



THE Navigator

AUTUMN WELLNESS ON THE ISLANDS

ISSUE NO. 03

Unceded Territory of Hul'quimi'num and
Sencoten Speaking Peoples



WELCOME

To our Autumn 2024 & 3rd Issue

With summer energy still on our heels we are invited to slip quietly into the welcoming of shorter days with greater desires to create foods that are fresh from the harvest. The heirloom scents of baked apples and cinnamon. Cooler evenings quietly whisper to slow down and tuck-in with our favorite cozy comforts. What Wellness Practices will you turn towards as you prepare for your Autumn.....

At the Navigator we are committed to doing our best to make it easy for clients to find the practice that will be the right treatment for them. Empowerment is knowing what choices you have so you can make the right one for you.

'Everyone does better, when everyone does better.'

CINDY CLARK RCC
Editor & Developer

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INTRODUCING HELENA BRYN- MCLEOD

Registered
Psychotherapist



My name is Helena. I am a humanist therapist driven by curiosity and compassion for each person's experience. My background is in history, education, and social justice – with many side quests into neuroscience. Informed by Narrative and Jungian frameworks, I hold space for the depths of my clients' journey as they explore belonging, justice, complex or relational trauma, neurodivergence, gender, sexuality, family, and purpose.

I am passionate about working with teens and adults of all backgrounds. I offer people an opportunity to say what's true, what's real, and ultimately put into words things they no longer want to hold onto or keep silent. The treatment space is designed to create a protective, confidential, deeply supportive therapeutic relationship where clients' integrity is prioritized and valued. If a safe relationship is formed, I can also offer hypnotherapeutic sessions for those wanting to access the creative power of their limbic system (the "downstairs brain") which regulates learning, memory, and emotion. This helps when the "upstairs brain" becomes dominated by intrusive thoughts.

If you are struggling with emotional wounds, I have put together a series of steps to help people acknowledge, address, and heal from emotional pain. Because of this, I see therapy as a space to find freedom after intense discomfort. A space to strengthen and evolve. Your gifts and your resilience are already amazing, and you're here now, ready for what's next. I look forward to meeting you and hearing how I can support you further along your path.

HELENA@FERNCREEKCOUNSELLING.COM

WWW.FERNCREEKCOUNSELLING.COM

*"WHO LOOKS OUTSIDE, DREAMS; WHO LOOKS INSIDE,
AWAKES" - CARL JUNG*





DO YOU NEED A DOCTOR?

HOLISTIC FAMILY MEDICINE AT MADRONA INTEGRATIVE HEALTH

BY DR. HANNAH WEBB ND

WE ARE IN A HEALTHCARE CRISIS

Most of us are affected by this, whether ourselves directly or via a family member or loved one. It could be that you don't have a family doctor at all, or that you are not getting enough time with your provider to answer all your questions. It could be long wait times for much needed referrals, diagnostic testing, or surgery. Many of us are not getting needed care. I hear these stories daily.

Being trained to do primary care means we can, together with you, hold the big picture of your health. If you are seeing, say, a physiotherapist and a counsellor and rheumatologist as well, we can be the practitioner that holds the overview of all of these pieces. Because naturopathic medicine takes a broad view, we include and discuss all aspects of your mental, physical, and spiritual health.

The scope of practice of an ND includes pharmaceutical prescribing as well as holistic approaches such as lifestyle change & habit optimization, herbal medicine, dietary strategies, and more. This means we can refill your asthma or blood pressure meds, but also go in depth with you about the other more natural options to support your health.



CONT

CONT

SUPPORTING A WAY THROUGH A HEALTH CARE CRISIS

NDs can requisition labwork through Life Labs – this is the same lab work run by a regular medical doctor. And, labwork run by an ND is private pay. This can be an advantage, because we have more freedom to run more thorough or more preventative labs and do so oftentimes more expediently, however it can also be frustrating because through a GP (if you have one) this labwork is mostly covered under MSP.

Similarly, NDs can requisition private imaging – x-rays, ultrasounds, etc. However, NDs cannot refer to specialists.

These are frequent questions we get at the clinic. So many people locally don't have a GP so often are looking to piece together their needed care with the other options available. Oftentimes this looks like seeing an ND for primary care and a practitioner with whom you can build a relationship with continuity and trust, and then utilize Telus Health or another online platform as a "walk-in clinic" to see an MD as needed to seek labwork, or a referral when your ND lets you know your concern is beyond their scope.

An ND can go a LONG way in providing the primary care you need, and do so with a holistic approach to medicine.



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WORKPLACE CULTURE ~ WHAT IS IT?

Imagine your workplace when it was just an idea. Take a moment to wonder about the folks who were having the conversation about creating your workplace and what their inspirations might have been in developing it. Did they sit down and collectively write up a mission statement that spoke to the values that their workplace would behold? And if there is a mission statement or list of Core Values that your workplace was built upon, do you know what they are today? However good intentioned Core Values and Mission Statements may be, they are just words if they do not align with the behaviors that are being demonstrated. The ACHIEVE Centre suggests that over 70% of Canadians are disengaged from their work and that it is most often a direct result of how employees are supported by their management team.

If you are wondering what Culture means to your workplace then just reflect on the conversations that are shared about your agency. What is the tone of the conversations that take place in the lunch room? What kind of stories about your workplace do you hear being shared in the larger community? What do you hear yourself saying when you are talking about your workplace with your spouse/partner or friends?

The stories we share or hear can tell us a lot about the 'culture' of the workplace. How you feel while you are at work and how you engage in your work is also a reflection on the workplace culture. Although, every employee is responsible for creating and upholding a workplace culture ~ it is management who have the greatest opportunity to model and lead the 'culture' that will be reflected in the narratives and the behaviors. Creating a healthy workplace culture takes intention and tending from everyone.

