



Dear Cherished Readers,

It was at this time last year that I was traveling in Asia for my wedding and honeymoon. It's hard to believe we'll be celebrating our one-year anniversary in just a few days! While there is little-to-nothing I would change about this life-moment from last year, I did, admittedly, miss out on the magic of spring. Summer felt like a much more accurate term for the bright, sunny, and warm days spent in Southeast Asia. While I already yearn to return, I find myself enjoying the complete contrast of my theme for this spring: rest and renewal.

So, as I sit down to write to you, the soft melody of birdsong outside my window and the gentle warmth of the sun filtering through delicate blossoms remind me that spring has graced us with its presence. It is with a heart brimming with excitement that I extend a warm welcome to our **March/April 2024 edition** of Energy Magazine, where we immerse ourselves in the captivating theme of "**Powerful Intuition.**"

Spring, with its kaleidoscope of colors and the promise of new beginnings, feels like the perfect companion for our exploration of intuition. It's a season that whispers tales of growth, resilience, and the quiet but potent force that guides our every step. Just as nature reawakens, so too does our intuitive nature, calling us to trust the unseen currents that shape our lives.

Allow me to share a personal reflection. As I wandered through a garden recently, I marveled at how each flower seemed to know when it was time to bloom. Yes, it's still chilly here in Midwest America, and only the earliest of spring flowers have begun making their appearances. And yet, it made me ponder the intuitive wisdom embedded in the natural world, a wisdom we are all inherently connected to. This issue is a manifestation of that contemplation, woven with threads of intuition,

resilience, and the beauty that emerges when we attune ourselves to the rhythms of life.

In the pages that follow, you'll find articles and insights designed to kindle the flame of intuition within you and support your practice from a feeling-level perspective. From intuitive practices that have stood the test of time, to those following their intuitive compass, and tools to nurture connection, we embark on a collective journey of discovery.

Just as the buds on a tree unfold with the changing season, I invite you to open your heart to the wisdom that resides within you. Let the articles shared here be a companion to your own story, much like the fragrance of spring flowers accompanies a leisurely walk in the garden.

Energy Magazine is a community of kindred spirits exploring the vast landscapes of holistic well-being. Your presence enriches our collective journey, and I am grateful for the energy you bring to this space. As we traverse the terrain of intuition together, may you find inspiration, connection, and a deepened sense of knowing.

Here's to a season of blossoming intuition and the perennial magic that springs forth when hearts align.

Best in Health,

Anya

Anya Charles
Editor-in-Chief