

LMMA ZINE

**ENERGY,
CAPACITY
&
BOUNDARIES**

N° 24 - MAY / 2026

EXCLUSIVE

DR SHARON YEH

Understanding Your Energy in Midlife



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Energy, Capacity & Boundaries in Midlife





A word from the Editor

THERE COMES A MOMENT IN MIDLIFE WHEN YOU START TO FEEL, VERY CLEARLY, THAT YOUR ENERGY IS NO LONGER SOMETHING YOU CAN GIVE AWAY WITHOUT THOUGHT.

There comes a moment in midlife when you start to feel, very clearly, that your energy is no longer something you can give away without thought.

What you once pushed through, you now feel. What you once said yes to automatically, you begin to question. And what you once carried without noticing starts to feel heavier than it should.

Not because you've become less capable, but because you've become more aware.

This issue is an invitation to look at your energy, your capacity, and your boundaries with a different lens. Not from a place of restriction, but from a place of self-respect. From understanding that your energy is not endless, and that how you use it shapes the way you live.

On the cover this month, I had the pleasure of speaking with Dr Sharon Yeh, whose work brings a deeper awareness to the connection between the body, energy, and the way we move through life. Our conversation opens up a perspective that feels especially important in midlife, when the signals from our body are clearer and harder to ignore.

Inside the magazine, Sonia Rodrigues shares a powerful piece on healing from relational trauma, reminding us that our capacity is often shaped by what we've carried for years, sometimes without even realizing it. Sande Hart invites us into a new way of thinking and being, one that asks us to step forward with intention and courage, while Sharon Saevitzon brings a grounded and timely reminder of why protecting your energy is not selfish, but necessary.

Kathy Scatena continues to guide us through the lens of feng shui, showing how the spaces around us can either support or drain us, and how small shifts can make a meaningful difference in how we feel day to day. You'll also find a special invitation to celebrate Verna Haywood and her book launch in person, which is a beautiful opportunity to connect and support her work.

And as always, I want to acknowledge and thank all of our columnists and contributors. This magazine is built on shared experiences, on voices that are willing to be honest, thoughtful, and generous. It wouldn't be what it is without them.

If there is one thing I hope you take from this issue, it's this: you are allowed to honour your capacity. You are allowed to protect your energy. And you are allowed to create boundaries that support the life you are living now.

Sara

Editor - LM Magazine

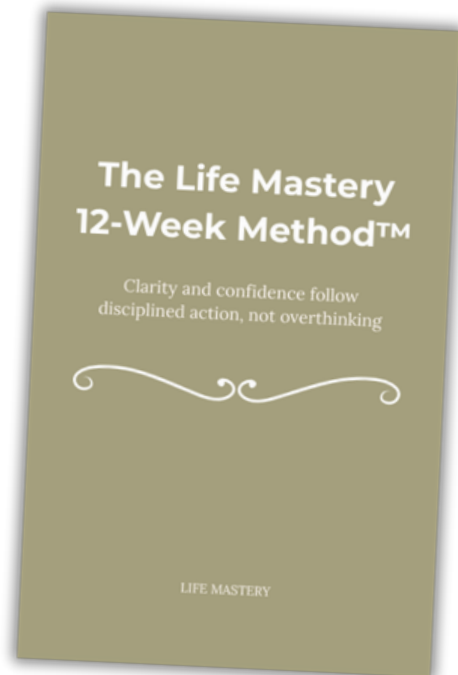
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MAY

2026

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	1  Labor Day (Europe)	2	3
4  Int Firefighter's Day	5	6	7	8  World Red Cross Day - Victoire FR	9	10
11	12  Int Nurses Day	13  World Fair Trade Day	14	15  Int Day of Families	16	17
18	19	20  World Bee Day	21	22	23	24
25	26	27	28  Int Day of Action for Women's Health	29	30	31  World No Tobacco Day

Live in
the moment

The background of the image is a dense, repeating pattern of green leaves, likely basil, which are slightly out of focus and have a soft, muted green color. The leaves are arranged in a way that creates a textured, organic feel.

“NO

IS A
COMPLETE
SENTENCE.”

— Anne Lamott



Sonia Rodrigues

Sonia Rodrigues, MA, LPC, LMFT, LCADC, ACS, NCC is a licensed psychotherapist, author, and founder of Transition to Wellness, a global platform dedicated to helping women heal from betrayal, emotional abandonment, and life's most difficult transitions.

With over two decades of experience in the mental health field, Sonia brings a unique blend of clinical expertise, lived experience, and compassionate insight to her work.

Through her books, coaching programs, and speaking engagements, Sonia guides women in rebuilding their self-worth, strengthening emotional resilience, and transforming pain into purpose.

connect with Sonia

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Sharon Saevitzon

Sharon Saevitzon is a PCC-certified coach, heart-centered transformation and energy leadership expert, and host of the podcast Uplevel Your Life with Sharon.

With over 15 years of experience in holistic and personal development work, she has helped individuals elevate their energy, reconnect with themselves, strengthen emotional resilience, and create lives rooted in clarity, alignment, and purpose. She is the founder of the Heart-Centered Community, a space dedicated to growth, connection, and transformation.

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YOUTUBE

FACEBOOK





Sande Hart

Sande is a mother and grandmother from Southern California. She is the award-winning author of *The Liminal Odyssey*, *The Alchemical Power of The Spaces In-Between* and a leader in the field of women’s empowerment and community building.

She is the Founding President of The Global Woman's Village. Her accomplishments, recognized US Congressional as a community builder and the Nautilus Book Award.

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Kathy Scatena

Kathy Scatena is a Home Design & Feng Shui Specialist with a background in professional staging, remodeling and residential real estate.

Kathy blends intentional design with holistic Feng Shui principles to help clients transform tired and stagnant spaces into tranquil and supportive environments.

connect with Kathy

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Sharon Yeh

Sharon Yeh helps women restore energy, metabolism & hormones with simplicity and lasting results – without endless supplements or protocols.

Sharon creates space to listen, to reconnect, and to move forward in a way that feels both sustainable and true.

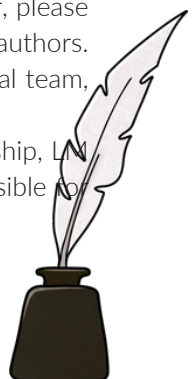
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In Honor of International Women's Day

An Invitation into Life Mastery Circle

Life Mastery Circle is a community for Women in midlife who are navigating change and pursuing *growth with intention*.

- Daily Co-working Sessions
- Low content publishing Lab
- The 12-Week Life Mastery Planning Method
- Mentorship - Group Coaching
- Community

Full Access. No Obligation. Just an invitation to experience the Circle.

Join Here

For Women choosing themselves, one chapter at a time.

Energy, Capacity & Boundaries

WHY DOING LESS MIGHT BE THE WAY FORWARD

At some point in midlife, something starts to feel different.

It's not that you've lost your ability to do things. If anything, you've become more capable, more experienced, and more aware of what matters. But the way you move through your days doesn't feel the same anymore.

The pace that once worked now feels like too much, the expectations feel heavier. And trying to keep up with everything starts to feel exhausting in a way it didn't before.

This is where many women begin to question themselves.

You might wonder if you're losing motivation, or discipline, or drive. But that's not what's happening. What's actually changing is your **capacity**.

WHEN YOUR CAPACITY CHANGES, EVERYTHING ELSE HAS TO ADJUST

For years, you've been used to handling a lot. You've managed your home, your work, your relationships, and often everyone else's needs alongside your own.

You learned how to keep going even when things were full but midlife introduces a different reality.

You still have the same responsibilities, sometimes even more, but your energy doesn't stretch the same way it used to. There are physical changes, emotional layers, life transitions, and simply the fact that you've been carrying a lot for a long time.

And yet, most women don't adjust their expectations. They try to keep performing at the same level, with a different level of energy. That's where the pressure builds.

WHY DOING MORE ISN'T WORKING ANYMORE

When things don't feel like they're moving forward, the natural reaction is to try harder. You add more to your list, look for better systems, or you try to get more organised. But if your capacity is already stretched, adding more doesn't solve the problem. It makes everything feel heavier.

You might notice yourself starting things and not finishing them. Putting off tasks that you know matter. Feeling like your mind is full before the day even properly begins. This is not about discipline. It's about trying to do too much with the capacity you have right now.

BOUNDARIES ARE NOT JUST ABOUT OTHER PEOPLE

When we talk about boundaries, it's often in the context of saying no to others or protecting your time. But in this stage of life, boundaries become more personal than that. They are about being honest with yourself about what you can realistically hold.

They help you decide:

- What you are available for
- What you are no longer responsible for
- What actually matters right now

Without boundaries, everything stays open. And when everything is open, everything feels important. That's where the overwhelm comes from. Not just from doing too much, but from trying to keep everything active in your mind at the same time.



START WITH YOUR ENERGY, NOT YOUR TO-DO LIST

One of the most helpful shifts you can make is to stop planning your days based only on time, and start considering your energy.

Instead of asking, *“What should I get done today?”*

Try asking, *“What do I have the capacity for today?”*

This doesn't mean lowering your standards. It means working in a way that actually supports you. When your actions match your capacity, things start to feel different. You follow through more. You feel less scattered. You start trusting yourself again because you're no longer setting yourself up to fall behind.



WHAT THIS CAN LOOK LIKE IN PRACTICE

This isn't about stepping away from your goals or doing less forever. It's about being more intentional with what you choose to carry.