**"The greatest challenges leaders face today: talent retention, employee disengagement, team performance, and remote worker satisfaction, boil down to one key asset: company culture. While many talk about the importance of leading a strong workplace culture, few resources give leaders practical steps to achieve one."
Will Scott, author of The Culture Fix®**



The benefits of investing in Workplace Culture can make the difference between working to live and loving your work. When employees feel fulfilled, supported, and purposeful in their work then workplaces and companies thrive. So do their families and the greater community. At the end of the day 'Everyone does better, when everyone does better' -unknown

**By Cindy Clark RCC
Workplace Culture Coach
Available to meet with your Board of
Directors to start the conversation.
info@cindyclark.ca**

Autumn 2024

Practitioner visited this Fall....

Dorothy



DOROTHY PRICE

WWW.SANTOSHA-YOGA-RETREATS.COM

Tea with Dorothy Price of Santosha Yoga

It is my pleasure to introduce Dorothy Price, a resident of Salt Spring for over 30 years and owner of Santosha Yoga. Dorothy has been practicing as a yoga teacher for over 22 years and for 50 years personally. My first lesson and introduction to yoga was in one of her classes over 15 years ago. I am a rather biased, as because of her I started my long held love of yoga. I held a belief that to 'do yoga' I needed to be flexible enough to bend myself into a pretzel, the truth could not be further from that reality thanks to her guidance.

Dorothy is a wonderful yoga teacher. The classes are 'Hatha' style of yoga which means sun/moon, balancing the masculine and feminine energies within all of us. Her classes are gentle for those that need that and advanced for those that are seasoned yogis.

Dorothy describes yoga as a yoking of the mind and body. The hour flies past, each breath taken and each pose brings more presence. Slowly, each week, my body became stronger, the self acceptance grew, and the quiet time became a welcome necessity in my life. Each week she focuses on a specific area of the body and like magic it always seems to align with a particular ache I have. Is this the perfect synchronicity with divine energy that is always supporting me? I decided Dorothy was a bit of magic. I am not alone in that belief, she has a very loyal following.

I have gone in and out of my routine and Dorothy is always accepting and gracious to see me. I love how her classes are filled with all ages and all stages and she never judges, pushes or implies that anyone is doing it 'wrong'. Also, she truly lives the yogic energy. I find her energy calm and gentle yet strong and wise. A wonderful mentor! She walks her talk.

If you are on the fence, if you are a male and self conscious, a teen and curious or an elder and worried you will make a fool of yourself, or just a human being that's open to trying new things, please give Dorothy's heavenly classes a go. I guarantee you will start 'yoking' and love yourself that little bit more.

Dorothy has weekly classes and runs wonderful retreats here on the island and overseas in gorgeous destinations like Italy and Latin America. Check out her website or contact her 250 537-7675 for classes and packages.

Namaste and thank you Dorothy for being you and offering your wonderful classes and offerings.

Visited by Lisa Sliwowska
www.figsandhoney.com

WELL ~ BEING FAIR 2025

CELEBRATING THE
HEALING ARTS

3RD ANNUAL WELL~BEING
FAIR AT MAHON HALL ON
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TASTE A VARIETY OF OUR HEALTH & WELLNESS PRACTICES AVAILABLE TO YOU. YOU CAN BE
A PART OF OUR COLLECTIVE HEALERS THROUGH WWW.NAVIGATORFORWELLNESS.COM
'EVERYONE DOES BETTER ~ WHEN EVERYONE DOES BETTER'

OFFERINGS

MAKE YOUR HOUSE SMELL GOOD NATURALLY

with the Essential Oil Parlour by Melissa J. Johnson

Quick Tip:

Add an essential oil diffuser to the main room or bedroom of your home for an instant uplifting boost or calm atmosphere.

Do this by creating a diffusing station in just a few easy steps.

Keep a container of water plus two or three blends of essential oil like Adaptive, Balance or Serenity by Doterra at the station.

Visit your diffuser station first thing in the morning to get the diffuser started. Not only does it make your house smell good naturally it's an easy wellness habit that promotes a daily positive vibe as well.

To learn more on how to set up a diffuser station go here:
www.essentialoilparlour.com



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RITUALISTIC PSYCHIC SUPPORT


For those ready to grow forward with the aid of Invisible Allies. Here are the few offerings for 1-on-1 in-person or online with Saera Burns & The Invisibles.

1☆ Need help with an impactful decision, priority shift or conflicting options?
📍 Crossroads Council

2☆ Desire a ritualistic container to support you magically move through a threshold or roadblock in your life? :
🏡 8-week Move Forward Mentorship


3☆ Done talking, I'm ready for the psychic surgeon support to address what's happening beneath the surface:
🧘 Deep Soul Journey healings

NEW OFFICE HOURS!
Monday 6-8 pm PST
Wednesday 10-5 pm PST
Saturday 10-noon



**SAERA BURNS
&
THE INVISIBLES**

Ambadress for the Unseen. Ritualist
Spirit & Bone Podcast



For those ready to move forward with the guiding support of Invisible Allies.

- 1-on-1 Crossroad Psychic Council
- 8-week Move Forward Mentorship
- Deep Soul Journey healings

**OFFICE HOURS
FOR IN-PERSON &
ONLINE SESSIONS**
MON | 6-8 PM
WED | 10-4 PM
SAT | 10-NOON

WWW.SAERABURNS/LINKS



Wellness for the Planet & Community



FEATURING SSI TRANSITIONS & CLIMATE COACH ANDRIA SCANLAN



LIGHTER LIVING

Lighter Living focuses on small, evidence-based changes that feel good and make a difference. Repair Cafés, clothing swaps, videos of local champions, and written content on everything from composting to low-carbon holidays are all part of the initiative.

MEET ANDRIA ~THE FORCE BEHIND THE INITIATIVE & MORE...

SALT SPRING'S CLIMATE COACH ANDRIA SCANLAN

"My entire academic and professional journey has been about reimagining health, happiness, and community."



