon Bestseller status.**

Would you like to be an author in an upcoming anthology? Visit www.powerfuleyoupublishing.com

Lean Into It! **Alexa Person**

The world you occupy and everything within it is a projection of your own consciousness. You created this stage for the sake of expanding your soul into Love, but the frequency you align with is entirely up to you: fear being the lowest frequency and Love being the highest octave.

When you impose your will on events and attempt to steer them into particular outcomes you are met with resistance because you are working within ego, which is fear. You can't be "One" with the Universe when you are in a state of separation.

On the contrary, resistance-free moments occur when you are in service to others. You experience flow when you allow the Universe to co-create with your consciousness outside of ego.

To raise your frequency, I suggest the following:

- Seek the guidance of your Higher Self
- Express Love, Kindness and Forgiveness
- Lean into your fears and feel your pain fully
- Discover the gifts your challenges offer
- Allow your shadow self to illuminate the Light within you
- Be of service to others

Walk in Love and Faith and Surrender into your Light by facing your fears, healing your pain and serving others. Choose Love.



ABOUT THE AUTHOR: Alexa Person was born "awake" and gifted with the full spectrum of clairvoyant gifts. As an Alchemist of Light, she is committed to shifting individuals into a higher alignment of their own Divine Male-Female frequency. Alexa holds a B.A. in Art History from SMU in Dallas and has produced award-winning films with her partners at Aristar Entertainment and Packin' Heat Pictures. Alexa's regular public speaking engagements include her work as a Medium and a Certified Akashic Records Consultant. A committed philanthropist, Alexa has served on Boards of Directors and Special Committees in Texas for over 15 years.

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7 Principles for Living a Life with Grace™

Ana Conlin

To live a life with grace means being in a state of peace, harmony, bliss, gratitude, and integrity. It begins with trust—trusting that your existence has purpose. It means loving and accepting yourself and others unconditionally. It also means appreciating what you have with no comparison to anyone or anything. For me it also means believing in a higher power greater than myself.

Living with grace is being present, embracing the moment, and embracing challenges as gifts of strength.

To live a life with grace you will want to embody the following principles:

1. Be present - appreciate, and embrace every moment.
2. Live with integrity - always do what is right.
3. Love yourself and others unconditionally - accept that we all have a unique purpose for existence.
4. Have clarity with purpose - focus on what matters most.
5. Set aside “protected time” daily - pause, breathe, reflect, and meditate. I call these my 4Powers™
6. Be your authentic self - openly give, release and receive.
7. Embrace challenges as gifts of strength - embrace the journey.

Life is a journey you create and embrace. These 7 Principles are a guide to living a life with grace.



ABOUT THE AUTHOR: Ana is the founder of Conlin Creative Resources, LLC and Ana Conlin Empowered, Professional, Innovative Coaching. She helps businesses and thought leaders co-create new direction, inspiring them to take bold action. Her mission in life is to lead and serve with passion, purpose, and integrity. She writes books designed for business and personal growth. Ana earned a B.A. in Psychology from Kean University. She holds numerous certifications such as Executive Leadership, Life and Master Business Coach, Assisted Living Administrator, and licensed practitioner of Neuro-Linguistic Programming. In addition, Ana is a Public Speaker, Business Strategist, and Author.

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Breathing for Life

Beatriz Scriber

We live our lives from breath to breath: it is the first thing we do as we come into this world and the last thing we do as we leave. In my own experience, the simple act of breathing – most often taken for granted—can bring much more than physical life when we become mindful of our breath.

Focusing on our breath in the here and now, even if for short periods of time, can be the starting point to relaxing our mind and our body, releasing the tension inside. If we consciously focus on our heart as we breathe deeply in and out, we may also feel it soften; and, with curiosity, we can notice what's within us, allowing whatever is there to just be—accepting rather than judging.

As we embrace what is, we can intentionally bring gentleness, kindness, forgiveness, love, and compassion to ourselves, to our experience, and to others. It is in this warm space of Grace that we remember who we are and connect with what gives us life and feeds our soul. We can then willingly choose to invite that in, honor it, and share it with the world.



ABOUT THE AUTHOR: Originally from Mexico City, where she obtained her CPA degree, Beatriz moved to Houston to advance her professional career with a major international accounting firm. Personal health challenges led her to develop an interest in the body-mind-emotions-spirit connection. Since becoming Nationally Certified in Therapeutic Massage and Bodywork, she has received many certifications in the health, wellness, and personal development fields. Her passion is to share the resources she has found to be helpful in her own journey with others—including the Spanish-speaking population—to help them heal and be empowered to lead joyful, meaningful lives.

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Anchor Yourself in Divine Love

C. Diane Rivers

The word Grace means “favor”. For me it means Being in Alignment with Divine Spirit that allows Ease and Flow to be a stabilizing factor in our Lives. We are all Expressions of the Divine Spirit and Grace is our natural inheritance. We are gifted with unlimited Grace, and when we are open to receive that favor, our lives seem to flow! Have you ever had someone give you a compliment and then you make all kinds of excuses and gestures as to why it’s not deserved or true. Well, imagine how hard it is to take on the Favor of Divine Spirit if you can’t even take on a compliment?

To Live in Everyday Grace is to be the Open Door that receives all the Good God has for you! Be Faith-filled & Trusting. Be Courageous & Strong. Be Grateful & Appreciative every single day. Know there is something Greater at work on your behalf.

There is nothing you have to do to deserve this Grace. The Power of Grace is the Energy in which I live, and this path has shown me more joy, peace of mind, and Miracles that can’t be otherwise explained!