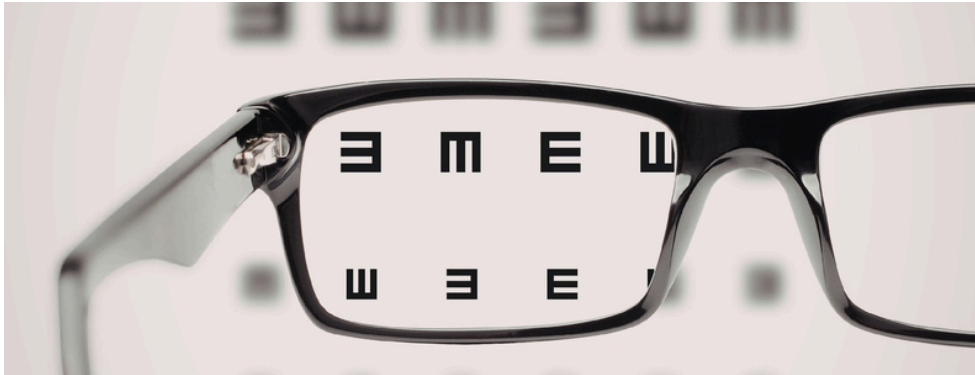
It might look like:

- Choosing three priorities instead of ten
- Letting some things wait without feeling guilty
- Giving yourself space between tasks instead of filling every hour
- Saying no earlier, before you feel stretched
- Accepting that not everything has to happen at once

In your business, it might mean focusing on one main way to grow instead of trying to be everywhere, or making one clear income move each day instead of juggling multiple ideas.

These changes may seem simple, but they change how your days feel and how consistent you can be.

CLARITY BECOMES MORE IMPORTANT THAN EVER



When your capacity is limited, clarity matters more. If everything feels important, it becomes very hard to decide where to focus. But when you take the time to decide what truly matters in this season, things start to settle.

You see what moves things forward, what can wait, and what no longer fits.

Clarity doesn't come from thinking about everything. It comes from making decisions, even small ones. And sometimes the most helpful decision is not what to add, but what to let go of.

When you start respecting your energy and your capacity, your progress may look different, but it becomes more consistent.

You finish more of what you start, you feel less pulled in different directions, and you stop constantly feeling behind. And over time, your life starts to feel more manageable again.

Your energy is not just about productivity. It is connected to your overall health and how you feel day to day.

This is something that *Dr Sharon Yeh* focuses on in her work, helping women understand how their physical health, hormones, and daily habits all play a role in how much they can actually hold. Because capacity is not just something you manage. It's something you support.

You are not falling behind, you are just being asked to work differently.

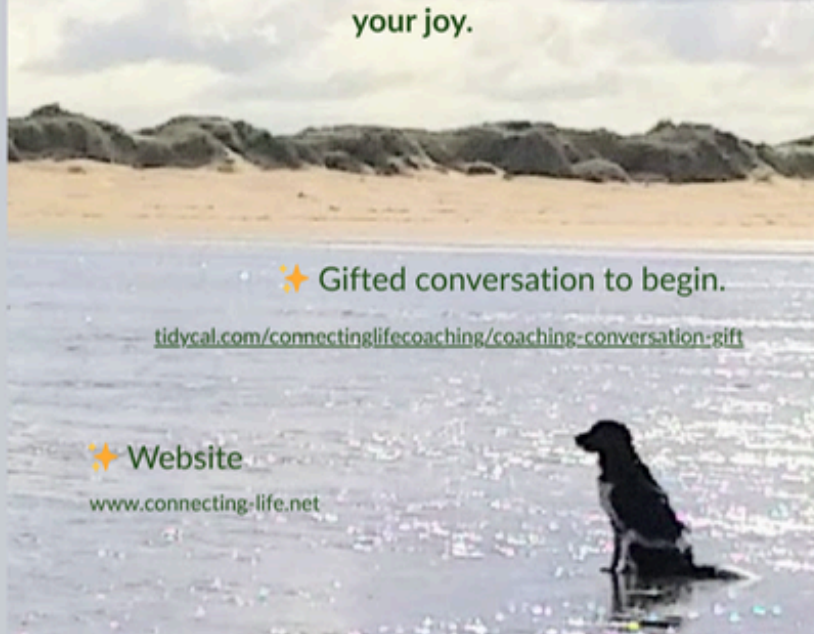
When you start making decisions based on your energy and your capacity, everything begins to feel more aligned and more doable. And from there, you can move forward in a way that actually lasts.

Connecting Life Coaching

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a gift for you!

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HEALING FROM RELATIONAL TRAUMA...



by Sonia Rodrigues

... Is not a linear process. It is often a quiet unfolding that begins long before someone consciously learns what they no longer want to settle for and decides to change. It starts in the moments when something no longer feels right, even if you cannot yet explain why, your body just tells you something is off. Many of the women I work with describe this as a subtle internal shift. They begin to notice the emotional exhaustion, the confusion, the way they begin questioning their intuition instead of honoring it. That awareness is where healing begins. That knowing that something is off and something in their life is not meant for them. Sometimes it's the knowing that they want something more for themselves.

Relational trauma does not always come from obvious harm. It often develops in environments where there is inconsistency, emotional unavailability, manipulation, or a lack of accountability. Over time, this creates a deep internal conflict. You may find yourself trying harder, overgiving, or minimizing your own needs in order to maintain connection. What gets lost in that process is your sense of safety within yourself.

Healing requires a return to that internal safety. It asks you to slow down enough to listen to your own emotional experience without immediately dismissing it. Many individuals who have experienced relational trauma have learned to override their instincts. They have been conditioned to believe that their needs are too much or that their expectations are unreasonable. Part of the work is gently challenging those narratives and allowing space for a new truth or awareness to emerge, one where their needs are not too much and their expectations are in fact reasonable.

Protecting your energy becomes an essential part of this healing and growth process. Energy is not just a concept. It is reflected in your emotional capacity,

your mental clarity, and your physical well being. When you are in relationships that are misaligned or draining, your energy is constantly being depleted and you often cannot see how much it is depleting you until you have walked away from it. You may feel anxious, unsettled, or emotionally dysregulated without fully understanding why. Learning to protect your energy means becoming more intentional about who and what you allow into your space as well as what or who you pour energy into.



This often requires a shift in how you view responsibility. Many people believe that protecting their energy means controlling others or avoiding conflict. In reality, it is about recognizing what is within your control and what is not. You are not responsible for changing someone else's behavior. You are responsible for how you respond to it and what you choose to allow in your life. This distinction is empowering because it moves you out of a cycle of reactivity and into a place of self leadership.

Setting boundaries is where this work becomes visible. Boundaries are not punishments or ultimatums. They are expressions of self respect. They communicate what you are available for and what you are no longer willing to

tolerate. For many people, this is one of the most challenging aspects of healing because it requires both clarity and consistency.

There is often fear that setting boundaries will lead to rejection or conflict. In some cases, it might. Not everyone will be able to meet you in your growth. That can be painful, especially if you have a history of equating love with staying, accommodating, or fixing. However, boundaries are not about preserving every relationship. They are about preserving your well being.

As you begin to set and uphold boundaries, you may notice discomfort. This is a natural part of the process. You are unlearning patterns that may have been in place for years. With time and practice, that discomfort is replaced with a deeper sense of stability and self trust. You begin to feel more grounded in your decisions and less dependent on external validation.

Healing from relational trauma also involves redefining what connection looks like. Healthy relationships are not built on confusion or inconsistency. They are rooted in mutual respect, emotional availability, and accountability. As you strengthen your relationship with yourself, your capacity to recognize and choose these types of connections expands.



This work is not about becoming closed off or guarded. It is about becoming discerning. It is about understanding that your energy is valuable and that you have the right to protect it. It is about choosing relationships that align with the

person you want to be and reflect the worth you now recognize within yourself.

Over time, healing shifts from something you are actively working on to something you are living. You trust yourself more deeply. You move differently. You no longer abandon yourself to maintain connection. And in that space, you begin to experience a different kind of relationship, one that is grounded not in fear or survival, but in authenticity, respect, and emotional safety.

A simple strategy you can begin practicing today is what I often call the pause and check in. Before responding to a message, a request, or a situation that feels activating, take a moment to pause. Place your attention on your body and ask yourself two questions. What am I feeling right now and what do I need in this moment. This practice helps you reconnect with your internal experience instead of reacting from old patterns. From there, you can choose a response that aligns with your well being rather than one that is driven by fear, guilt, or obligation.

If this resonates with you and you are ready to begin your own healing journey, I invite you to connect with me. You can learn more about my work through Transition to Wellness at www.transitiontowellness.com or reach out directly to schedule a clarity call. You do not have to navigate this process alone. There is support available to help you rebuild your sense of self, protect your energy, and step into the life you know you are meant to live.

About

Sonia Rodrigues, MA, LPC, LMFT, LCADC, ACS, NCC is a licensed psychotherapist, author, and founder of Transition to Wellness, a global platform dedicated to helping women heal from betrayal, emotional abandonment, and life's most difficult transitions. With over two decades of experience in the mental health field, Sonia brings a unique blend of clinical expertise, lived experience, and compassionate insight to her work.

connect with Sonia:

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12 QUESTIONS THAT CAN CHANGE THE NEXT CHAPTER OF YOUR LIFE

At some point in (mid)life, you begin to realise that moving forward is not about doing more. It is about being more intentional with what you choose to carry, what you continue, and what you are ready to leave behind.

You have experience, perspective, and a deeper understanding of what matters to you. And yet, it is easy to keep moving in the same direction simply because it is familiar.

A reset does not require a complete overhaul of your life. It starts with a moment of honesty, followed by a few clear decisions.

These questions are not here for you to answer perfectly. They are here to help you see your life more clearly, so you can decide what your next chapter will look like.

12 QUESTIONS TO GUIDE YOUR MIDLIFE RESET

1. What feels heavier than it should right now?

This question helps you identify where your energy is being stretched without real return.

2. What am I holding on to out of habit, not intention?

Not everything you once chose still needs to be carried forward.

3. Where am I saying yes when I already know I mean no?

This is often where your energy starts to leak.

4. What would I do differently if I trusted myself more?

Sometimes the answer is already there, just waiting for permission.

5. What actually matters in this season of my life?

Not everything matters at the same level, even if it all feels important.

6. What am I trying to keep going that no longer fits?

Letting go is often part of moving forward.

7. Where do I feel the most like myself?

This is a clue to what should have more space in your life.

8. What does a good day look like for me now?

Not five years ago. Not in theory. Now.

9. What am I avoiding because it feels uncomfortable, but necessary?

Growth often sits on the other side of this question.

10. Where do I need clearer boundaries?

This could be with your time, your energy, or your expectations.

11. What would feel like progress over the next 12 weeks?

Not perfection. Not everything. Just progress.

