



Letter from the Editor

Dear Reader,

Welcome back! Another turn of the season is less than two months away, consistent with the shifts of change in our lives.

While I have a fondness for the variety that comes with each day, week, and month, I have a soft spot for this transitional time. For me, it feels like adventure; like something I have been looking forward to is finally on the horizon.

For more than two years, we have lived through a historical pandemic that swept across the world and uprooted much of our normalcy. While I've come to the point of audibly sighing at the mention of covid-19, I must remind myself that healing is a slow process when it comes to the grand scope of billions of people on this earth. I myself have been craving this healing and this return to some semblance of stability and normalcy even after all this time.

I was granted with a recent opportunity that nourished my heart and soul. A traveler at heart, the pleasure of seeing new cultures, trying new foods, and exploring a new land came to an abrupt halt in 2020. Along with the various empathetic traumas that many of us are still processing from this hectic chapter of life, I found myself feeling lost without this lifeline of "play" - until recently, when our family embarked upon a dream vacation together to Iceland.

This trip was the first international adventure that included my parents, brother, partner, and best friend - and my first trip since the pandemic. Iceland has been a destination we've dreamed of for a long time, with its dramatic and unique landscape - and of course, the opportunity to see the Northern Lights (we went in the colder months for this reason). After departing from Chicago O'hare airport, it was roughly 3am Central Standard Time in the states, and our plane was somewhere over the

north Atlantic ocean. I had been awake for hours, squeezed into my airline seat between Garrett (my partner of many years) and my brother, when Garrett casually commented about a strange green cloud in the distance.

It was not a cloud at all, but the gently dancing lights of the *Aura Borealis* - right there, outside the window of our plane. I woke up my parents, my brother, and we all crawled over the seats to press our faces against the window and marvel at what we had dreamed of for months and months. It brought tears to my eyes to live in wonder for this moment, and release so much tension I thought I no longer carried, yet the absence felt like a monstrous vacuum that could now be filled with new memories of joy and excitement to heal the wounds of the past 2 years.

It was a good omen; our vacation itself was a change of environment that brought fresh energy and much needed nurturing to each and every one of us. Surrounded by land of intense and dramatic beauty, we shook loose of the lethargy that seemed to cling to our spirit. We stood in awe of crashing waves that peaked at 40 feet and sounded like thunder. We shivered in the mists of glorious winter waterfalls. We ate fresh caught arctic fish with a view of black sand beaches framed by snowy mountains. And of course, we relaxed in a volcanic lagoon, indulging in the Icelandic tradition of going from hot to cold to increase circulation, firm skin, and improve the immune system. (I learned that I do not enjoy ice baths, yet the invigorating high was undeniable.)

Another personal highlight of this time away was a surprise I had not expected; as the sun was setting, Garrett, my partner of 10 years, proposed in front of a waterfall landscape with my family to cheer and capture my shock and merriment on camera. The moment felt, and still feels, like an absolute

dream. While our titles to one another do not impact the health or happiness of our relationship, we both felt a shift in energy from the moment I said yes. There is a new motivation to offer respect and kindness to one another while sharing excitement for all the future may bring.

A change of scenery, a new commitment, a shift in mindfulness...these are all subtle, but powerful ways to encourage our own energy to shift and embrace the new and unknown thoughts and adventures of what could be.

In tying everything together, we're proud to present our next issue to you: May/June 2022 - Shifting the Energetic Environment. This theme may be a bit open to interpretation, but admittedly, that's what we love about it! We have a diverse collection of articles to share exploring the energetics of the space around us, within us, and other influences to our internal and external environments. There are many thought-provoking words in the pages to come.

This month, I challenge you to break the routine; hit your internal reset button, dive into something new, look at something with a new perspective, decorate your home or office space, consider something you've always wanted to do - and do it! This is a time to heal and explore and shift your environment to create a space - inside and out - into an atmosphere that brings out the best in your work and your life.

Cheers to you and to the wonderful moments in your lives,

Anya

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Editor-in-Chief

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