And so it is.



ABOUT THE AUTHOR: Diane is an author, Healing Touch and Beyond Surgery practitioner, and Holistic Counselor specializing in stress and grief care. She holds bachelor’s degrees in Psychology and Education. For the past sixteen years she has facilitated healing through her program, Shift It Thru Energy Medicine. Diane also offers monthly Ignite Your Life sessions that share various healing energy modalities to reduce stress and pain and gain clarity, focus, and energy. Diane is also the author of Theodore Turns 5, a children’s storybook and coloring book about friendship. Diane has been happily married for twenty years and is the proud mother of seven children, four grandchildren, and four great-grandchildren.

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A Beautiful Morning Leads to a Beautiful Day Leads to a Beautiful Life

Carmel D'Arienzo

The best way to live in Grace is to begin and end each day by giving thanks.

Here are some ways to create a consistent gratitude practice:

- **Begin Your Day Intentionally.** In order to avoid stress upon waking, prepare your appointments and priorities the night before. Do not check your email first thing. Charge your phone in a separate room and get an alarm clock instead.
- **Get in a State of Gratitude.** Practice with others or alone. Set some soothing music. Take at least 10 minutes to reflect on your blessings - they can be big or small. Write down 10 things or people you are grateful for and why. State them out loud.
- **Stay Focused on What You are Grateful for.** If you find yourself anxious or upset during the day, take a 5 minute “Gratitude Pit Stop” and write down what you can be grateful for and why in that situation.
- **End Your Day in Peace.** Reflect and journal on what the best thing about the day was and the greatest lesson you can be grateful for.

By developing the habit of practicing gratitude, you will magically discover an improvement in the quality of your mornings, days, evenings and entire life.



ABOUT THE AUTHOR: Carmel D'Arienzo is a certified transformational coach, speaker, and passionate lover of life. Her global ventures include opening Italy's first American bakery to organizing wine tours in Tuscany. From her years in Italy, she learned the secrets to living a “Bella Vita”—a beautiful life. Her mission, drawing on the best of her Italian and American experiences, is to help women in transition awaken their feminine power within, reconnect to their heart, and ignite new beginnings in their lives. Her daily gratitude practice webcast—Ripples of Love and Gratitude—Café has reached thousands. Carmel can best be described as “Under the Tuscan Sun” meets personal development.

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Take Time to Be Present With Your Essence

D Lee

"In all things of nature, there is something of the marvelous." ~ Aristotle

Nature is present and is freely sharing its authentic essence 24 hours a day, 7 days a week. Your essence is the distilled core of your inner self. Your presence is the internal and external experience of that essence. When you take time to love, listen, and be fully in the moments you have within your day, you can emulate this natural example.

Here are some insights to design best practices for your own essence:

Take time to...

- Respect and learn from those who have come before you.
- Show empathy and compassion.
- Do something unexpected for someone.
- Show affection and passion.
- Release the thought filled seeds gathered as you have bloomed.
- Express unconditional love.
- Listen.
- Practice being patient.
- Slow down your pace so you can be here now.
- Do some form of physical movement.
- Color as it is an outside expression of your pure essence.

When you do not know something, it is ok. It really is an open invitation to the unknown. It opens us to discovery, to question, and to be curious, now.



ABOUT THE AUTHOR: D Lee is an author, talk show host, and businesswoman passionate about infusing her life with positivity and helping others do the same. From a very early age, she spent time in her father's garden, where she was first introduced to her internal Muse. Soaking up the positive beats of this busy environment, she learned the importance of systems and to explore present moments with all of her senses, embrace inspiring possibilities, and take empowered action with an "I can do this" choice. This perspective has given her greater resilience, creativity, and joy in her life.

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Finding Peace through Gratitude and Love

Darnell Florane Gouzy

Peace is a state of mind and a presence that is by your side to help you through the daily stresses of life. I believe each of us has experienced this in the beginning of life but have lost it along life's way. People then begin searching, acquiring excess material things, experiencing moments of joy but never finding true peace—and never knowing how to re-establish it. Peace comes from deep within oneself and it is the divine presence of interconnectedness with God and universal consciousness.

Your body and heart each have their own energy fields. The hertz frequency of the heart is sixty times greater than the brain. To re-establish this presence of peace you may set your intention toward God for divine connection of universal love and light. Imagine a golden light flowing through your head and heart, while expressing gratitude and holding your hands forward at heart level. Focus on projecting this love toward projects, people, and blessing the earth for universal peace.

This daily expression and experience is where true peace lies within each of us. This interconnectedness will help establish a coherence of peace within mankind and the earth.



ABOUT THE AUTHOR: Bio-field practitioner Darnell Gouzy began her journey more than twenty years ago during intuitive “laying on of hands” at her church. After years of dealing with her own physical limitations, depression, chronic pain and fibromyalgia she sought treatment from a Reiki Master who worked within the energy body to bring her the relief she desperately needed. Her experiences led her to study energy-based holistic healing. Today, through God’s grace, two Reiki Master Practitioner/Teacher certifications and training with the U.S. Pranic Healing Center/American Institute of Asian Studies, Darnell assists other with physical/emotional trauma and the stress of daily life. Darnell is also a member of the International Association of Reiki

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Let it Go, Let it Go Filomena Concia

Holding on to hatred or a grudge is like taking poison and expecting the other person to die. There are a lot of people who caused me pain in my life, and I held on to my dark feelings about them for far too long. And then, a person I admired deeply explained to me that I was only hurting myself. Those dark feelings were in my heart—blocking the light—while the people I was hating were sleeping peacefully, blissfully unaware. I learned that as long as I held on to those feelings... those people owned me.