Andria Scanlan



Transitions SSI

Transition Salt Spring's Lighter Living Initiative

The rapid pace of climate change makes it hard for many people to engage with the enormity of the issue. "Life's already demanding enough," Andria acknowledges. "Family, work, home—how do you also save the planet?" Many people feel helpless, believing their small efforts won't make a difference. The prevailing narrative that emphasizes personal sacrifice—eat less meat, fly less, consume less—often leaves people feeling overwhelmed and disengaged. "If saving the planet depends on a few selfless individuals, we're doomed!" Andria exclaims.

Transitions

However, the reality of climate change is far from trivial. Science shows that even a seemingly minor temperature increase of 1.5°C will drastically affect Salt Spring Island. "We're talking deeper droughts, water shortages, more severe storms, increased fire risks, rising sea levels, road washouts, and diminished wildlife populations," Andria explains.

Governments and large corporations must act to drive systemic change, but Andria emphasizes that individual action matters too. "Every choice we make sends a signal," she says. "Your children, friends, and neighbours see you, and your actions inspire others." Last spring, TSS partnered with the GISS Earth Club to host a Clothing Swap and Textile Repair Café, drawing over 300 students. The level of engagement was fantastic and their enthusiasm surprising. "We gave the students one question to answer for the free raffle entry, 'How worried are you about the effects of climate change on a scale of 1-10' with 1 being 'I don't even think about it', and 10 'I worry about it all the time and it keeps me up at night' -average rating was 8.5 out of 10. "One student from the earth club asked me, 'If you could just tell all of us the five most important things we can do to save the planet, and we will do it.' That hit me hard."

This urgency isn't unique to the younger generation. TSS has been actively working to address Salt Spring's climate challenges. Between 2019 and 2021, they developed a Climate Action Plan for the island. But the 2023 Report Card shows Salt Spring is not on track to meet its emissions reduction goals. "Our biggest challenges are food and transportation," Andria notes. "These are priorities for Lighter Living, alongside water, waste, leisure, and preparing for climate change impacts."

The Lighter Living Initiative is meant to inspire and empower locals to take meaningful, low-effort actions that can collectively make a difference. "We're talking about sustainable choices in everyday life—what we eat, how we travel, what we do for fun, and how we manage our possessions," Andria explains. She consults with the community to discover and capture the creative changes locals are making to reduce their ecological footprint. This is one of her favourite activities.

Priorities for action are evidence-based. "There is plenty of great information resulting from collaborations among climate scientists, human behaviour experts and happiness telling us "It's not about deprivation," Andria assures. "There are countless ways to live more sustainably that don't feel like a sacrifice." Lighter Living focuses on small, evidence-based changes that feel good and make a difference. Repair Cafés, clothing swaps, videos of local champions, and written content on everything from composting to low-carbon holidays are all part of the initiative.



AS THE CLIMATE CRISIS ACCELERATES, ANDRIA URGES THE SALT SPRING COMMUNITY TO ACT. "IT'S NOT TOO LATE TO SECURE A BRIGHT FUTURE FOR OUR CHILDREN, BUT IT REQUIRES ALL OF US TO JOIN IN," SHE SAYS. TSS INVITES EVERYONE TO ACCESS FREE LIGHTER LIVING RESOURCES AND START MAKING A POSITIVE IMPACT TODAY. SIGN UP AT [TINYURL.COM/LIGHTER-LIVING](https://tinyurl.com/lighter-living) TO LEARN HOW SMALL, THOUGHTFUL ACTIONS CAN BENEFIT BOTH OUR COMMUNITY AND THE PLANET.

Salt Spring's Climate Coach Andria Scanlan



Andria Scanlan is more than just Transition Salt Spring's (TSS) Climate Coach—she's a passionate advocate for sustainable living and spearheading the Lighter Living Initiative. This new initiative empowers Salt Springers with practical actions to lead more eco-friendly lives. Andria recognizes that asking people to change deeply ingrained habits is no easy feat, but she's undeterred. "My entire academic and professional journey has been about reimagining health, happiness, and community," she explains.

Andria's path to this role is as diverse as it is interesting. "Growing up, I always believed there was a middle ground," she reflects. "It doesn't have to be all or nothing." Though she had a love for sport and competed at the national and international level, she chose a degree in recreation instead of athletics. She wanted to promote the joy of play rather than competition. Later, she pursued a master's degree in business in Auckland, New Zealand, focusing on workplace spirituality, researching profitable businesses with the highest employee satisfaction and strong environmental practices.

Her commitment to health and community development deepened when she completed a PhD in Health Education in the U.S., specializing in sexual health during the AIDS epidemic. After her education and an extended stay in Africa, Andria spent five years as a professor in the Faculty of Medicine at UBC. "I was immersed in writing grants, publishing papers, planning, implementing and evaluating community health projects," she recalls. It was fantastic but despite the success as an academic, she longed for something more aligned with her personal values.



Andria's life and work took her across the globe, from New Zealand to South Africa, Botswana, and the U.S., often alongside her husband, a five-time Olympic athlete. Yet, it's on Salt Spring Island, where she's lived for nearly 20 years, that she feels most at home. "I've worn many hats here—research consultant, educational assistant, youth leadership developer—and in 2022, I landed at TSS."

Her work with TSS feels like a perfect fit. "The people here are incredibly bright, passionate, and dedicated to making a real difference," she shares. "Climate change is the greatest challenge of our time, and it feels natural to focus my energy on helping our community prepare for what's ahead while also ensuring we thrive mentally, emotionally, and physically." Addressing change is not an all-or-nothing proposition. Our goal is to go through the current climate science and sustainability research, synthesize and summarize the information and share what is relevant to Salt Spring Island! Folks can choose what is right for them. We want to provide options for changes that fit into their lifestyle that are sustainable and will make them feel good at the same time.