12. What is one decision I can make this week that would make everything feel clearer?

Clarity often comes after the decision, not before it.

HOW TO USE THESE QUESTIONS

You don't need to sit down and answer all twelve at once.

Start with the one that stands out the most. Let it guide your thinking for a day or two. Write your answer down, even if it feels incomplete.

You can come back to the others throughout the month, or revisit them when you feel stuck or overwhelmed.

The goal is not to create pressure. It is to create awareness.

A SHIFT THAT CHANGES EVERYTHING

What often changes things is not a big plan, but a small, clear decision.

When you decide what matters, what stays, and what goes, your energy begins to settle. You stop trying to hold everything at once, and you start moving forward with more intention.

That is what a reset looks like.

Not starting over, but choosing differently.

You don't need to have everything figured out.

You just need a moment of honesty, and the willingness to take one small step in a direction that feels more aligned with who you are now.

The next chapter is not something you wait for.

IF THIS MAGAZINE FOUND YOU, IT WASN'T BY ACCIDENT.

LM Magazine was created for everyday midlife women navigating change – quietly, thoughtfully, and in their own time.

Each issue offers reflections, practical tools, and real stories around money, mindset, health, reinvention, and community.

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Curated by Sara Fernandes – Editor of Life Mastery Magazine

Your business is running...
but your backend looks like a dumpster fire!

You're putting in the time. But your back office is chaos.
Sticky notes, dropped connections, missed follow-ups & 100 "I'll do it later's".

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THE POWER OF BOUNDARIES IN MIDLIFE



by Sharon Saevitzon

Why Protecting Your Energy May Be the Most Powerful Thing You Do in This Season of Life

Not long ago, I had a realization that changed the way I looked at my life.

From the outside, everything seemed to be going well. I had raised two wonderful children, built a coaching practice that I loved, and spent years helping people navigate personal challenges and life transitions.

But internally, something had shifted.

I noticed that things I used to push through with ease suddenly felt different. My schedule wasn't necessarily fuller than before, yet I felt drained in ways I hadn't experienced earlier in my life.

At first, I wondered if something was wrong.

But over time, I realized something important:

Nothing was wrong with me.

My awareness had simply grown.

Midlife has a way of bringing our energy into sharper focus. Many women reach this stage and begin to notice something they rarely questioned before - **their capacity.**

Not just how much time they have in the day, but how much emotional, mental, and energetic space they truly have to give.

And once that awareness arrives, it can be life-changing.

“Just because you can do something doesn't mean you have the capacity to do it.”

THE QUIET SHIFT THAT HAPPENS IN MIDLIFE

For much of our lives, many women operate in a mode of responsibility.

We say yes because people need us.

We say yes because we want to help.

We say yes because we don't want to disappoint anyone.

Over time, those yeses accumulate.

We care for children, partners, careers, extended family, friendships, and communities. We manage schedules, expectations, and emotions - often while quietly putting our own needs aside.

And for many years, we do it beautifully.

But eventually something begins to shift.

Midlife has a way of asking a deeper question:

Is this how I want to spend my energy now?

For many women, this moment becomes the beginning of a powerful transformation.



ENERGY MATTERS MORE THAN TIME

Most people measure their lives by time.

But what truly shapes our experience of life is **energy**.

Every commitment requires energy - emotional, mental, physical, and even spiritual energy. When too many demands pull from those reserves, our

nervous system begins to signal that something needs to change.

This can show up as:

- fatigue
- irritability
- anxiety
- difficulty focusing
- or the feeling that you are constantly stretched too thin

Many women interpret these signals as personal shortcomings.

But in reality, these signals are often **wisdom emerging**.

Your body and mind are reminding you that **your capacity matters**.

Recognizing this is not weakness.

It is awareness.

And awareness is powerful.

“Midlife doesn’t shrink your life – it refines it.”

WHY BOUNDARIES BECOME ESSENTIAL

Once women become aware of their energy, boundaries naturally become part of the conversation.

Yet boundaries are often misunderstood. Many people believe setting boundaries means pushing others away or becoming less generous.

In truth, boundaries are simply **clear agreements about how your energy is used**.

They might sound like:

“I need some time before committing to that.”

“That doesn’t work for me right now.”

“I’m not available for that anymore.”

For women who have spent years caring for others, setting boundaries can initially feel uncomfortable. We may worry that we will disappoint someone or



appear selfish.

But healthy boundaries do not reduce your compassion.

They protect it.

When your energy is no longer constantly depleted, you have more presence, patience, and clarity for the people and experiences that truly matter.

MIDLIFE IS NOT A CRISIS - IT'S AN AWAKENING



We often hear the phrase “midlife crisis,” but in my experience working with women navigating life transitions, what many are actually experiencing is something very different.

It's not a crisis.

It's an **awakening**.

Midlife invites us to pause and ask questions we may never have asked before:

What actually matters to me now?

What kind of life do I want moving forward?

Where do I want my energy to go?

These questions are not signs of instability.

They are signs of growth.

And when women begin answering them honestly, something remarkable happens.

Life begins to shift from obligation to alignment.

LIVING WITH INTENTION

One of the greatest gifts of midlife is the realization that you no longer need to prove yourself.

You have already lived enough life to know who you are.

You know what drains you.

You know what energizes you.

You know what truly matters.

When women begin honoring their energy and capacity, they often find that their lives become more spacious, more meaningful, and more authentic.

They cultivate relationships that feel reciprocal rather than draining.

They pursue work that aligns with their values.

They allow themselves time for rest, creativity, and reflection - things that once felt impossible to prioritize.

And instead of reacting to every demand, they begin living **with intention**.

A NEW DEFINITION OF STRENGTH

Earlier in life, many of us believed strength meant endurance - the ability to push through anything.

But midlife introduces a different definition.

Strength becomes:

- listening to your intuition
- honoring your limits
- choosing peace over pressure
- protecting your energy so it can be used where it matters most

When women begin living this way, something powerful happens.

They stop living by default.

And begin living **by design**.

Midlife is not the closing chapter many people imagine.

In many ways, it is the beginning of the most authentic chapter yet.

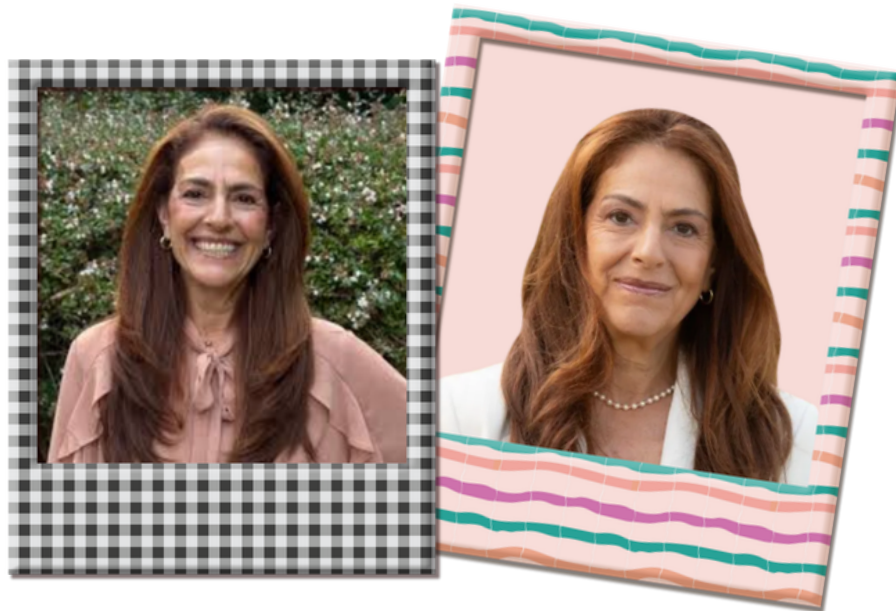
Because when you learn to honor your energy, protect your capacity, and set clear boundaries, you are no longer simply managing life.

You are **creating it intentionally**.

EXPERT TAKEAWAY

Your energy is one of your most valuable resources.

Protecting it isn't selfish - it's essential for living a life that is aligned, intentional, and deeply fulfilling.



About

Sharon Saevitzon is a PCC-certified coach, heart-centered transformation and energy leadership expert, and host of the podcast Uplevel Your Life with Sharon. With over 15 years of experience in holistic and personal development work, she has helped individuals elevate their energy, reconnect with themselves, strengthen emotional resilience, and create lives rooted in clarity, alignment, and purpose. She is the founder of the Heart-Centered Community, a space dedicated to growth, connection, and transformation.

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[Website](#)

