



## Letter from the Editor

### Welcome back and Happy Holidays!

Our theme in this **November/December 2022** issue revolves around the topic of **gratitude**. This is a meaningful subject for everyone - especially around this time of year!

For me, the theme of gratitude is the tool I hope to use to heal a personal wound that often comes to my mind around the holiday season.

Growing up in the states, I've called the U.S my home for nearly all of my life. I've had the great pleasure of being able to travel often to visit our family, spread through various parts of the world... none of which are nearby. In fact, our nearest family members are roughly an 18 hour drive away, with our farthest being over 7,000 miles (11,265 kilometers) - a *very* long flight.

As a child, this meant I looked forward to the annual adventures to return to my many homes and enjoy the company of extended family; grandparents, aunts, uncles, and cousins. When the adventure was at an end, I was happy to come home with my parents and younger brother. It was enough and I was content.

In those not-so-long-ago days, it was simpler and more affordable for international travel as well. We always had guests; from Canada, Germany, India, and beyond. Our home, no matter where we were, felt full.

Into my young adult stage, I felt that things began to shift. During the holidays, my friends would share plans about large family gatherings and events, spending weekends at their grandparents, going to parties with their cousins - all wonderful ways to celebrate. Meanwhile, I would enjoy my time with my parents and brother. Though sometimes, it felt rather...small.

I recognized the emotion of envy. Not a feeling many like to admit to having, yet something we've all experienced. I was envious because I realized my friends all had something that I (*short of packing up and moving to another country*) would never have. I would never be able to see my grandparents for a weekend. I would never go to last-minute parties

with my cousins. There were no Christmas-break family reunions.

In the moments where we were all together for one of our visits, it was devastating to say goodbye at the end of the trip.

Travel became more complicated, more expensive, and less comfortable for my elderly family members. We had fewer visitors and made fewer visits ourselves, distracted by work, school, and other logistics. And with time and physical space (thanks to geography), slowly but surely, the undeniable emotional-distance between my extended family and myself began to grow. We were worlds away, and thus the nature of such things.

I was resentful. It is hard to be far from the things you love. It's hard to feel that it's out of your control.

At the time, I had yet to learn that physical distance does not mean the joy and love is any less valuable.

I found my frustrations amplified in moments where, in the West, my friends and family would label me as "Eastern." (*Not out of unkindness.*) When going East, I was viewed as "Western." There was, and still is, a push and pull begging the question: *what am I and where do I belong?*

Having multiple influences in my life often makes it harder to identify that feeling of self and sense of home. I feel this lack of clarity, questioning my sense of community - even among my close friends and family.

Yet as it is with most things, there is an opportunity for growth and something wonderful to be discovered within these very hardships. I am learning to let go of the expectation of having to fill a role that no one is demanding of me and I am demanding of myself; I am accepted by those who love me, near or far. This forced me to recognize that I had lost a sense of gratitude somewhere along the way. There really is a unique pleasure to say that I have *truly* experienced the best of both worlds; so what is there *not* to be grateful for?

The concept behind true gratitude begins with a simple "thank you" and extends to the depths of



reminding you how you can unconditionally love the life you are already living.

I am a work-in-progress and continue to seek moments in every day to fill with appreciation. I remind myself that I am healing my frustrations and insecurity with the gratitude inspired by all that I've achieved (big or small) and all that is within my reach - and yet to come. There are many happy memories and no sense of carrying the weight of "I'll be happy when..."

It is the season of gratitude after-all, so what a perfect time to commence on this inward voyage of expansion.

It is my hope that sharing this personal insight into myself as your Editor-In-Chief (*and friend, sister, daughter, granddaughter, niece, cousin, and partner*) inspires you to allow for your own gratitude to flow freely in each and every day.

**Living in Gratitude** is our official title for this last 2022 release of our magazine. We've mindfully curated an issue filled with words of wisdom to expand on this gentle and contemplative theme, bringing you rituals to add to your routine, stimulating stories, and practices to apply to your home and work life to uplift and generate positive outcomes.

From our entire team, we end this letter by sharing our warmest gratitude with **you** for being a part of our community at Energy Magazine. Whether you've been with us from the beginning, or we're just now getting to know you, it is your support and your interest in what we have to offer that allows us to proudly present you with our magazine time and time again. Thank you for letting us do what we love, and thank you for being here today.

Without further ado, please enjoy your November/December 2022 issue: Living In Gratitude.

Whatever you celebrate at this time, I wish you happy holidays, a happy new year, and many bright, cheerful memories. See you in 2023!

*Anya*

Anya Charles  
Editor-in-Chief

## IN THIS ISSUE:

- 2 Letter from the Editor
- 4 Contributors
- 6 Dear Cyndi – *Cyndi Dale*
- 8 Vibrating at the Frequencies of Gratitude – *Moriarty and Sanson*
- 12 Get Grounded – *Amelia Vogler*
- 14 Rituals of Gratitude – *Elena Litvack*
- 18 Release the Shadow of Gratitude – *Lori Hops*
- 22 Do Gratitude Affirmations Really Work? – *Renee Baribeau*
- 26 Energy Forecast – *Sara Hawthorne*
- 28 Manifesting with Gratitude – *Courtney Francis*
- 32 The Sound of Gratitude: Sound Medicine for Ukrainian Refugees – *Elizabeth W. Krasnoff*
- 36 A Light in the Dark – *Keli Semelsberger (Painted Sky)*
- 40 Creativity: A Journey Home – *Helene Anne Fortin*
- 44 Life is Like That – *Carolyn Chilton Casas*
- 45 Soulful Reads – *Allison Bruce*
- 46 Energy Medicine: Living in Gratitude While Staying Vigilant – *Heather Carmichael*
- 48 Motherhood and Nature as a Practice to Living in Gratitude – *Holly Wilmeth*
- 50 Role Reversal: Gratitude in Taking Care of Our Aging Parents – *Joette Calabrese*
- 56 Entanglement and Gratitude – *Jeannette Nienaber*
- 58 Gratitude is More than Just Saying Thank You: Let's Count the Ways – *Mary Ann Mace*
- 60 Mind Body Spirit Marketplace