The Hidden Struggles of Small-Town Responders:

Wellness Challenges Facing First Responders



IN SMALL TOWNS, FIRST RESPONDERS AND FRONT-LINE WORKERS PLAY AN INDISPENSABLE, THOUGH OFTEN UNDERAPPRECIATED, ROLE. THESE DEDICATED INDIVIDUALS FORM THE BACKBONE OF EMERGENCY RESPONSE, STEPPING INTO CRISES WITH UNWAVERING COURAGE AND COMMITMENT. YET, BENEATH THAT BRAVERY LIES A COMPLEX WEB OF WELLNESS CHALLENGES—CHALLENGES THAT RIPPLE THROUGH THEIR PERSONAL LIVES, AFFECTING THEIR OWN WELL-BEING AND THE HEALTH OF THEIR FAMILIES, FRIENDS, AND THE BROADER COMMUNITY. SERVING ONE'S COMMUNITY IS ONE OF THE MOST HONOURABLE CALLINGS, BUT IT COMES WITH SIGNIFICANT PERSONAL COSTS. WHEN A COMMUNITY STANDS BEHIND ITS RESPONDERS, THE ENTIRE TOWN FLOURISHES. THE CHALLENGES MAY BE MORE SIGNIFICANT IN SMALL COMMUNITIES, BUT WITH THE PROPER SUPPORT, FIRST RESPONDERS CAN CONTINUE TO DO THEIR VITAL WORK WHILE MAINTAINING THEIR HEALTH AND RESILIENCE. THE KEY LIES IN RECOGNIZING THEIR PRESSURES AND ENSURING THEY RECEIVE THE NECESSARY CARE AND RESOURCES TO THRIVE IN THEIR ROLES FOR YEARS TO COME.

AS A FORMER FIRST RESPONDER, I'VE EXPERIENCED FIRSTHAND THE HEAVY TOLL THAT CONSTANT VIGILANCE AND THE "ALWAYS-ON" MINDSET CAN TAKE. THE ROLE'S DEMANDS OFTEN CREATE AN INVISIBLE PRESSURE COOKER, IMPACTING MENTAL, EMOTIONAL, AND PHYSICAL HEALTH. TO TRULY NURTURE A THRIVING COMMUNITY, IT'S ESSENTIAL TO UNDERSTAND THE WEIGHT OUR FIRST RESPONDERS CARRY DAILY. BELOW, WE EXAMINE THE UNIQUE CHALLENGES THESE INDIVIDUALS FACE IN SMALL TOWNS AND HOW THEIR STRUGGLES INEVITABLY AFFECT US. WHEN OUR FIRST RESPONDERS ARE STRUGGLING, THE WHOLE COMMUNITY FEELS THE IMPACT.

Isolation and Limited Resources

First responders in small towns often grapple with isolation, both geographically and emotionally. Unlike their urban counterparts, they frequently lack access to specialized mental health resources, peer support groups, and advanced training. This isolation can lead to unresolved mental health issues such as burnout and Operational Stress Injuries (OSI), creating a ripple effect that strains the community's limited healthcare resources. This lack of support leaves responders, their families, and local businesses vulnerable, fostering an environment where wellness challenges are frequently overlooked.

Interconnected Stress

The intimate nature of small towns means that first responders often have personal ties to those they assist. This familiarity can intensify trauma, leading to compounded stress and emotional fatigue. The families of first responders face unique burdens as they reside in the same community where these traumatic events occur, making it challenging to escape stressors. This proximity can strain relationships and diminish emotional support networks, as friends and neighbours also share in the weight of this trauma.

Limited Access to Specialized Care

Access to specialized mental health care is often scarce in small towns. First responders struggling with OSI may need to travel long distances for care or go without it entirely. This lack of resources affects not only the responders but also their families, who may experience secondary trauma without adequate support.

Volunteer Dependency

Many small towns rely heavily on volunteer emergency services. These volunteers balance full-time jobs, family responsibilities, and their roles as first responders, leading to chronic stress and burnout. The community's dependence on these volunteers creates a vulnerability; if volunteers are unavailable due to burnout, the town's safety is compromised. Limited budgets often prevent local governments from funding full-time emergency services or providing adequate mental health resources, exacerbating the problem.

Stigma and Silence

Mental health stigma poses a significant barrier in small towns. First responders may fear judgment from neighbours or being perceived as weak, discouraging them from seeking help. This culture of silence stifles meaningful conversations about wellness and leads to insufficient community-wide support systems.

The "Always On" Mentality

Small-town first responders are often expected to be "always on," regardless of whether they are officially on duty. This constant readiness prevents them from disconnecting and recovering from stressors. Families bear this burden as plans are frequently interrupted, sacrificing family time. While the community appreciates their dedication, this expectation inadvertently contributes to burnout.

Cumulative Trauma

The cumulative trauma experienced by first responders in small towns can be overwhelming. Without proper outlets for processing this trauma, it can lead to severe mental health challenges that impact their families and the community at large.

The Burden of Leadership

First responders often serve dual roles as emergency personnel and community leaders. These added responsibilities can exacerbate stress and hinder self-care efforts. The community's reliance on these individuals for leadership creates an unsustainable dependency.

The Impact of Tragedy on a Small Community

Tragic events profoundly impact small communities, especially when first responders know those involved personally. This connection can lead to deep feelings of loss and grief that are difficult to process.

The Toll of Long-Term Service

Long-term service can lead to chronic health issues for first responders, who often receive little recognition or respite. This strain extends to their families, who may feel neglected due to ongoing job demands. The wellness challenges faced by small-town first responders are profound and multifaceted, affecting not only themselves but also their families and communities. Addressing these issues requires a concerted effort from local governments, healthcare providers, and community members to provide adequate support systems and resources. By recognizing the critical role that first responders play in maintaining community safety and well-being, we can work towards creating a more supportive environment that acknowledges their sacrifices and fosters resilience across the entire community.

BY
ARJUNA
GEORGE





IT'S ABOUT DA*N TIME WE REDEFINE BEING "SELF- CENTRED"

I had a different idea in mind for this article, yet it feels like a glimpse "behind the curtain" may be even more relatable.

I blocked time to write this submission, and was trying to finish up some other tasks first. As tech glitches increased, my good mood decreased. When it was time to switch gears to writing, I was feeling mightily frustrated, as the issues hadn't yet resolved.