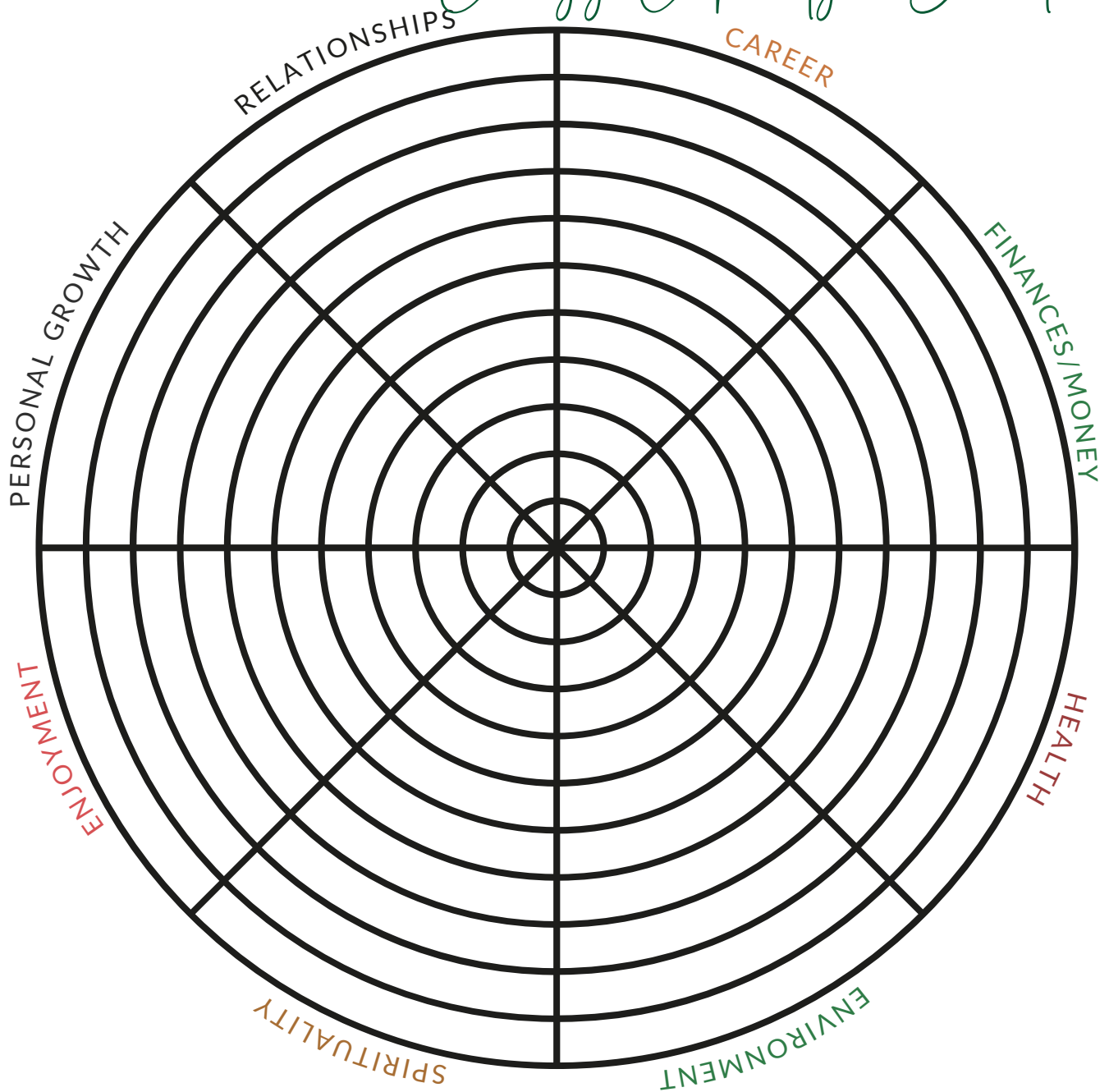
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WHEEL OF LIFE®

Energy, Capacity & Boundaries



Consider how satisfied you are in each area on a scale from 1 (very dissatisfied - inner circle) to 10 (fully satisfied - outer circle). Place a dot in the middle of the corresponding line on the wheel to note your score.

WHEEL OF LIFE[®] APPROACH TO

Energy, Capacity & Boundaries

This month, instead of looking at your life through the lens of “*how much am I doing?*”, use the Wheel of Life[®] to ask a different question: *how much am I holding?*

As you go through each area of the wheel, notice where things feel balanced and where they feel stretched. This is not about judging yourself or trying to fix everything at once. It is simply a way to see more clearly where your energy is going.

If one or two areas stand out as heavier than the others, let that guide you. Rather than adding more, consider what could be simplified, adjusted, or even paused for now.

You don't need perfect balance.

You need a life that feels manageable, supportive, and aligned with the season you are in.

Let this be a starting point for making small, thoughtful decisions that help you feel a little lighter as you move through the month.

“YOU DON'T NEED PERFECT
BALANCE.”

MARY'S MINDSHIFT MOMENTS



by Mary Farias

Manifestation: A Lawful Process, Not a Lucky Outcome

Manifestation is one of the most talked-about ideas in personal development—and one of the most misunderstood. It is often treated like magic, like wishing or just hoping something will appear.

But manifestation is not wishful thinking; it is a lawful process.

Everything that shows up in life—every result, every opportunity, every circumstance—is the result of alignment. Manifestation is not about getting something outside of us. It is about becoming internally aligned with what we desire to experience.

Manifestation Begins With Self-Image

At the core of manifestation is self-image. The image held of who we are determines what feels natural, what actions are taken, what opportunities are recognized—and ultimately, what results are produced.

In my *Guide to Manifestation*, the

very first step is daily self-image affirmation, because without alignment at the identity level, effort becomes inconsistent.

When the inner image shifts, behavior shifts. When behavior shifts, results follow. Manifestation is not about doing more. It is about becoming someone different.

Alignment Before Action

A common misconception is that manifestation is about taking massive action. Action does matter, but understand that not all action is equal.

There is a difference between action for action's sake and inspired action.

Inspired action takes place from alignment. It feels like the next logical step. It carries clarity instead of pressure. It builds momentum instead of resistance.

Inspired action bridges the gap between intention and reality—it is where belief and movement meet.

When alignment is present, action

becomes natural. When alignment is absent, action feels exhausting.

Thinking Creates the Path

Before action, there is thought. Before movement, there is perception.

Manifestation begins by clearly defining what is desired and then aligning thought patterns with that outcome. Clarity, confidence, alignment, and action form the core of the progression.

But something important happens in this process:

The mind begins to open. (And here is where it feels magical!)

New ideas appear. New possibilities are recognized. New pathways

become visible. New opportunities arise. New people emerge.

What once felt impossible begins to feel attainable—not because the world changed, but because perception did.

Repetition Builds Belief

One of the most overlooked parts of

manifestation is repetition. Reading something once is not enough. Thinking about a goal occasionally is not enough.

The subconscious mind responds to repetition.

Daily practices—reading your self-image script, affirming new beliefs, visualizing the outcomes you most want, and taking aligned action—are not routines for the sake of routine.

They are the process through which belief is built.

And belief is the fuel of manifestation.

Repetition and commitment are what embed new ideas into the subconscious and sustain alignment over time.

Without repetition, there is inconsistency. With repetition, there is momentum.

Gratitude and Trust Complete the Process

Two qualities anchor manifestation: gratitude and trust. Gratitude raises awareness of what is already

NEW IDEAS APPEAR.
NEW POSSIBILITIES
ARE RECOGNIZED.
NEW PATHWAYS
BECOME VISIBLE.
NEW
OPPORTUNITIES
ARISE. NEW PEOPLE
EMERGE.

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Gratitude and Trust Complete the Process

Two qualities anchor manifestation: gratitude and trust. Gratitude raises awareness of what is already working. Trust allows the process to unfold without force.

When gratitude is present, attention shifts to abundance. When trust is present, resistance softens. Together, they create a state where manifestation can occur naturally.

No rushing, no forcing.

Allowing.

A Different Way to Think About Manifestation

Manifestation is not about controlling outcomes. It is about aligning with law.

It is not about trying harder. It is about becoming clearer.

It is not about chasing results. It is about becoming the person for whom those results are natural.

And when that shift occurs, life begins to respond differently—not by chance, but by design.



Learn more about [Mary's Manifestation Guide](#).

About

Mary Farias is the creator of Magnet Mind Development and a certified Bob Proctor consultant. Passionate about mindset and self-image scripting, Mary helps people reprogram the way they think so they can create the life they truly want.

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NEW

CATCH
Mary LIVE ON THE
SHOW
Economy Creators:
Creating Your
Personal Economy.



Mary Farias with her horse, Ben
Economy Creator Magnet Mind
Development

**YOUR ECONOMY SHOULD
BE SHAPED LIKE YOU.**

A YOU-shaped economy is built from:

Your Interests

Your Talents

Your Experiences

This is the work I do every day — in life, in business,
and even at the barn.

If you're ready to see where your economy is strong...
and where it needs structure:

Join me for the Monthly Economy Creators Workshop

Register here:

www.magnetminddevelopment.com/economy

MM
MAGNET
MIND

A WOMAN WHO FUTURES A NEW PARADIGM

Grab Our Staff and Say, "It's Time."



by
*Sande Hart

There's a stirring. It's palpable. We've been here before, but perhaps never to this degree. Something has to give. The old ways no longer work. We feel the stretch on our psyche and are losing sleep. The old world no longer works. It never really did, but we found a way to believe it was us that was wrong. That stirring is asking something of women directly. It's a clarion call that is getting more and more clear with every heartbeat. It's ours to hear. For every woman it's the same, only those who are willing to listen-in can hear it clearly. It's time to listen-in. Soon the whisper will become a glaring bull horn, if it is not already. This requisite is our sacred orders. This calling is a reminder of our power to heal, buried deep in a complex system that was manufactured to keep us, women and men, obedient and bound for thousands of years. It's time to blow off those chains and pick up our staff.

"We hold our staff in our grip with authority, pressed firmly into the flesh of the feminine to anchor ourselves. As if plugging into Her energy source that she is, the staff is the conduit to provide us with the nourishment necessary to remember our authentic power, our actualized agency. No matter our own intellect, indigenous prophecy, cosmology, or belief system, it is clear- the staff has been passed to the feminine in this current shift of the ages."

From the Forthcoming Book Women Who Future a New Paradigm

It is time to remove the wheat from the chaff and drop those falsehoods and derivations because we are the ones we are waiting for. Crown your divinity, grab your staff, and step into your light. With shoulders back, say, "it's time" to what has been freeze-dried in our womb waiting for permission to flow in our daily lives. This is where we meet our newly defined archetype, A Woman Who Futures a New Paradigm.

*Sande Hart is the Founder of The Global Woman's Village

She stretches the edges of the meaning of leadership beyond recognition. She requires and invites a new identity. She brings a new paradigm that radically reimagines the world to be more sustainable and inclusive for all. She recognizes and reckons with her role in the systems of domination and does her work to heal those wounds. She restores and reveals the archetypal blueprint of who she is.

The elements of our nature that have been discounted, villainized, shamed, and blamed (namely by us) are masking the very gifts that have kept humanity alive for millions of years. They have always been present and needn't be built, only removed from the belief system (the wheat) of a domination construct that both women and men have bought into. The benefit to our male counterparts is equally essential and necessary and we call in the men. We also know it is us who must first open the door. We simply remove the wheat of dissolution of a patriarchal system based on separation preventing us to heal and restore the core belief of what our roles and responsibilities are to humanity; the condition of oneness with equitable contributions from every one. It means we simply change our mind about who we are, and the Global Woman's Village has provided a framework to wrap our mind around. It's up to you to take it from here.