As I progressed in my spiritual way of life, I realized that nothing happens by mistake or accident; all these things were meant to happen. So that means I have no reason to be hateful or resentful towards anyone—including myself—because it was all part of God's plan. I changed my reaction towards them and decided to let it all go with love and gratitude for the many lessons learned. This is how I freed myself!

If you would like to be free, rest in the knowing that everything happens in perfect timing and divine order. All is well.



ABOUT THE AUTHOR: Filomena Concia is an author and true Renaissance woman. Born in New York City to an Irish mother and Italian father, she was raised by her maternal grandparents in the Riverdale section of the Bronx. Over the years she has held jobs as a waitress, rural mail carrier, and daycare owner, to name a few. In 1996, she took a course to learn Transformational Breath® and is to this day a practicing Transformational Breath® Facilitator. She has also lived in several states, including New Hampshire, Pennsylvania, Maine, Florida, Arizona, New Jersey, Massachusetts, and Washington. She currently lives in Homer, Alaska.

Filomena Concia

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Just Breathe!

Ilona Holland

Another day dawns! My subconscious and thinking mind seem to have been up scheming and plotting. Despite my soul's light, the body coils with fear, anxiety, dread, and sadness that travel from head to stomach like lightning. What to do?

1. Palms at heart center to break the thought process.
2. Breathe slooowly! 2 counts in 2 counts out, 3 counts in 4 counts out, 4 counts in 6 counts out.
3. Affirm. I open myself to know my inner guidance and deepest wisdom.

Slowing the breath gains the soul time to navigate past the mental chaos to a place of grace, peace, and tranquility while palms take you to heart center, where God's vibration and love reside. Here you move into surrender, knowing all will be well.

Practice controlled/focused breath work by softening the inhale and elongating the exhale. This powerful tool kicks into autopilot when the undisciplined mind—rooted in ego, expectation, anger—tries to steal the day.

Use this to start your day or any time judgment shows up. With palms on your heart center and a conscious slow and steady breath you will access grace as you navigate and play this beautiful LIFE.

Every moment, we have the chance to re-create life for ourselves and to reshape our thoughts and how the mind thinks. Just Breathe!



ABOUT THE AUTHOR: Ilona Holland is a certified ThetaHealer®, Relaxation Therapist, Reiki Practitioner II, Life Coach and Yoga Instructor. Born with a passion for understanding the interrelation between Body, Mind, and Spirit, she has spent the past two decades traveling, studying, and practicing a variety of fitness and wellness techniques geared to helping fulfill people's holistic wellness goals. Today, she uses a combination of massage and other modalities to help children and adults understand what story the pain, tightness, or ailment in their body is trying to tell and facilitate the healing and balancing process. Ilona lives in Omaha, Nebraska with her husband and two-year-old son.

Ilona Holland

Life Dimensions by Ilona

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Good Grief!

Jane Moreco

How do you snap out of the grief from losing a job, a home, maybe a friend or a husband, let alone a child, or maybe even yourself? With baby steps... little by little. I tell you this from my personal experience with grief.

Here are some simple tips to help you through the grieving:

1. Be easy on yourself - Have no expectation of how long it will last.
2. Be your best friend - Ask yourself "How would I treat my best friend going through what I'm going through?"
3. Be kind to yourself - Rest, say no, play... whatever feels good to you.
4. Be patient with yourself - Don't rush things. Let the answers come in time.
5. Be mindful of your body - Focus on the basics: nutritious food and exercise. Walk to clear the cob webs and breathe... it helps.

Next, be Grateful. This is a hard one, but it is the most powerful and healing step.

How do you start? Start small... Name one thing you're grateful for and add on each day. Something as simple as: I can stand up, or I have a family that loves me.

Dig deep... Hang in there... You can do this! And I'm here to help you!



ABOUT THE AUTHOR: Jane Moresco is no stranger to grief. At nineteen, she lost both parents and her grandmother in rapid succession. Years later, tragedy struck again when a close friend passed away, followed by her brother. But it was her son's suicide at the age of twenty-one that finally led her to confront the pent-up pain and anguish. She came to see grief as a gift that can help us break down walls, create more intimate relationships and allow the blessings of life to fall naturally into place. Today, Jane is a Certified Professional Coach, and ELI-MP (Energy Leadership Master Practitioner). In her practice, Grieve with Grace Coaching, she opens a space for others to embrace their grief and move into healing.

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Accessing Grace

Jo Engleson

Here are some tips and tools that you can use to access and maintain Grace on a moment to moment basis.

- Be kind and purposeful in all interactions with people.
- Kindness will always place you in the midst of grace. Be aware of when you are being “nice” versus being kind. Sometimes niceness shows up because we don’t want to hurt people’s feelings or we are more concerned with wanting people to like us rather than being honest. Your sense of purpose will guide you towards kindness.
- Notice when you judge with negative thoughts and extend love instead.
- Judgments and negative thoughts about others stalls your spiritual growth. When you find yourself judging, turn it around and transmute it to something unconditional and forgiving. Tool tip: Ask yourself “What would Love do?” ...then do that.
- Honor and acknowledge yourself daily and admit when you're wrong.

Telling on yourself is one of the best ways towards grace. Honor where you are and acknowledge yourself for all that you are. Find a way to be able to look at the past and appreciate the challenges that you've overcome and see the lessons learned because of it.