This disgruntlement was dominating my inner landscape, and I recognized I had a choice to make. I could "power through" and hope for the best.

Or, I could honour the voice inside: coaxing me to go for a cold ocean plunge to reset, and write the article after.

Despite old programming that says I should reward myself after the work is done, I didn't want the energy of my frustration to sabotage and contaminate my efforts. I suspected it would spiral me into self-doubt and perfectionism, and make an otherwise enjoyable activity feel like a strain.

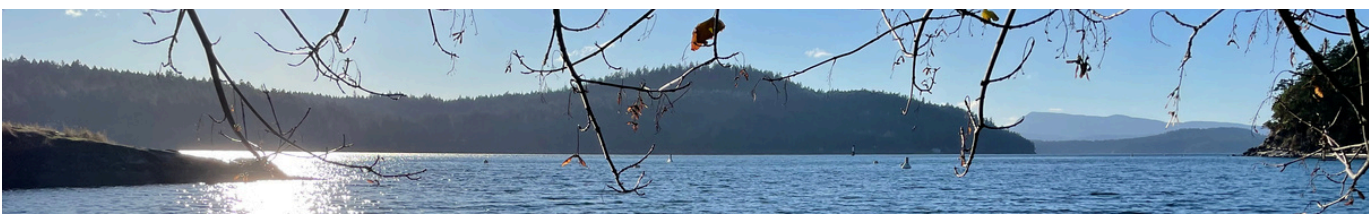
Side note: access to parts of our creative and solution-oriented brain shut down when we're feeling stressed. On the other hand, being established in our inner peacefulness typically helps everything go more smoothly.

I went home to grab my towel, had a very brief interaction with my husband in which I warned him I was likely to argue about any subject because I was already upset. We did indeed exchange a few heated words, as he was hoping I'd help him pick at least some of the hundreds of pounds of ripe pears still up in one of our trees. Even abundance can feel overwhelming.

I used the energy of my exasperation to swim farther out than I have in a long time. That fire also fuelled me to kick hard and vigorously get me to where the late afternoon sun was shining on the water, distant from the east-facing shore.

Having warmed up a bit from the full-body thrashing, my body started to melt into the moment. I spun around to face the sun, closed my eyes, and allowed myself to float in the light while my heart and breathing rate slowed. I could feel the water and being immersed in Nature working its magic on me, as my inner perspective reoriented to feeling gratitude for the moment. As appreciation swelled, ideas started bubbling up.

My soul was so relieved and delighted that I had taken this time for myself, it was easy to smile gregariously at everyone I encountered on my way home from the swim. I felt reconnected to my joy, my inner spark shining bright, my infectious giggle spilling out and giving folks a chance to smile (I don't care if you're laughing at me or with me, as long as you're laughing!). Within this energy, life's challenges feel more manageable, and I am reconnected with my inner empowerment.



It's About Da*n Time We Redefine Being "Self-Centred" cont.....



Later, while we snuggled, my husband confessed he was glad I went for that swim.

My overarching goal is to hopefully inspire any of the heart-centred helpful folks reading this (like you!) who may be feeling overburdened and stressed, to give yourself permission to take a moment (or a few) and do what you need to do, to re-centre yourself.

There are so many external demands each of us faces on a daily basis. It's easy to feel pulled in a million directions ~ which can lead to feeling anxious, overextended, and depleted. Believe me, I get it!

It's time we shift what it means to be self-centred, as being centred within yourself is THE place to be the most effective, loving, peaceful, harmonious, soul-aligned, and contagiously jubilant version of YOU that you can be.

Despite all the conflicting messages we hear (put on your own oxygen mask first - but - you're so selfish for wanting to take a nap!), it's imperative that we each learn the art of tuning in to our inner wisdom, trusting the signals our body sends, and honouring our needs.

The benefits of prioritizing our short and long-term well-being ripple outward. You know this.

The world needs us to be our most kind, courageous, resourceful, solution-oriented, creative problem-solving self. We can't access these qualities, nor help anyone really, when we're burnt out and stressed all the time. As noble as it may seem to help everyone else first, this self-sacrifice is unsustainable.

THIS IS PARADIGM-SHIFTING STUFF, AND IT'S SO MUCH EASIER (AND MORE FUN!) WITH THE RIGHT SUPPORT.

CURIOS TO UNCOVER WHAT THIS MIGHT LOOK LIKE FOR YOU?

LET'S CONTINUE THIS CONVO! EMAIL ME:
DOVE@MEADOWDONE.CA



MEADOW DOVE LANG LIVES ON MAYNE ISLAND (S, KTAKE) WITH HER HANDSOME, HANDY HUBBY AND HILARIOUS DOG. SHE STRIVES TO BE THE CHANGE SHE WISHES TO SEE IN THE WORLD, AND KNOWS THAT EVERY ACT OF KINDNESS (TOWARDS OURSELVES AND OTHERS) COUNTS. YOU CAN FIND OUT MORE ABOUT HER AND HER PROGRAMS (FOR GROUPS AND INDIVIDUALS, IN PERSON AND ONLINE) VIA HER WEBSITE: MEADOWDOVE.CA

PHOTO CREDIT: MEADOW DOVE LANG



ETHICAL MARKETING: ADDING INSPIRATION AND DEPTH TO YOUR BUSINESS WITH **charmaine**

A NAVIGATOR COLUMNIST ~ KEEP WATCHING FOR MORE

When you hear the word "marketing," what's the first thing that comes to mind? If it's words like "pushy," "manipulative," or "awkward," you're not alone. For many, marketing feels inauthentic, often leaving a bad taste due to its heavy emphasis on branding, strategies, and exaggeration.

The good news is that there's a growing wealth of knowledge on building sincere connections that lead to fair, win-win sales. While remnants of traditional sales tactics linger, a movement is emerging, shifting marketing towards ethical and genuine connections.