When we accept the staff, we rise to the occasion and re-member our authentic agency. There is no questioning our role. It's clear. The line in the sand between the mounting global crisis and a world that works for everyone has been drawn. Stepping over that line is where our work as women begins. It is our work to do. The genuine power of women has been missing from the equation of healing this planet long enough. It has been within us the whole time. It's a destination without distance. We have everything we need. It is found in our womb, seeded by our mother, passed down through every ancestor grandmother in our lineage for hundreds of thousands of years. That is a lot of power resting in our womb.

We touched down to the source of who women are and our responsibility to take over construction of the emerging new story of humanity and nurture the chaff to grow fruits that promote a thriving, safe, sustainable world. This framework builds upon the biological truth of the female body to give, preserve, sustain, and protect life on this planet, as we have. always done. Yet it needn't be hard. Nature is taking over and reclaiming our power because our future depends on it. And when we all agree, ease and grace will become our default system.

I believe that our greatest gifts as women is remember who we are and evidence of a world that works for everyone will emerge. It's our responsibility and our privilege.

About

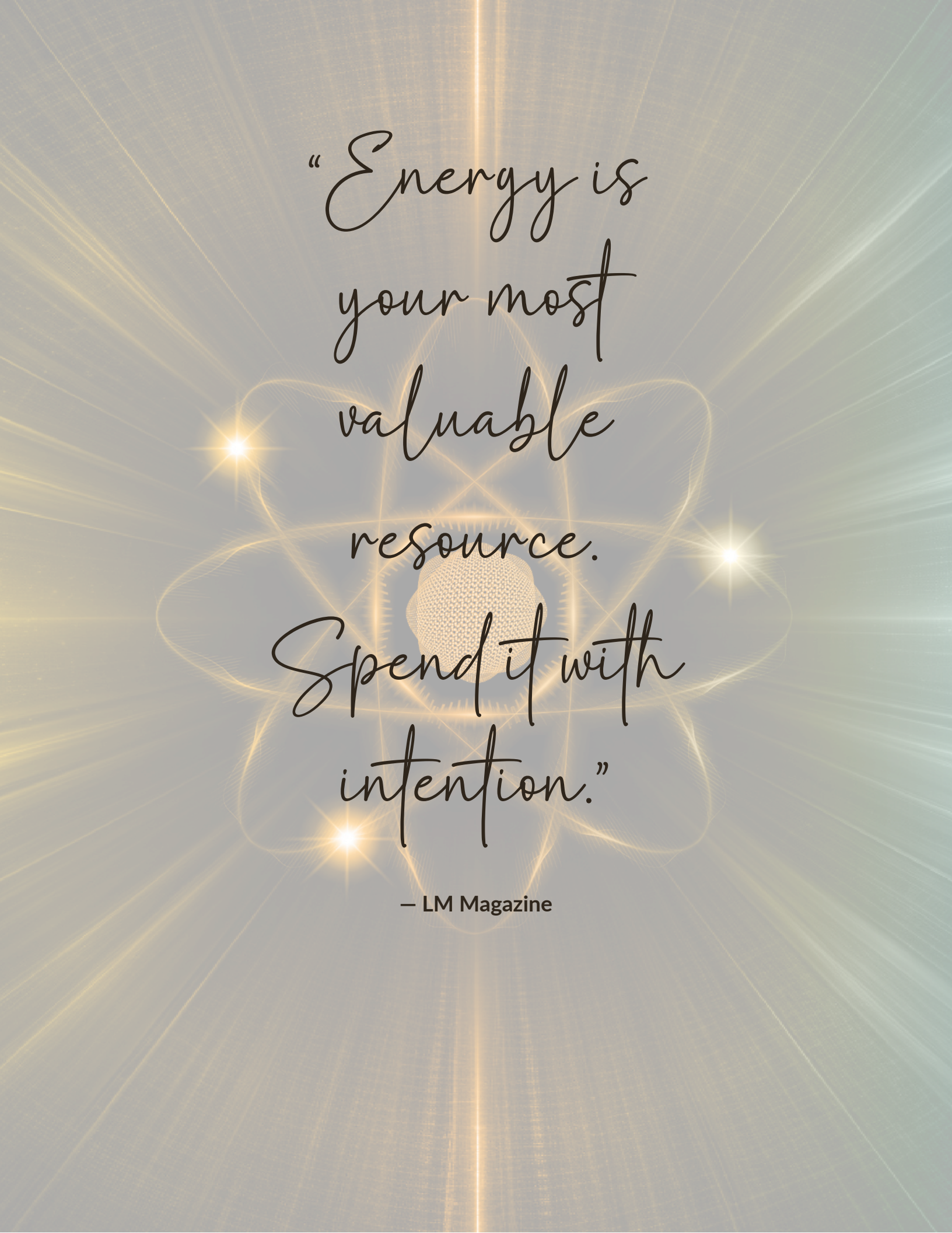
Sande is a mother and grandmother from Southern California. She is the award-winning author of *The Liminal Odyssey*, *The Alchemical Power of The Spaces In-Between* and a leader in the field of women's empowerment and community building. She is the Founding President of The Global Woman's Village established in 2001, committed to the concept of the archetypal identity of women today known as *A Woman Who Futures a New Paradigm..* Sande has received global and national recognition for her innovative projects and accomplishments. including US Congressional recognition as a community builder and the Nautilus Book Award.

Connect with Sande:

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“Energy is
your most
valuable
resource.
Spend it with
intention.”

– LM Magazine

WISE WOMEN, WISE GUTS

Movement, Strength & the Midlife Gut



by Diana Boskma

The other day, I noticed it without really thinking about it at first.

I took a slightly longer route on my dog walk in the woods. Nothing dramatic, just a bit further than the last couple of months. But halfway through, I realised something had shifted. My body didn't feel heavy or resistant in the same way it had a few weeks before.

There was a lightness. A willingness.

Not a push. Not a plan. Just a quiet sense of, "Yes, I can go a little further today."

And it made me smile, because this is how spring works.

The urge to move returns

After winter's slower rhythm, something begins to rise again.

You may notice:

- a desire to get outside more
- a little more energy in the mornings
- the thought, "I should start exercising again"
- or even a sudden motivation to "get back into shape"

And while that rising energy is real, this is also where many women go wrong.

Because we've been taught that when energy returns, we should use it. Maximise it. Push it. Catch up for lost time.

But your body isn't asking to be pushed.

It's asking to be guided.

The body is ready, but not for force

Spring energy doesn't arrive all at once. It builds gradually, like light returning after a long winter.

Your gut, your hormones, your nervous system, they're all still adjusting.

When movement is introduced gently, the body responds beautifully:

- digestion improves
- mood lifts
- energy stabilises
- sleep deepens

But when we jump too quickly into intense routines, long workouts, or rigid plans, the body can feel overwhelmed.

And the gut often tells the story first.

You might notice:

- bloating after exercise
- unusual fatigue
- increased cravings
- disrupted sleep
- a feeling of being “wired but tired” again

These are not signs of weakness. They’re signs that the system has been pushed faster than it can comfortably adapt.

The connection between gut and movement

Your gut and your muscles are in constant conversation.

They share energy, nutrients, and signals from the nervous system.

When the body feels safe and well-nourished, movement becomes supportive. It helps circulation, improves digestion, and even feeds beneficial bacteria through increased blood flow and oxygen.

But intense or stressful exercise can shift the body into a more alert state, pulling energy away from digestion.

This is why a hard workout on an undernourished or stressed system can leave you feeling more depleted than energised.

It’s not about exercise being “bad.” It’s about timing, support, and rhythm.

Nourishing a moving body

As your activity increases, your need for nourishment does too.

This isn’t the time to eat less. It’s the time to eat well.

Think:

- pastured eggs, slow-cooked meats, and oily fish for protein
- butter, ghee, olive oil, and animal fats for stable energy
- mineral-rich broths and well-salted meals for hydration and resilience
- properly timed meals, rather than skipping or grazing

Your body rebuilds strength from nourishment, not from discipline alone.

The wise way to move in spring

Spring movement doesn’t need to be complicated.

It can look like:

- walking a little further each day
- gentle strength exercises at home
- stretching in the morning light
- moving in ways that feel inviting, not punishing

The key is not intensity. It’s consistency and enjoyment.

Let your body lead. Some days will feel more energetic than others.

Honour both.

Strength returns in its own time

There's a quiet confidence that comes from moving with your body instead of against it.

You begin to trust your energy again.

You notice what feels good.

You stop chasing the version of yourself from ten or twenty years ago.

And something even better replaces it, a steadier, wiser strength.

A wise woman's spring movement

You don't need to earn your vitality back.

You don't need to prove anything to your body.

About

Hi, I'm Diana Boskma of Connecting Life Coaching. I am a holistic life and health coach with a special focus on women in midlife.

You simply need to support it as it rebuilds.

Spring is not a race back to full speed. It's a gradual unfolding.

So take the longer walk.

Stretch a little more.

Lift something gently.

Pause when needed.

Your gut, your muscles, your nervous system, they are all finding their rhythm again.

And when you move with that rhythm, strength returns not as force...

...but as ease.

Diana

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“ALMOST
EVERYTHING WILL
WORK AGAIN
IF YOU
UNPLUG IT
FOR A FEW
MINUTES,
INCLUDING
YOU.”

— Anne Lamott

THE SUPERFOOD OF THE MONTH IS...

Spinach

Spinach is one of those foods that is easy to overlook because it feels so familiar, but it is one of the most effective ways to support your energy and overall health, especially in midlife.

In May, spinach is fresh, affordable, and at its best. It is easy to prepare, easy to add to meals, and provides nutrients that many women are often lacking without realising it.

As your energy becomes less predictable, what you eat starts to play a bigger role in how you feel day to day.

Spinach supports your body in simple but important ways:

- **Iron** helps reduce fatigue and supports energy levels
- **Magnesium** supports your nervous system, sleep, and muscle function
- **Folate** plays a role in brain health and mood
- **Fibre** supports digestion and gut health
- **Antioxidants** help reduce inflammation

These are not things you need to track or overthink, but they do make a difference when they are consistently part of your diet.