This is Divine Grace.



ABOUT THE AUTHOR: Jo Engleson, is the founder of TOFA (Token of Appreciation) and Gratitude Training, a personal development & leadership curriculum designed to have people awoken to living as the biggest contribution possible. Jo’s title on her business card is Creative Peacemaker. She explains that there are many creative ways to reach peace on the planet. When we all get that we have the power to make that difference individually and we authentically take that on, there will be a paradigm shift in the mass consciousness, and peace will be inevitable.

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Utilizing Your Own Inner Wisdom

Kathleen Burkard

Life's journey never follows a straight path. Life is full of many twists and turns, many ups and downs. The choices we make are ours and ours alone.

We all face self-judgment in our lives. The following tools are ways to help you navigate your path when your path shifts and self-judgment creeps in.

- **Meditation** - Taking small pieces of time to be quiet with no electronics or people in your space. Just 10-15 minutes at a time can have wondrous results and help you to find that graceful space of peace.
- **Journaling** - Your mind, body, and spirit are given an opportunity to come together and help you rise above the situation for an elevated viewpoint. Sit in a quiet place and begin writing with your dominant hand, which represents your mind. Then switch to your non-dominant hand, which is what truly lies in your heart. Writing with both hands represents the whole of you.
- **Gratitude Journal** - Composing a daily list of things you are grateful for helps to maintain positive energy.

Life can be a wondrous journey when we embrace all aspects of our existence. Grace always follows when we make it through the challenges!



ABOUT THE AUTHOR: Kathleen Burkard is the founder and owner of Sacred Fire Energy, which provides energetic release for emotional, physical and spiritual health. Kathleen is a Shaman Practitioner and has studied under a Cherokee Medicine Man, Standing Bear, for the last eleven years. This study has included many hours of self-discovery and Cherokee healing techniques. Kathleen currently apprentices with Standing Bear in her own practice, enabling her to work hands-on alongside him to reach deeper levels of healing and understanding. Since January 2012, Kathleen has also been a Healing Touch Certified Practitioner, whereby the practitioner uses his/her hands in a heart-centered and intentional way.

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Living in a State of Grace

Kathleen Kraskouskas

Grace. The word itself carries various meanings; yet, I came to realize two of the definitions were in use in my life. I grew up saying grace prior to eating meals and used grace periods for meeting an obligation, paying a bill, etc.

I started to think about the other variations for the word grace. One is “simple elegance or refinement of movement”; another, “the free and unmerited favor of God”.

As I pondered these two variations, I began to discover more about myself. For all these years I had been living in a “State of Hardness”. Where was the ease, the joy, the simplicity? In addition, I grew up going to church and never saw the abundance the latter meaning spoke of.

As I was driving home one night it hit me like a bolt of lightning: I did not live in a State of Grace. If living in hardness produced difficulty; then living in grace should manifest comfort, softness, refinement and God’s bestowal of blessings.

From that day forward I awake each morning and say to myself: “Today I will live in a State of Grace”. My days are now softer, kinder and gentler. Try it!



ABOUT THE AUTHOR: Kathleen Kraskouskas is the owner of the Cranial Sacral Therapy Center in San Jose, California, where she employs cranial sacral therapy, neurofeedback, frequency/light therapy, and energy/intuitive medicine to affect healing. She was drawn to cranial sacral therapy after suffering a severe injury in her late twenties. The profound results led to an understanding of how the body repairs itself and inspired her to leave her career in finance and study cranial sacral therapy. Kathleen especially loves working with autistic children and is a founder of Angels Soaring, a charity dedicated to Autistic Neighbors Gathering for Education and Living Sustainably.

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Have Fun ~ Do a Gratitude Share

Kathy Fyler

There are many great ways for you to practice gratitude when you're alone. And a way to take gratitude to the next level is to “share” it with others. As good as it feels to practice gratitude in your individual space, there are even more benefits to sharing with others.

- By sharing gratitude with a group of people, we raise the vibration of the individuals and the space that we're in—you will actually feel the energy rise. In fact, when you share gratitude within a group, you are raising the vibration of the world.
- By hearing what others are grateful for, it reminds us of the many wonderful things there are to be grateful for every day.
- By bringing to mind and sharing the things we are grateful for, it helps us to recognize even more things that are in our lives to be grateful for every day, AND by putting it out there and *feeling* grateful we attract more of these events, circumstances, people, and things into our lives.

The next time you have a family gathering or holiday celebration, start a new tradition and have a “Gratitude Share.” Your group will be pleasantly surprised and will welcome the amazing energy!



ABOUT THE AUTHOR: Kathy’s earlier career includes being a Critical Care Nurse, Project Manager for a technology firm, and owner of a \$5 million manufacturing company. In 2005, Kathy followed her calling to make “more of a contribution to what matters most in this world.” Using her experience and passion for technology and people, she co-founded Powerful You! Women’s Network and Powerful You! Publishing to fulfill her personal mission of assisting women in creating connections via the internet, live meetings, and the published word. Kathy is an Amazon #1 Bestselling Author who loves to travel the country connecting with and teaching women.

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Grateful for Groundedness

Kathy Sipple

Did you ever “get grounded” as a kid? Back then, it was a form of punishment, restrictions placed on our usual freedoms. Who grounds us adults? Who "restricts" us when we're logging too much time on Facebook? Without placing limits on our time, it's easy for tasks to expand to fit whatever time we allow them. We don't always instinctively know when "enough is enough."