Today, we have easier access to psychology-based, neuroscience-backed strategies, with ethical marketing experts available online and within our communities. However, while many teach thoughtful marketing approaches, applying these strategies often necessitates significant personal growth to truly embody their ethos. The challenge lies in engaging with these strategies genuinely—not just intellectually—especially when obstacles arise. Understanding is key to integrating an ethical ethos, allowing ourselves to be transformed in the process.

Essential Elements

At the heart of marketing with integrity is the principle of relationships. Many authors who advocate for ethical marketing highlight various expressions of these foundational ideas:

- Serve, Don't Sell
- Generosity and Giving Before Asking
- The Power of Empathy
- Trust and Transparency
- Finding Your Authentic Voice

Introducing a more ethical approach to business can stir up deeper, unconscious patterns. It encourages us to slow down, reflect on our beliefs and behaviours, and learn about ourselves. As we search for our business's authentic voice, we might end up finding our own more authentic voice. Consciously deepening empathy for customers may reveal areas within us that need unblocking. Choosing trust and transparency in our work often shifts how we live beyond it, and practicing generosity confronts beliefs about scarcity and the fear of opening up. Understanding and using these positive marketing strategies not only benefits our business but often requires a journey into personal growth.

Before launching new, practical, marketing efforts, you can streamline the process and shorten your learning curve by incorporating mind-body practices to shift your subtle energies. Aligning yourself ahead of time will help bring a centred version of yourself into the practical changes you plan to implement. One way to support this alignment, and open the doors to confident marketing, is by following a simple 2-step process: Clear & Create.

LET'S GET STARTED....

CLEAR AWAY YOUR INTERNAL OBSTACLES.....

As you deepen your connection to the ethos you envision for your business, especially one rooted in your dreams and values, you may encounter objections along the way. This is a natural part of personal and professional growth—resistance often arises when we raise our vibration and expand. Recognizing aversions, and things that hold your back, can guide you toward greater alignment with what you truly want — identifying what you don't want can clarify what you do.

Let's explore an excavation process to help you uncover and transform what could be blocking your marketing path. By using simple mind-body reflections, you can overcome many mental, emotional, psychological, and subtle energetic obstacles that you face. Bonus: this process not only helps you clear blockages but also helps to reveal some of your unique strengths.

Take a moment to reflect on the words "sales" and "marketing." Notice any resistance or aversion in your mind or body — some words might evoke strong reactions. Write down your thoughts and feelings about these terms. Consider questions like, "What limiting beliefs hold me back?" or "How have my relationships influenced my self-worth?" Allow your reflections to flow freely, uncovering hidden obstacles.

Creating a list of general potential obstacles can help identify what holds you back. As you connect with your mind-body awareness, pay attention to which themes stir emotions within you. Our bodies hold the wisdom of our experiences, and this practice of somatic observation can facilitate releasing the old and embracing a more confident self.

Do any dispositions from the following list resonate with you regarding marketing your business? If so, jot them down or circle them as you prepare for your transformation.

Common Fears and Blockages Related to Sales and Marketing:

- Fear of rejection
- Imposter syndrome
- Fear of criticism
- Perfectionism
- Feeling inadequate
- Generosity vs. scarcity
- Hard work vs. rest
- Fear of visibility
- Past negative experiences
- Anxiety about engagement
- Fear of success
- Feeling undeserving
- Conflicts in beliefs
- Conditioning around money

Examples Related to Ethical Marketing Models:

- Worrying that giving too much may lead others to exploit your generosity.
- Feeling overwhelmed by others' emotions when trying to connect on a deeper level.
- Doubting your ability to genuinely relate to your customers' experiences.
- Fearing that being genuine might alienate others

Awareness is the cornerstone of transformation. Identifying your fears and limitations is crucial for shifting them effectively. With focus, you can also use these fears as springboards to strength.

Choose a few limiting beliefs that have been hindering your marketing efforts. Focus on one issue that especially makes you cringe and note it down. A statement like, "I feel a blockage around visibility, given my strong reaction to the thought of becoming more visible online and in my community," or "I have anxiety in my chest at the thought of shouldering more responsibility" indicates a clear theme for shifting.

Next, notice where you feel this blockage in your body — stomach, head, chest, etc. Exaggerate the sensation slightly and sit with it, focusing on the feeling. Invite your deeper consciousness to help your mind create an image that serves as its remedy. For instance, if you feel uncomfortable communicating in your marketing, visualize yourself speaking with ease. Ask yourself, "What would it feel like if this image were true right now?" Focus on the present sensation, not on thoughts like when might this become true, or if it's possible — just "What would this feel like?"

CLEAR AWAY YOUR INTERNAL OBSTACLES CONT.....

Identify the place in your body that feels the best at that moment, allowing the pleasant feeling to occupy your awareness. If there's still tension around your statement, repeat the exercise. Approach the same issue from a different angle, letting the challenging image transform into a preferred one in a new way.

After a few repetitions, something powerful often occurs. By addressing one limiting belief or fear, and then going through another, you set something in motion. Your energy and blockages begin to shift more easily and spontaneously.

AUTHENTICITY: UNCOVERING THE CREATIVE RIVER BENEATH THE SURFACE

Clearing obstacles frees up energy for creative flow, opening space to bring dreams to life and integrate new energies into our reality. By capturing the energy of our dreams on the page, we tap into a goldmine of inspiration — a reservoir drawn from our aspirations, ready to be trusted and embraced.

We often perceive our dreams and everyday life as separate energies. When our present efforts feel disconnected from our future aspirations, it indicates a lack of integration that can hinder our business's authentic voice. This voice shapes relationships, influences resonance, and determines the reach of our message. Ultimately, our authenticity is reflected in this voice; by tapping into our dreams, we uncover valuable insights into our expression.