EASY SPINACH & EGG SKILLET

Ingredients:

- 2 handfuls of fresh spinach
- 2 eggs
- 1 tablespoon olive oil
- 1 clove garlic (optional)
- Salt and pepper
- Optional: feta cheese or cherry tomatoes



Preparation:

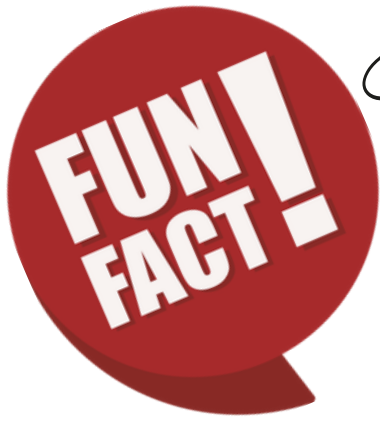
- Heat the olive oil in a pan on medium heat.
- Add garlic if using, and cook for 1 minute.
- Add the spinach and cook until wilted (2-3 minutes).
- Make two small spaces in the pan and crack the eggs into them.
- Cover and cook until the eggs are done to your liking.
- Season with salt and pepper, and add feta or tomatoes if you like.

Simple, quick, and satisfying without feeling heavy.

Reminder:

Supporting your health does not have to be complicated.

Sometimes it starts with something as simple as adding a handful of spinach to your plate a few times a week. Over time, these small choices help support your energy, your focus, and your ability to show up in your life the way you want to.



Did you know...

- Walking for just 20 minutes outdoors can boost your mood and reduce stress
- Magnesium, found in foods like spinach, plays a role in over 300 processes in the body
- Hormonal changes in midlife can affect not only your body, but also your focus, memory, and decision-making
- Spending time in daylight, especially in the morning, helps regulate your internal body clock, which can improve both sleep and overall energy.
- Did you know that your body does most of its repair work while you sleep?

Brené Brown – The Power of Vulnerability



FUN & GAMES

Wordsearch

Self-Compassion

U U G E E C D P S S E N T F O S G C U
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ACCEPTANCE
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 NON-JUDGMENT
 PATIENCE
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 SOFTNESS
 TENDERNESS

CARE
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 GENTLE
 KINDNESS
 MINDFUL
 NURTURING
 SELF-ACCEPTANCE
 SELF-LOVE
 SUPPORTIVE
 UNDERSTANDING



Sudoku

Medium

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Answers

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YOU AND YOUR... *Money*

THE CAPACITY BUDGET

A Simple Way to Manage Your Money Without Overwhelm

Most women don't struggle with money because they don't care or because they lack discipline. They struggle because they are trying to manage too many things at once, with a system that doesn't match their current life.

At this stage in life, your financial approach needs to be simple, clear, and realistic. If your budget feels complicated or heavy, you are less likely to follow it, and that's where frustration begins.

The idea of a **Capacity Budget** is simple: you create a way of managing your money that fits your *current energy, time, and life*, not an ideal version of it.

Step 1: Know Your Numbers (Without Overcomplicating It)

Start with the basics. You don't need a spreadsheet with twenty categories.

You need three clear numbers:

- **Income** – what comes in each month
- **Fixed expenses** – rent, utilities, insurance, subscriptions
- **Flexible spending** – groceries, petrol, personal spending

That's it for now.

The goal is not perfection. The goal is awareness.

Step 2: Choose What Matters in This Season

This is where the Capacity Budget is different.

Instead of trying to save for everything at once, ask yourself:

What are my top 2 or 3 financial priorities right now?

For example:

- building a small emergency fund
- paying off a specific debt
- creating more breathing room each month

Everything else can wait.

Step 3: Create Simple Spending Limits

Once you know your numbers and your priorities, give yourself clear, simple limits.

For example:

- groceries: \$X per week
- personal spending: \$X per month
- eating out: \$X per month

These are not restrictions. They are guidelines that help you make

YOU AND YOUR... *Money*

decisions more easily.

When your budget is clear, you spend less time thinking and second-guessing.

Step 4: Start One or Two Sinking Funds

Sinking funds are one of the easiest ways to reduce stress around money.

Instead of being surprised by expenses, you prepare for them slowly.

Start with one or two:

- car maintenance
- home expenses
- birthdays and gifts
- holidays

Set aside a small amount each month. Even \$20 or \$50 makes a difference over time.

This removes the “unexpected expense” feeling that often throws everything off.

Step 5: Check for Easy Money Leaks

When your energy is low, spending decisions often become automatic.

Take a few minutes to check for:

- subscriptions you no longer use
- small, frequent purchases that add up
- spending that happens when you are tired or overwhelmed

You don't need to cut everything.

Just becoming aware of where your money is going can already change how you spend.

Step 6: Keep It Manageable

Your budget should not feel like another job.

Choose a system that is easy for you to maintain:

- a simple notebook
- a notes app
- one page in your planner

Check it once or twice a week, not every day.

Consistency matters more than complexity.

A Different Way to Think About It

A good budget is not about controlling every dollar.

It is about creating enough structure so your money supports your life instead of adding stress to it.

When your finances are simple and clear:

- you make decisions faster
- you feel more in control
- and you reduce the mental load that comes with uncertainty

You don't need a perfect budget.

You need one that works for you, in this season of your life.

FITNESS MOVEMENT OF THE MONTH

The Spring Reset Walk

In May, movement does not need to be intense to be effective. In fact, this is a good time to come back to something simple and consistent, especially if your energy has felt low or uneven.

Walking is one of the easiest ways to support your body without adding pressure to your day. It helps with circulation, digestion, mood, and overall energy, and it does so in a way that feels manageable.

The goal this month is not distance or speed. It is consistency and how you feel.

Why Walking Works So Well in Midlife

Walking supports your body in multiple ways at once, without putting stress on your system.

It can:

- improve energy levels without exhausting you
- support digestion and reduce bloating
- help regulate mood and reduce stress
- support joint health and mobility
- create mental space, especially when your mind feels full

This is especially important when your capacity feels limited. You want movement that gives you energy back, not something that drains you further.

A Simple Weekly Rhythm

Instead of setting big goals, keep it realistic:

- Aim for **20–30 minutes**, 4 to 5 times a week
- Walk at a pace where you can still breathe comfortably
- If needed, split it into two shorter walks

This is not about perfection. It is about creating a rhythm that fits into your life.

Before You Walk: 3-Minute Warm-Up

A quick warm-up helps your body ease into movement and prevents stiffness.

- Roll your shoulders back 10 times
- Gently turn your head side to side
- Swing your arms naturally
- March in place for 30–60 seconds

Keep it simple. The goal is just to wake your body up.

After Your Walk: Gentle Stretches

Take a few minutes to stretch, especially if you tend to feel tight.

- **Calves:** step one foot back and press the heel down
- **Hamstrings:** reach toward your toes without forcing
- **Hips:** gentle hip circles or a seated stretch
- **Lower back:** slow forward fold or gentle twist

No need to hold anything for long. Just enough to release tension.

Make It Work for You

You don't need special clothes, a perfect schedule, or a specific location.

You can:

- walk around your neighbourhood
- go to a local park
- walk while listening to music or a podcast
- or simply step outside and move

The important part is that it feels doable.

A Small Shift That Makes a Difference

If you've been feeling low on energy or overwhelmed, this kind of movement can help you reconnect with your body without adding pressure.

It is not about doing more.

It is about doing something that supports you, consistently.



“

—
YOU DON'T
NEED MORE
TIME. YOU NEED
CLEARER
DECISIONS
ABOUT WHERE
YOUR ENERGY
GOES.

— Sara Fernandes

”

GRACE & GRIT

Your Energy Isn't Gone – It Just Has Better Taste Now

by Coleen Stubbs



There was a shift. Maybe subtle. Maybe you felt it. It's a moment in midlife that nobody warns you about.

You may have been moving along through life smoothly. Then one day you are sitting at your desk staring at a perfectly reasonable to do list, and you feel... nothing. Not unmotivated. Not lazy. Just done. Disengaged in a way that no amount of coffee or sleep can fix. You wonder if you have lost your drive. It's the moment when your soul, your body and your wisdom quit engaging with things that are no longer aligned with the life you want..

If this feels familiar, let me say this clearly: you are not broken. You are not failing. You are evolving into the woman you are designed to be.

The truth is in midlife, energy, capacity and boundaries are not separate issues. There is a blur in midlife when your physical energy requires more careful management while at the exact same time your cognitive and strategic capacity is peaking.

Here's what that means for your business: the CEO you are becoming is sharper, more discerning and more aligned. You no longer hold space for the wrong clients, the wrong offers or the wrong models. This isn't a random slowdown. It's a well earned and deeply articulated upgrade.

It's a shift in the midlife balancing matrix where you get to design the integration of your business and your relationships while strategically cultivating a life you love.

Buried in the shift are random tasks that feel heavier, disorganized systems feel suffocating and a full calendar can feel completely hollow. The restlessness you feel in certain parts of your business and your life isn't resistance. It's realignment that brings the realization that your nervous system is no longer available for chaos, misaligned opportunities or shallow interactions.

It's not a weakness - this is wisdom.

Our capacity hasn't changed but how intentional we are with every action

we take has. We no longer have a desire to rush for the sake of accomplishing as much as possible. Suddenly we are embracing quality movements that have deeper impact. We value deeper client relationships over a wider audience and revenue built on alignment, not exhaustion. We set boundaries that aren't about being available or unavailable, they are about being intentional.

We understand that every yes equals a no to something that may be better aligned.

THE GRACE & GRIT CHECKLIST: PROTECT YOUR ENERGY THIS MONTH

- Identify your top 3 energy drains and name them honestly
- Schedule strength training and prioritize sleep just like a board meeting.
- Stop using your high-performance brain for low-value tasks.
- Before saying yes to anything new, ask: Does this align with who I am right now?
- Audit one system in your life or business that's costing you mental load
- Schedule something this week that genuinely fills you — not as a reward,

but as a requirement

- Design your schedule so it doesn't require 100% capacity to function.