Do you become a an expert multi-tasker just before a vacation? We rise to the challenge to accomplish much, in part because our time is restricted. There's no putting it off until tomorrow, because tomorrow we'll be doing something fun! So we find a way to be productive and get it all done.

Here are some tips to ground you:

- Break big tasks into more manageable pieces. Remember: how to eat an elephant? One bite at a time!
- Build in accountability. Choose a trusted friend or colleague to check up on you regarding your most important goals.
- Schedule appointments with yourself. Put it on your calendar. You can reschedule if necessary, but keep the appointment!
- Set intentions first. Especially before logging onto social media... Give yourself permission to “play”, but for professional networking, stay focused.

Being part of a community also helps me stay grounded, so I created the CoThrive Community. I invite you to get grounded with me there.



ABOUT THE AUTHOR: Kathy Sipple resides just outside of Chicago near the Indiana Dunes with her husband John and their black Labrador retriever, Bodhi. She is a frequent keynote speaker and trainer and host of several podcasts. She holds a B.A. in Economics from the University of Michigan and is a member of Mensa. She won a Golden Innovator Award from Barbara Marx Hubbard and Conscious Evolutionaries Chicagoland for her empowering and groundbreaking work in social media. Sipple works online with clients everywhere to provide social media strategy, training, and coaching. For consulting info visit mysocialmediacoach.com or try her affordable group coaching

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Owning Your Value is a Sacred Act

Klara Goldy

Value means many things to people but for me it's the way I show up in relationships. To have a "right relationship" with ourselves and with others we must first recognize what is acceptable behavior. Let's start with the question of boundaries. Shall you say yes or no? Is this safe or is it harmful to you? Are you giving yourself away and feeling resentful or are you being greedy and not valuing the other? Each answer stems back to the basic value—are we loving ourselves enough?

Not loving yourself or owning your value is keeping you stuck! For example, when you cave in to bullies or don't ask a fair price for your work, you are undervaluing or devaluing yourself. It's even as simple as accepting a stressful job that may lead to a hospital bill because you're feeling desperate.

So, next time something or someone shows up, ask yourself, "What the cost is to me in terms of my health and wellbeing or to my life and family?"

When you place value on your own self-worth, life magically transforms. Valuing and appreciating yourself, whether that be a fiscal transaction or within relationships, is understanding life as SACRED act!



ABOUT THE AUTHOR: Klara Goldy is an author, creative leader, empowerment coach, and owner of Divine by Design. Klara's work guides you to enhance yourself from the inside out by aligning your inner essence with your unique soul blueprint. Using the spiritual psychology of colour, chakra wisdom, soul alignment and shamanic energy principle in gratitude she was led to create the "Diamond Alignment Program" a system to help understand your divine emotional intelligence. Klara assists you to master your Soul Gifts for Success.

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Life from the inside out

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Finding Grace When Your Heart is Broken

Linda Albright

It's 1:00 am... I'm surfing Facebook for no particular reason... and land on a page that sucker-punches me. Right there, for all the world to see, is undeniable proof that the "soulmate and love of my life" has, in fact, cheated on me.

Ooouuccchhhh.

The first voice in my head—the Hollywood Scorned Lover—takes over. With shock and tears, it cries “How COULD he? That narcissistic liar - dump him!” Hollywood Voice forces me to feel deeply and prevents me from swallowing the grief that otherwise would rot my body & soul. So, I’m grateful for it, and yet know that if it’s the only voice allowed, I’ll forever play the wounded, powerless victim. Only pain and suffering will ensue.

There’s a second voice patiently waiting until Hollywood Voice has passed out like a “tantrumming” toddler. When it’s her turn, the Voice of Grace lovingly whispers in my ear “Look deeper...go inside...there’s a lesson here for you.” She urges me to claim dominion over my world and reminds me that I’m worthy and capable of creating a life of love and joy.

So, when in pain, remember to invite in the Voice of Grace, and you’ll find unending comfort and support.



ABOUT THE AUTHOR: Women’s Wealth Revolution™ founder Linda Albright believes financially and spiritually empowered women make the world stronger, healthier and happier. For that reason she is passionate about helping heart-centered visionaries reclaim their confidence, align their spirituality with their business mission, and create abundance. After decades building successful businesses, Linda founded and grew her own multi-six-figure company. She serves on the Advisory Board of the national networking group Over 40 Females, and is a Founding Board Member of the Copper Beech Institute, a center for mindfulness in Connecticut. She also spends time marveling over her aging body, three hormonal teenagers, and feisty octogenarian father. Never a

dull day in the Albright house.

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Use Gratitude to Expand God's Grace in Your Life

Linda Ronelle Jalving

Gratitude may not feel natural at first, but practice makes progress. Appreciating your life and basking in the good to be found everywhere will reap abundant rewards. Expressing gratitude expands feelings of Love, allows us to move more quickly through life's unpleasant moments, improves general health, and helps us be more loving.

Here are some tips for enjoying the Grace of God through gratitude:

- G** - Give your best self as fully as you can in every moment.
- R** - Respond with loving thoughts and actions to the best of your ability.
- A** - Accept and Allow what is, but also know that change is possible.
- T** - Trust that God wants only good for you, and that you can access that good by developing an appreciative nature.
- I** - Intuit that you are on your Highest path by consciously choosing thoughts that make you feel good.
- T** - Transcend your complaining thoughts by noticing your blessings instead.
- U** - Uplift everyone you meet with a smile, a complement, and your own special brand of happy.
- D** - Discover and delight in beauty everywhere.
- E** - Evolve as you consciously and constantly choose to notice the joy and wonder that exist inside and all around you.