Reflecting on questions like "What do I want to achieve with my products or services?" or "What message do I want to share?" can bring clarity. Yet, exploring questions with emotional depth helps reveal your business's true voice. Consider asking, "How do I want visitors to feel when they first arrive on my site?" or "In an ideal world, how would my business enhance my customers' emotional well-being?" Think about how you'd like to serve people—both practically and emotionally. You might even introduce some fantastical questions, like "If I had a magic wand, how would I improve the lives of those I meet?" or "If I couldn't fail, what would I most want to do?" Dream about your daily life and reflect on how you want to feel. Maybe it's peaceful, creative, in your flow, dynamic, or joyful.

The aim of allowing your dreams — whether work-related or personal — to flow into your business's vibe is to create an energy source that enriches, balances, and adds meaning to your work. Writing freely, without censoring yourself, and reviewing your words later, can uncover key phrases and ideas to develop into tangible and practical ideas. Common underlying themes often emerge, revealing unexpected insights that help you embody your voice. Seek inspiration from these reflections that you feel will infuse excitement into your day when you recall them. Focusing on what moves you. And as you contemplate what you want to experience through your work and life, don't hesitate to aim high in your dreams. Tapping into your ideal world can guide your creative process and align you with your core values, leading to practical and concrete steps forward.

Ethical marketing: More than Just a Strategy

This ethos of marketing is a transformative journey that deepens our understanding of ourselves and our relationships. It encourages us to confront fears, unearth limiting beliefs, and align our authentic voices with our aspirations. By clearing internal obstacles and tapping into our creative energies, we open the door to inspiration that resonates with our deeper selves. Infusing our work with ethical marketing principles not only brings more joy to our business but also helps create a more compassionate and understanding world.



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How To Have A Vibrant Immune System

... with Muneera



Flu season is around the corner, and viruses are getting more vicious by the year. It is time to pay attention to the health of your immune system. Ayurveda provides incredible insights on how to use food and good eating habits to keep the immune system resilient.

The first thing to understand about the Ayurvedic approach, is that it sees each person as unique – an individual product of genetics, lifestyles and age. If you find yourself generally susceptible to colds, you may need to take more care than others who are graced with a more robust system.

According to Ayurveda, your immune system is directly related to your digestion. The stronger and more efficient your digestion, the stronger and more resilient your immunity will be. Improperly digested food clogs the channels in your body, and dulls the intelligence of your individual cells which then leads to compromised immune function.

So the rule of thumb here, and especially so if you do not have a strong digestive fire, is to avoid anything that weakens your digestion. You are the only one who can listen to your own body, so tune in, pay attention, and keep your digestive system running smooth and strong.

Here are my general Ayurvedic tips for keeping your digestion and immunity healthy this winter. Please feel free to adapt them to your own unique body.

1. Avoid foods that are heavy, hard to digest, and low on intelligence; such as:

- Processed, canned, frozen, and packaged foods
- Foods grown with chemicals, or laced with preservatives
- Leftovers
- Deep-fried foods

2. Avoid habits that weaken your digestion; such as:

- Overeating
- Eating without an appetite
- Keeping an irregular eating and sleeping schedule
- Frequent eating that does not allow for proper digestion of the previous meal
- Drinking cold drinks before or along with meals
- Eating late at night

3. Favour immune-boosting foods:

- Everything fresh, organic, easy to digest, pure and wholesome
- Good fats like ghee and coconut oil
- Cooked, warm and well spiced foods

4. Use these 4 magic immune-boosting spices:

- Ginger: Enhances digestive power and burns undigested food toxins
- Black pepper: Clears the channels so nutrition can reach the deeper tissues
- Turmeric: Has an immune-modulating effect because it is detoxifying and enhances the intelligence of the immune cells
- Cumin: Burns undigested food toxins and stuns foreign microbes

BORN AND RAISED IN INDIA, MUNEERA DISCOVERED THE HEALING ART OF AYURVEDA AT A YOUNG AGE, AND HAS CLOSE TO 25 YEARS EXPERIENCE IN AYURVEDA. SHE ALSO BRINGS A UNIQUE PERSPECTIVE COMBINING EAST AND WEST, HAVING TRAINED AS AN AYURVEDIC PRACTITIONER AT KERALA AYURVEDA ACADEMY IN CALIFORNIA.

MUNEERA SUPPORTS HER CLIENTS THROUGH ONE-ON-ONE WELLNESS COACHING, AND TEACHING ONLINE PROGRAMS. SHE LIVES IN THE TRADITIONAL COAST SALISH TERRITORIES ON SALT SPRING ISLAND, BC, CANADA, WITH HER FAMILY, WHICH INCLUDES TWO LOVELY DAUGHTERS WHO ARE TEENAGERS NOW!

MUNEERA WALLACE
AYURVEDA PRACTITIONER &
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Irresistible Confidence: 5 Top Tips from My Horse on How to Shine! By Juliana Brossolette

“Aurelia”



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The name “Aurelia” literally means shining one. My youngest horse, also known as “Ora”, lives up to that name every day. With a confidence that most of us only dream of, Ora is brave, grounded and sure of herself; she faces novelty and challenges with curiosity and determination. When the huge gravel truck arrived to dump a load at our facility, Ora grew 2 inches and marched right up to it to investigate, meanwhile the other two much older and wiser herd mates took off and found a safe corner to keep an eye on things.

Another time, a huge tarp blew free, while the others kept their distance, Ora trotted straight over, playfully wrangling with the flapping fabric before proudly prancing atop it. And when I introduced trailer-loading to the herd, guess who jumped in first? Ora, of course! Ora actually empowered the other horses to be braver and get in after her! It’s clear that Ora’s confidence is contagious. Time and again, her bravery encourages the other horses to step out of their comfort zones.

I started to wonder, what makes Ora so confident? Here are Ora’s top 5 tips on how to shine (according to me - her human):

1. Approach all things with curiosity - Think of every challenge as a learning opportunity. What you’re most afraid of might just turn out to be a hidden advantage. Ora approaches every new experience—whether it’s a tarp blowing in the wind or a strange new object in the field—as something worth exploring.
2. Refrain from judgement - The other horses often assume new things are a threat. If you can maintain your curiosity mindset long enough and suspend your judgement, the reward is worth the wait.
3. Spend time around confident people - Confidence is contagious!
4. Don’t worry about what your “herd” thinks - Even if your herd is anxious or afraid you don’t have to be! Stand your ground and trust your instincts! Don’t let other people’s fears become your own!
5. Be the leader you would follow - Think of the leaders you admire—what qualities make them great? Whether it’s confidence, kindness, or decisiveness, try to embody those traits. Ora leads by example, inspiring the other horses with her actions.