You've built something real. You've done the hard thing, the brave thing, and the costly thing more times than anyone can count. This season isn't about working harder — it's about working truer. Truer to yourself. Truer to the business model that actually fits your life. Truer to the life you actually want.

I believe there's a grace available to you right now that's custom-designed for this exact chapter.

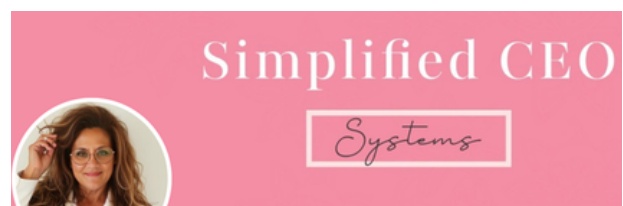
The energy hasn't left you. It's just waiting for you to point it at something that matters.

This is the season where you build your life around wisdom. Embrace peace as productivity.

Give yourself grace to redesign your reality.

Coleen

connect with Coleen:



About

Each month in this column, I'm committed to bringing you high-impact insights and game-changing opportunities that deliver real value to entrepreneurs who are serious about growth. No fluff—just strategies, systems, and resources that move the needle.

Coleen is the founder of **Simplified CEO Systems**, helping midlife women entrepreneurs build customized CRM systems that scale. Connect at simplifiedceosystems.com.

<https://www.linkedin.com/in/coleen-stubbs-simplified-ceo-systems/>



Your business is running...
but your backend looks like a dumpster fire!

You're putting in the time. But your back office is chaos.
Sticky notes, dropped connections, missed follow-ups & 100 "I'll do it later's".

And it's stealing the one thing you can't get back: time.

Make 2026 different!

I create fully customized and branded Customer Relationship Management systems so you can build a business you're madly passionate about "without the burnout spiral!"

Click to book a call for more information.



**Coleen
Stubbs**

Simplified CEO

Systems

A woman is shown in profile, relaxing in a white bathtub. The scene is dimly lit with warm, glowing candles and soft light from a window, creating a serene and peaceful atmosphere. The text is overlaid on the image in a dark teal color.

“CARING FOR
MYSELF IS NOT
SELF-
INDULGENCE,
IT IS
SELF-
PRESERVATION.”

– Audre Lorde

REDEFINING HEALTH FROM THE INSIDE OUT

A conversation with Dr Sharon Yeh on connection, resilience, and the wisdom of the body

At the heart of meaningful transformation, there is often a type of return to self, and for Dr. Sharon Yeh, that return is not just a personal practice, but the foundation of everything she offers.

A respected voice in the space of health, wellbeing, and human connection, Sharon brings an integrative approach that bridges science, lived experience, and deep compassion. Her work invites a more nuanced understanding of how the body and mind communicate, and how, particularly in midlife, those signals are not problems to fix, but messages to be understood.

What sets Sharon apart is not only her expertise, but the way she embodies it. There is a steadiness in her presence, a way of speaking about healing and change that feels grounded, honest, and deeply reassuring. She does not offer quick solutions or rigid frameworks. Instead, she creates space — space to listen, to reconnect, and to move forward in a way that feels both sustainable and true.



In this conversation, Sharon shares her personal journey, the philosophy that shapes her work, and her perspective on what truly supports women as they navigate the shifts and transitions of midlife. It is a gentle yet powerful reflection on connection, resilience, and the kind of strength that emerges when we begin to trust ourselves again.

Looking back, what moments in your life shaped the woman you are today, not just professionally, but personally?

There are a few moments that I return to again and again when I think about who I am and how I got here.

The first is the twenty years I spent as a clinical pharmacy specialist inside a large healthcare system here in Houston. I worked hard for that life. Four years of pharmacy school, an advanced residency, a role where I consulted physicians and nurses daily on complex medication therapies. I was proud of that white coat. It was my dream job, and I mean that sincerely. But underneath all of it, something whispered that there was more. I would watch my patients on twenty-plus medications and feel this ache, because they were not truly getting better. That whisper grew louder over the years, even when I tried to ignore it. The second moment came during my pregnancy, about ten years ago. I was up in the middle of the night, taking antacids every hour, dealing with severe nausea and heartburn. And I remember this very clearly, I stopped and thought, "I am a pharmacist. Is this really safe for my baby?" That question sent me down a rabbit hole I never came back from. I started researching food, functional medicine, nutrition — things I had never been taught to consider. That night changed my life. It was the moment the whisper became a voice.

And then the pandemic arrived. That season forced me to get very honest about my values — what I believed about health, about healing, about the system I was working inside. When I realized those things no longer aligned, I made the decision to leave completely and step into this work one hundred percent. That was terrifying and necessary at the same time.



Personally, my own experience moving through perimenopause has been perhaps the most profound shaping force of all. Living it myself, the shifts, the changes, the moments of not recognizing my face, my own body, has made me a far better guide for the women I serve. I am not speaking from a textbook. I am speaking from my own becoming.

What does a “good day” look like in your life right now, in its simplest form?

A good day for me is actually very simple. It starts with the sunrise. Every day is a SUN day for me. I get to walk barefoot on my grass, spend time outside under the oak tree we planted, and do work that feels meaningful by talking with people about mitochondrial health.

Maybe that sounds small, but to me it is everything. After years of living and working under artificial light in a high-stress hospital environment, I deeply appreciate the life I have now. It feels peaceful, nourishing, and honest.



Many women in our community are navigating change or uncertainty. What has helped you stay grounded during periods of transition?

Community, first and foremost. I cannot overstate this. When I was in pharmacy, my colleagues were my daily mental health support system. Even when I knew something needed to change, having people around me who understood the work kept me steady. And as I grew and my values evolved, my community changed too. I had to seek out new connections, like-minded women who were asking the same questions, building differently, living more aligned. Finding those people made the transition feel less like a leap into the void and more like a walk toward something real.

The other anchor for me has been following my own intuition, even when it felt uncomfortable. There were moments when I looked around at my colleagues — people who were perfectly happy doing exactly what we had all trained to do and I felt strange for wanting something different. It is easy in those moments

to wonder what is wrong with you. But I came to understand that there was nothing wrong with me. I had simply outgrown that container. Holding onto that truth kept me grounded when the path forward was not yet clear.

And practically, aligning with natural rhythms has been deeply stabilizing for me. When life feels uncertain, getting outside, eating in alignment with daylight, honoring rest, these are not small things. They are the foundation that everything else rests on

What do you believe now about life that you didn't believe ten or twenty years ago?

I believe that the body has an innate intelligence to heal and that our job is not to override it, but to create the conditions that allow it to do what it already knows how to do. Ten or twenty years ago, working inside a conventional healthcare system, I believed that the right medication at the right dose was the primary answer. I was good at that. But I watched patients not get better, and I had to be honest with myself about what that meant.



When we stop forcing ourselves to perform constantly and instead work with our natural rhythm, leadership becomes more sustainable. We move from exhaustion toward intentional, regulated leadership.

I now believe that health is not the absence of disease. It is vibrant, alive, thriving. And it is available to us when we stop fighting our biology and start working with it.

I also believe that you get to design your life. That you are not locked inside a role, a system, or an identity just because you built it. That takes courage especially when the people around you are content where they are, and you are the one who feels different. But I have met so many courageous women, especially in communities like this one, who remind me every day that another way is possible.

And I believe in coherence – living with enough of yourself in your life that your mind, body, and values are all moving in the same direction. That is where

true well-being lives.

How would you describe your work in a way that feels true to you, beyond titles or labels?

I help midlife women feel like themselves again. That is the most honest way I can say it.

What I do is teach women how to nourish themselves deeply not just with food, but with light, rhythm, water, safety, and the subconscious patterns that shape everything beneath the surface. I look at the terrain the body is living in, not just the symptoms showing up on the surface. And I do this through the lens of cellular health because when your mitochondria are supported, when your circadian biology is aligned, when your body feels safe, everything changes.

I bring together my background as a doctor of pharmacy, my master's in functional medicine and human nutrition, my training in hypnosis and my own lived experience of perimenopause. But more than any credential, I bring the understanding that healing is deeply personal, and that the woman in front of me is not broken. She is ready.

What is a common misconception people have about your field or your work?

The biggest misconception I encounter is that integrative or functional medicine is simply a natural alternative to conventional medicine, like we are just swapping pharmaceutical drugs for supplements. That is not what this is.

My work goes much deeper. I am looking at the root causes– the upstream conditions that are creating the downstream symptoms. I am asking questions about light exposure,

circadian rhythm, mitochondrial function, leptin signaling, nervous system safety, and the subconscious beliefs that keep the body in a state of low-grade stress. These are not things that show up in a standard lab panel or a fifteen-minute appointment.



I also want to be clear that I do not have magic pills. Even though I am a pharmacist and a nutritionist, I do not offer magic pills. What I offer is a terrain-based approach that requires an active, engaged participant. The women who experience real change with me are the ones who are ready to take ownership of their health, not just follow a protocol.

What patterns do you see most often in the women you work with?

I see women who are responsible, highly capable, and very used to carrying a lot. Many of them have spent years doing what they are supposed to do, taking care of everyone, staying informed, staying productive, and trying to be healthy. They are the “super women,” but inside, they feel like something is off. Over time, they start to lose trust in their own bodies.



Over time, that can turn into a loss of trust in their own bodies. They start wondering why they do not feel better, why their body feels different, or why more effort is not leading to more ease. And yet, one of the most beautiful things I witness is that when women are given permission to stop overdoing, to simplify, and to focus on what actually matters to the body through the lens of cellular health, real change can happen. Their health often improves not by doing more, but by doing what is more aligned.

What is one shift, mindset or practical, that can create meaningful change for someone who feels stuck right now?

Begin aligning your life with natural light and rhythm. I know that might sound simple, and that is exactly the point.

Most of the women I work with are living in complete biological misalignment – spending their days under artificial lighting, looking at screens late into the evening, eating at times that work against their hormonal rhythms. And then they wonder why their body is not cooperating. The body is not broken. It is responding perfectly to the environment it is in.