Allow God's Grace to permeate you with blessings!



ABOUT THE AUTHOR: Linda Ronelle Jalving is a Graduate Gemologist with the Gemological Institute of America, and the owner/operator of Jewels by the Sea, a unique boutique offering jewelry and gifts from \$5-\$5,000. Linda transitioned from a chain jewelry store manager to a solopreneur in 2002 and considers this her "mid-life growth spurt." She encourages others to use their experiences as a source for spiritual growth. Linda serves the world through her shop, her 26 year charter membership with the San Diego Downtown Breakfast Rotary, singing at various venues, volunteering at her church, Unity San Diego, and doing her best to uplift everyone she meets.

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Develop Your Perspective of Grace

Marilen Crump

I love being creative and engaged in life planning, but sometimes you have to view challenges with a different perspective.

I am an avid photographer and here is how I have learned to 'focus' on the blessings that occur by recognizing Grace in relation to the art of photography.

1. **Get rid of distractions.** Get rid of what is blocking your direct view of what your image of success is. Give your specific vision the priority when it comes to creating a strategy to develop it. It is not effective to take a blurry shot of anything.
2. **Find the light.** Properly illuminating the subject of your vision is required. The bigger picture includes gratitude and joy as tools to shed light on darkness. Learning to properly expose the truth of any situation takes practice.
3. **Turn a negative into a positive.** Taking a shot is only the first step. A well-developed life is accepting the process and facing challenges. You can use this time to correct your mistakes.

Grace empowers you to a new level. It is a beautiful masterpiece that already exists - Capture It!



ABOUT THE AUTHOR: Marilen Crump is a graduate of Sweet Briar College in Virginia and is the owner of ArtInspired (est. 2000) which provides self-development in areas of Art, Movement, Wellness and Inspiration. ArtInspired has partnered with Todd Health & Wellness and Harvest of Health to create the PERSONAL EVOLUTION GUILD™, A New Way to Engage, Innovate and Strategize Improvements in Your Life. Marilen is a polymath in the areas of ballroom dancing, photography, public speaking, vocalist, poetry and other artistic pursuits. She finds great satisfaction in collaboration, coaching and spending quality time with her husband Ken and their five children.

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Honey, Vinegar, and Gratitude

Martha C. Venditto

Every day say thank you for what you have. Enjoy the sunshine, rain, snow or whatever the weather is. Thank the person who sits across from you at a board meeting. Thank the person who sits next to you on the bus. Be grateful for all that you have.

The more gratitude you show the more you will receive.

If you are concerned about finances, think about what you *do* have instead of focusing on what you don't. You will receive more. As I was going through my divorce I didn't have a dollar. So when I did, I wrote on it, "I will always have money". That affirmation has kept me with cash in my pocket and able to do the things I want to do.

Thank your family, friends, and anyone you meet. Say hello to everyone. You never know, that might just be the words and connection they may need to continue on. Be kind, smile, and look at the positive of every situation.

As the saying goes "You get more with honey than vinegar." And I am grateful to have experienced the truth of this.



ABOUT THE AUTHOR: Martha Venditto is an author, advocate, mother and grandmother, and former finance executive. Born into a traditional New York Italian family, she was raised by her mother, aunt, uncle, and grandparents, until she married at age twenty. During her twenty-seven-year career in finance, she had the opportunity to volunteer for various non-profit organizations, many of which benefit women and girls, both across the country and around the world. She currently serves on the Salvation Army Advisory Board and belongs to the Dr. Theodore A Atlas Foundation, Kiwanis, and Soroptimist International. She is also the founder of S.E.L.F.—Stand Empowered Live Free, a non-profit organization that assists people going through a divorce.

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I AM SAFE

Mija Cameto

Anything in life can be seen as black & white, or as an unlimited spectrum of grays or colors. If we see our human life as one extreme, and the ultimate creator of everything as the other, there is also an infinite spectrum including both. For anyone that has crossed over, then returned and spontaneously healed, they are acutely aware that we are each part of this entire spectrum: human and Creator, the beloved and the Love, the challenged and the Challenger.

A quote that reminds me of my personal experiences of this is "If the universe ceased to exist, there would still be awareness, and you are that." For me this quote immediately allows internal connection, the immensity of our true expansive nature, and the ability to actually believe in the affirmation "I am safe."

Imagine every bit of space within you and around you is made up of teeny pixels in every direction imaginable and more. These subatomic pixels are infinite windows within us and our lives, unlimited opportunities to allow the profound state of love and grace that is already a part of us.



ABOUT THE AUTHOR: Mija Cameto was raised fourth generation immersed in western surgical medicine, with innate talents for and deeply passionate about the human body since childhood through science, mathematics, anatomy, physiology, artistic expression, movement, bodywork, meditation, and conscious-ness. After decades of personal illnesses, conditions, and injuries in every system and location of her body, her teaching and consulting work are the culmination of living a synchronistic and guided path further into wellness than she could have ever imagined. It is an honor and a gift to assist others to find their own path.

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Breathe In Faith, Breathe Out Gratitude

Rev. Anita Nicole Mas

The technique I have found most helpful in my daily life is the commitment to remember all of the blessings I have to be grateful for. In my life, I have a number of unique situations that have taken place which have shown me—without a doubt—that there is a higher power that is looking out for me... for each of us. You too can find blessings in your life.