Confidence is irresistible. When you shine, everyone shines with you! Be a leader in your herd and approach your next challenge with curiosity. Finding your glow can be as simple as holding out on judgement just long enough to see the potential lying within!

Juliana Brossolette is Founder of Conscious Equine Connections and Horse Powered Self-Mastery based on Salt Spring Island, BC. She empowers people with unique horse wisdom to help them reach their full potential. You can sign up for a free self-mastery call on her website:

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POETS PAGE



FALL

HEY YOU BEAUTIFUL SOUL, HOW ARE YOU DOING IN THERE?

IN THIS WORLD OF SEPARATION AND DISCONTENT, DO YOU
REMEMBER OR HAVE YOU FORGOTTEN?

HERE COMES FALL AND I AM HERE TO REMIND YOU.

A TIME TO DROP THE COSTUMES, SHED THE WEIGHT OF LIFE,
CLEAN UP THE VESSEL. DON'T RESIST, ENJOY. ACCEPT THE
SEASON WITH PRESENCE AND LOVE.

REMEMBER WHO YOU ARE MY BELOVEDS, FOR YOU ARE
MAGNIFICENT.

YOU ARE PURE LIGHT AND LOVE.
YOU ARE THE MORNING SUN, THE SHADE, THE RAIN, THE
CLOUDS.
YOU ARE GOD ON EARTH.

HOW ARE YOU DOING IN THERE?

I AM HERE WHILE YOU STRIP DOWN, LIKE THE TREES AND
THE PLANTS BEARING ALL. IT'S TIME.

HOW ARE YOU DOING MY LOVES?

BLESS YOUR BODY WITH LOVE, BLESS EVERY CORNER OF IT,
INCLUDING YOUR HEART AND YOUR MIND. ACCEPT ALL THAT
IS. BE AT HOME IN EVERY INCH YOU OCCUPY. CLEAN THE
COBWEBS, SHINE THE SKIN, CLEANSE THE MIND, SHED,
SHED, SHED. GO IN AND DON'T BE AFRAID MY LOVES.

YOU ARE PERFECTION, YOU ARE ME. I AM YOU.

I AM HERE....I AM ALWAYS HERE.

HEY YOU, BEAUTIFUL SOUL, YES YOU....YOU ARE NEVER
ALONE.

BY LISA THOMAIDES

TIME

THE SOUL WILL NOT SETTLE
BUT IT MAY WAIT A FEW

CENTURIES

FOR YOU NOT TO.

THE SOUL HAS TIME.

SKY TIME.

DEPTH OF THE OCEAN TIME.

STARS, ENTIRE GALAXIES

KIND OF TIME.

YOU GO OUT INTO THE
WORLD.

FALL DOWN AND FALL OVER

AS MANY TIMES AS YOU

NEED TO.

THE TEN YEAR DETOUR,
SURE.

THE CAREER THAT WAS
NEVER YOURS, ALRIGHT.

THE LOVE THAT TOOK A
WHOLE LIFE TO GET OVER,
FINE.

THE SOUL GETS IT.

YOUR SOUL IS THE BEST
FRIEND

YOU EVER HAD.

AND THE SOUL HAS ALL THE
TIME IN THE WORLD

FOR YOU TO RETURN BACK
TO YOUR OWN SELF.

WHENEVER YOU'RE READY.

BECAUSE THE SOUL WILL
NOT SETTLE.

~ JEANNETTE ENCINIAS





ISHVARA PRANIFHANA
OUR DEAR CELESTE JOURNEYS ON
IN LIGHT AND LOVE
WE HOLD HER

SOMETIMES IN A MOMENT
THE WORLD IS NOT WHAT IT WAS
FOR A MOMENT
LIFE SHIFTS ON ITS AXIS
AND TILTS
THE THINGS YOU THOUGHT WERE IMPORTANT
BECOME MINUTE SPECKS OF SAND
SOMETIMES IT FEELS LIKE QUICKSAND
AND YOU ARE FALLING FALLING DEEPLY INTO A
WELL
UP ABOVE THE SUN SHINES
THE WIND BLOWS THE POPLAR TREES, BIRDS
EBB AND CALL THE STREAMS ARE CARRYING
AWAY THE STORIES
OF THE PLACES THEY HAVE BEEN
THE MOUNTAINS HOLD THEIR HEARTS LIKE
SWORDSMAN, SILENT STILL
SOMETIMES LIFE FALLS AWAY
THE TAPESTRY OF YOUR BEING
GETS PULLED APART,
THE EDGES FRAY
AND NOTHING IS AS IT'S BEEN
THE HEIGHTS YOU SOUGHT TO SCALE
SEEM EMPTY NOW
THE WORDS YOU NEVER SAID
SEEM HAUNTING
THE LOVE YOU NEVER SPOKE
THE HEART UNOPENED
THE ROSES YOU FORGOT TO PUT UPON THE
WINDOWSILL
IT'S OVER NOW
YOU HAVE TO LET IT GO
YOU HAVE TO LET IT GO
AND STILL THERE IS HONEY IN THE TEA
THE MANY TIMES YOU OFFERED IT TO ME
I THANK YOU FOR YOUR CLARITY AND VOICE
STRONG AND TRUE
YOU ARE AN EAGLE
FLYING FREE
YOUR WINGS OUTSTRETCHED
YOUR SHINING LIGHT
YOUR INNER GUIDE
WITH LOVE'S TRUE MIGHT
YOU WILL RETURN AGAIN
CELESTE DEEP OM
AND BOWS TO YOU!

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