Begin by taking the time to document each blessing regardless how small and keep the list easily accessible.

- Read each of these blessings, with feeling, every morning and evening.
- Give thanks for each one daily.
- As positivity fills your mind, experience the Grace it brings.
- Remember that you have always been supported and everything has always turned out for your best interest.
- Breathe faith deep into your entire system.
- Exhale gratitude for your blessings.
- Experience this present moment of Grace now.
- Allow blessings to flow into your life.

In times of fear, doubt or worry only you can decide to:

Be committed to remembering these Blessings.

Be committed to Faith & Gratitude.



ABOUT THE AUTHOR: Nicole Mas has been teaching Spiritual and Energy concepts since 2006. After studying Spiritual Psychotherapy she became a Reiki and Integrated Energy Therapy Master-Instructor and an Ordained Metaphysical Reverend. As a spiritual guide she teaches, supports and empowers individuals and groups in finding their Divine purpose, clearing blocks that hold them back, and manifesting the life of their dreams. It is Nicole's Joy to teach these energetic techniques that have greatly supported her in her own personal life. Currently, she is working closely with the Angelic Realm to support humanity in understanding and moving through the Ascension and also writing her first book.

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Peace of Taffy

Stacy Jordan Forrest

Have you ever felt like a piece of taffy being pulled from every direction, growing thin in areas and feeling as though with one more tug you'd simply snap? Indeed you have. The human experience is full of moments that, at times, present as a need, want, and even expectation. Do the demands on you equal the time allotted? Not always.

What does one do, when feeling like a piece of taffy?

- Spend time reflecting on positive affirmations, devotional readings, prayer and meditation. These exercises can foster peace and bring balance within, especially during those times when the external is demanding and out of balance.
- Begin each day with a practice of devoting five minutes for energetic and spiritual balance. Increase your time each week by one minute leading up to ten minutes, and so on until you sense the timeframe devoted to your inner balance practice feels right.

Energy work such as this is as important as physical exercise, sleep, and proper nutrition. Think of it as "soul health." Remember to breathe, release, and graciously accept infinite love and spiritual support.



ABOUT THE AUTHOR: Stacy Jordan Forrest LPC, NCC, CADAC, BCLC is an intuitive mental health therapist and spiritual life coach who is passionate about facilitating healing, restoration and transformation in her clients' lives. Stacy has nineteen years of experience working in the mental health field counseling, teaching and consulting. She established Entheos Health & Wellness Center in Oregon City, where she has her private practice. Stacy holds a master's degree in counseling, a bachelor's degree in human development, is certified as an alcohol and drug counselor and holds certificates in women's issues, eating disorders, marriage, and life coaching. In her free time she enjoys spending time with her family, God and nature.

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Practices for Grace and Serenity

Sue Urda

There are times I encounter a situation or person that I wish I didn't have to deal with. The energy is off, the timing isn't right, or I'm simply not in the mood. In times like these I rely on my spiritual practices—and my innate pull towards feeling good—to remain peaceful and positive.

Here are some steps for dealing with difficult people and circumstances:

1. Take a deep belly breath and say to yourself, *I've got this*. These words set your positive expectation and intent.
2. Ask the question, *what's good about this?* If you can't think of anything, ask *what could be good about this?* Your amazing brain finds an answer for every question, so ask empowering questions.
3. Accept whatever is in front of you "as is", or decide to change it. Some things are better left untouched; others need your attention.
4. Move ahead with positivity, confidence, and heart. This sets the tone for the outcome.

Following these steps will make your dealings easier and more fulfilling and you'll likely experience grace and serenity along the way.

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." ~ The Serenity Prayer



ABOUT THE AUTHOR: Sue Urda is your Feel Good Guidess. She is an Award-Winning and #1 Bestselling Author, Speaker, Inspirer, and Co-Founder of Powerful You! Women's Network & Powerful You! Publishing. Sue is a two-time honoree in The Inc. 500 America's Fastest-Growing Private Companies. Having started three companies since 1989, Sue knows the challenges and joys businesses face, and she is committed to helping entrepreneurs and all women thrive, get connected, share their stories, and feel good. Sue loves assisting individuals in their own pursuit of success, purposeful-living, and freedom, and her mission is to connect women to each other, their visions, and themselves.

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Practice Mindfulness - Five Nice Things

Surabhi Kalsi

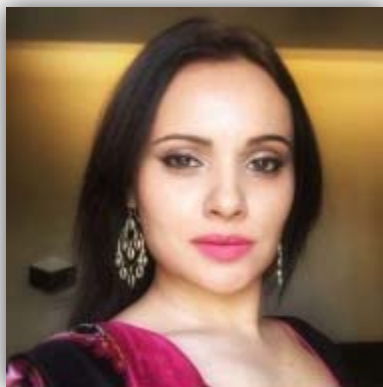
When we are mindful and make it a practice to become *present*, we will see the presence of Grace in our lives. I follow and recommend a daily practice of *Gratitude*, writing five things to be grateful for just before bedtime as you review your day, because...

What you thank about, you bring about.

Another aspect of gratitude is *Appreciation*. How often do we appreciate ourselves and others? Take a pause, look into the mirror, and say *five nice things* to yourself. Start with the way you handled tough situations and challenges. Even if you feel you let yourself or someone else down, appreciate the spark of divine in you. Look for the gift in yourself. In appreciation, we find joy and Grace.

Extend this gift to others by writing an email that expresses *five nice things* about them! Go on a *Gratitude Drive* listing everyone you wish to thank. Thank them for who they are and for the Grace that came through them to you. This unexpected gift right in the middle of a regular day will lift up both them and you.

May you become present to many wonderful incidents and moments of Grace in your life and be an expression of Grace for those whose lives you touch.



ABOUT THE AUTHOR: Surabhi Kalsi is a Heal Your Life® Coach, workshop facilitator, Angel teacher and Transform Your Life teacher with the Diana Cooper Foundation, UK. With a focus on creating balance between Mind, Body, Spirit and Heart, Surabhi combines spiritual, scientific and metaphysical principles to bring positive life change for her clients. Having travelled and lived across many cultures, she feels blessed to work with a wide spectrum of people. Surabhi is also a fashion designer and entrepreneur and holds degrees in fashion, IT and business management. She is the founder of Angeliccan—a line of conscious products created using the principles of crystal, aroma and angelic therapies.

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Power Up! Tracy Carlson

You are called to be a light in the world, and lights need a power source. When you make conscious connection with your Higher Power on a daily basis, you become even more shiny and amazing.

Adopt these powerful spiritual practices to stay in alignment with your Source:

- Before your feet hit the floor in the morning, generate gratitude for your life. Allow yourself to stretch and luxuriate in the comfort of your bed and fill your heart with gratitude for a brand new day.
- Make a cup of coffee or tea and sit with your journal for 15-30 minutes every morning. Use this time to connect with your higher self, ask questions and be willing to hear the answers. Our spiritual hearts and minds require stillness. Set the alarm a little early if you have to!
- Gift yourself 5-10 minutes of quiet before bed. Slow, deep breathing helps you let go of the day and relax. Note what you are proud of and generate sincere gratitude.

Beginning and ending your day with gratitude and praise sends a beam of light into all areas of your life and keeps you living in a space of grace, where you are meant to be!



ABOUT THE AUTHOR: Tracy Carlson is a certified transformational life coach, as well as a registered social worker specializing in clinical counseling. She is an educator, mentor, counselor, program developer, speaker, workshop facilitator and author. Tracy resides in Saskatoon, Saskatchewan, Canada, where she enjoys music, art, culture and meandering along the river trails. She loves spending time with her family, cuddling grandbabies, sharing belly laughs with friends, and engaging in conversations about things that matter with people who care.

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Support With Love Not Worry

Wanda Buckner

When someone you love faces major surgery, you feel anxious and your gut rumbles with dread. Stop. No need to experience all the emotions of a negative outcome before the procedure has taken place! You cannot improve surgical results by worrying. Instead, support your friend with grace and gratitude.

- Spend the days prior to the surgery enjoying loving activities and time together.
- Use your imagination to picture an easy, successful procedure and full recovery.
- Be grateful for a positive outcome in advance.
- During surgery, think happy and loving thoughts about your friend and the results.

Taking these actions contributes to your friend's well-being and avoids an emotional wringer that doesn't help either of you. If you are unable to consistently put worry aside, don't berate yourself. Do your best. Talk yourself into calm, not panic. Thoughts travel easily to those we love.

After the surgery, congratulate yourself. You supported your beloved friend and yourself through a stressful time. If the outcome is not as positive as you hoped, be comforted knowing your positive thoughts were with your loved one in support of well-being throughout the procedure. Whatever the result, you held your friend in love before, during and afterwards. Well done.



ABOUT THE AUTHOR: Wanda Buckner is an author, speaker, teacher, Healing Touch Practitioner, and Reiki Master. After discovering that she had healing hands, Wanda began a journey of self-discovery. Asking, "What else is possible?" led her to energy healing, clairvoyance, mediumship, interspecies communication, and hypnotherapy. Profound results from early healing sessions prompted Wanda to close her grant-writing business and open Healing Energy Services, transforming the lives of people and animals. Her book, *Choosing Energy Therapy: A Practical Guide to Healing Options for People and Animals*, provides many answers about energy work. Wanda encourages others to also ask that key question: What else is possible? Based in Olympia, Washington,

Wanda works with clients everywhere.

Wanda Buckner, EdD, HTCP, HTACP, CHt, Reiki Master

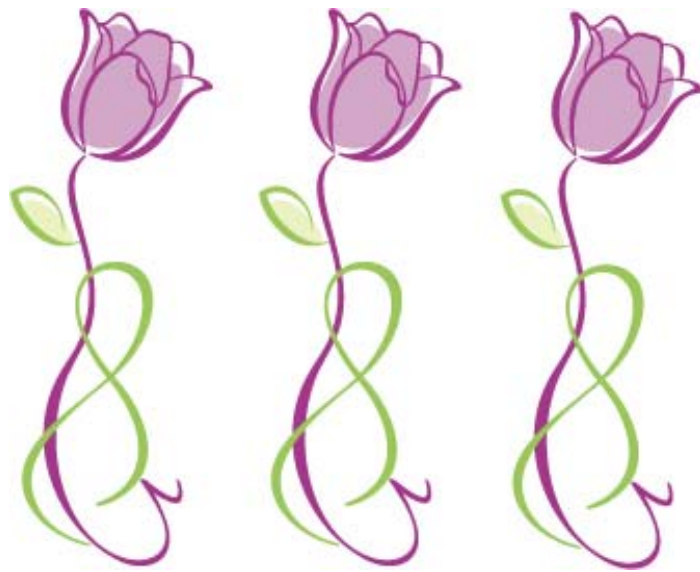
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And Filled with Gratitude!

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