Even one shift – watching sunrise, letting natural light hit your eyes and skin at this key time, anchors your circadian rhythm – starts to signal safety to your cells. That one shift can begin to influence sleep, energy, cortisol, leptin, and mood. It does not require a perfect protocol. It requires one aligned choice, consistently made. That is where real change begins.

How do you personally approach balance between your work, your energy, and your life outside of it?

Honestly, my approach to balance has shifted significantly. I used to operate from a model of pushing through, that was the hospital environment, that was pharmacy, that was surviving graduate school with a newborn. But that model has a cost, and I felt it.

Now I think less about balance as an equal distribution of time and more about alignment such as am I living and working in a way that honors my biology and my values? I protect my morning light exposure. I am intentional about when I eat, when I create, when I rest. I use the seasons as a guide. I am doing less, not more. Creating space rather than filling it.



What does community mean to you at this stage of your life?

Community is everything to me at this stage. I truly believe that healing takes a village, and I say that not as a platitude but as something I have lived. I have experienced the loneliness of outgrowing one community and having to find another. I have felt what it is like to be surrounded by people who are perfectly

content where they are, while you are quietly feeling called somewhere else. That can be isolating.

What community means to me now is being surrounded by people who share similar values, who are asking deeper questions, who are willing to do the inner and outer work. It means spaces where women feel seen and supported, not judged or rushed. Whether that is in person or virtual, Technology has made it possible to find your people across geography. Community is one of the most powerful healing forces I know.

What do you think women in midlife are truly needing right now, beyond surface-level advice?

They need to be told the truth about their biology and given a roadmap that actually honors it. Not another protocol to push through. Not a list of things to add to an already full life. But a terrain-based approach that starts at the cellular level and works outward. It is not about doing more. It is about doing what impacts your health the most.

Another need is to understand that what they are experiencing in perimenopause and midlife is not a malfunction. It is a natural transition that their body is navigating, and the environment most women are living in makes that transition far harder than it needs to be.

Beyond information, they need permission. Permission to stop overriding their bodies. Permission to slow down. Permission to prioritize themselves without guilt. And they need community, women who are in it with them, who remind them that this chapter can be one of the most vibrant, purposeful, and alive of their entire lives.

What role does connection play in healing, growth, or reinvention?

It is central. I do not think true healing happens in isolation. The body is designed for connection- to nature, to rhythm, to other people. When we are disconnected from those things, we feel it at a cellular level.

For the women I work with, connection often means finally feeling understood. Having someone say, "I see what is happening in your body, and here is why" that alone can shift something. And being part of a community of women who are walking a similar path creates a kind of resonance that accelerates everything.

Connection is also at the heart of my own story. Every turn I took, from pharmacy toward functional medicine, from employee toward entrepreneur, from practitioner toward healer, was supported by the right connection at the right moment. I do not believe that is accidental. I believe we attract what we are aligned with.

If you could tell every woman reading this one thing, what would you want her to hear today?

Recognize the desire for change that lives inside you and honor it. Do not dismiss it, do not talk yourself out of it, do not compare it to what anyone else around you is feeling or choosing. That desire is there for a reason.



And if you are in a season where you feel like you have built something, achieved something, checked all the boxes, and yet something still feels off. Please hear this: there is nothing wrong with you. You have simply outgrown that container. That is not failure. That is growth. And the next chapter, the one that feels more like you, is not only possible. It is waiting.

What feels important for you in this next chapter of your life?

Stepping fully into my voice and my vision. I have spent time building the foundation, the methodology, the community, the content, and the credentials. Now what feels important is expansion. Reaching more women through various platforms. Showing up as the CEO of this mission, not just the practitioner inside it.

It also feels important to keep living what I teach. To keep honoring my own circadian rhythms, my own repair seasons, my own becoming. Because the most powerful thing I can offer the women I serve is the living proof that this works, that midlife is a new beginning, not a decline.

Where can readers connect with you or learn more about your work?

You can find me on Facebook <https://www.facebook.com/sharon.yeh.779/>. I would love to connect with you there, hear your story, and share more about cellular health and midlife vitality. If something in this conversation resonated with you, reach out, any moment is the right moment.

I loved having Dr Sharon’s perspective for this issue of the magazine. Let’s end this beautiful interview with a few rapid-fire questions.

RAPID FIRE WITH

Dr Sharon Yeh




Morning or night?	Morning! I rarely miss any sunrise now.
Coffee or tea?	Both
What I say too often:	go catch the sun
My guilty pleasure:	Chocolate and Asian dessert
Best advice I’ve ever received:	everything has been, is now, and will always be ok.
Go-to self-care ritual:	sun bathing
One thing most people don’t know about me:	I am a reiki master.
What creativity looks like in my everyday life:	play around with herbs from my garden- creating my own apothecary
I feel most myself when...	I go hiking.
One thing I’d tell my younger self:	Everything always works out.

Connect with Dr Sharon Yeh:

[Facebook](#)

[LinkedIn](#)

[Website](#)



**“When
everything
feels
important,
nothing gets
your full
attention.”**

LM MAGAZINE

OPEN THE DOOR TO NEW ENERGY

A few simple shifts can refresh the energy of your home.

A few simple shifts can refresh the energy of your home.

When was the last time you really looked at your front entrance?

Not just walking in with groceries or rushing out the door...but actually noticing it.

After a long winter, many of our entryways show the season they've been through—dirty doors, tired doormats, empty planters, maybe a lightbulb that has been out for months. It's easy to overlook because we pass through it everyday.

But your front door should not be taken for granted. In **Feng Shui**, the front entrance is considered one of the most important areas of the home. It's often referred to as the "*mouth of chi*," the place where energy enters.

In simple terms, your front door sets the tone for the entire home.

When the entrance feels welcoming, clear and well-maintained, the energy flowing into the house tends to feel the same. When it's cluttered, dark or neglected, the home can start to feel a little stagnant.

The good news is that even small changes here can make a noticeable difference.

Small Shift. BIG Difference.

If you'd like to refresh the energy of your home this spring, start right at the front door.

- **Clear the pathway.** Make sure the walkway to your door is clear of clutter or unruly landscape.
- **Refresh the door area.** Wipe down the door, clean the windows and remove anything that feels tired or broken.

- **Add something welcoming.** A healthy plant, a seasonal wreath or a new doormat.

You don't need a full makeover. Sometimes just giving this area a little attention shifts the feeling of the entire home.

This week, take a moment before you walk inside and look at your entrance the way a guest might see it for the first time.

Does it feel welcoming?

Does it reflect the energy you want to invite in?



Remember...small shifts really can make a BIG difference.

Subscribe!

Kathy Scatena is a Home Design & Feng Shui Specialist with a background in professional staging, remodeling and residential real estate.

She blends intentional design with holistic Feng Shui principles to help clients transform tired and stagnant spaces into tranquil and supportive environments.



Kathy has a monthly newsletter where she shares tips on how to live according to the principles of Western Feng Shui. Check out her episode of The Life Mastery Lounge Podcast on  or 

So if that's something you are interested in or would like to know more about, you can subscribe to Kathy's newsletter here:

Subscribe!

CHALLENGE

THE CAPACITY RESET

A 30-Day Challenge to Reclaim Your Energy, One Small Decision at a Time



This month is not about doing more.


It is about noticing what you are already carrying, and starting to make decisions that support your energy instead of stretching it further.

Each day, you will focus on one simple action. Some will take a few minutes, others are simply about noticing and deciding.


Week 1: Awareness – What Are You Carrying?

Before anything changes, you need to see clearly what is already there.

- **Day 1: Write down everything that feels “open” in your mind**
- **Day 2: Notice where your energy drops during the day**
- **Day 3: Identify one thing you are doing out of habit, not intention**

 **Insiders**, you'll find the full 30-day Challenge to Reclaim Your Energy, One Small Decision at a Time, along with guided pages to help you go deeper at your own pace in Life Mastery Binder.

If you're ready for more clarity, reflection, and structure, this is where the real shift begins.



***“There is a
time to work
and a time to
rest.
Both matter.”***

– Ursula K. Le Guin

AFFIRMATIONS

Energy, Capacity & Boundaries

This month's affirmations are here to gently bring you back to yourself. To your energy, your limits, and what is truly yours to carry.

In midlife, capacity shifts, what once felt manageable may now feel heavy, and what once felt optional may now feel essential. These affirmations are not about pushing through or becoming someone new. They are about honoring where you are, reclaiming your space, and allowing your energy to be guided by intention rather than expectation.

You don't need to do more, you need to stay connected to what feels right for you.

Let these words support you in creating boundaries that feel steady, respectful, and self-honoring.

(Repeat the ones that speak to you daily to help you stay grounded.)

- **I am allowed to move at a pace that supports my energy.**
- **I choose what I carry, and I release what no longer fits.**
- **My energy is valuable, and I spend it with intention.**
- **I do not need to do everything to be enough.**



Important!

Insiders - You can find more affirmations in your LM Binder for inspiration, and inside Life Mastery Circle.

JOURNALING PROMPTS

Energy, Capacity & Boundaries

These prompts are an invitation to pause and notice.

To look honestly at where your energy is going, what your current capacity allows, and where your boundaries may be asking to be strengthened, softened, or redefined.

There is no pressure to have the “right” answers here, this is simply a space to reflect, to release what feels heavy, and to reconnect with what truly matters in this season of your life.

You might discover that your capacity is asking for more care, or that your boundaries are asking for clearer expression, or simply that you are ready to do things differently now.

Take your time with these pages. What you write here is not about fixing anything – it’s about understanding yourself more deeply, one honest thought at a time.

- **Where in my life do I currently feel the most stretched, and what is contributing to that feeling?**
- **What am I holding onto out of habit, even though it no longer feels aligned with who I am today?**
- **When do I feel most energised during the day, and what am I usually doing at that time?**
- **Where am I saying yes too quickly, and what would change if I allowed myself to pause before answering?**



Insiders - You can find more Journaling Prompts in your Binder and inside Life Mastery Circle.

AN AFTERNOON OF TRUTH, HEALING, AND REAL RESILIENCE

Inside the online launch of Unstoppable Resilience

There are moments that don't feel like events. They feel like something deeper, like a reminder that we are not alone in what we carry.

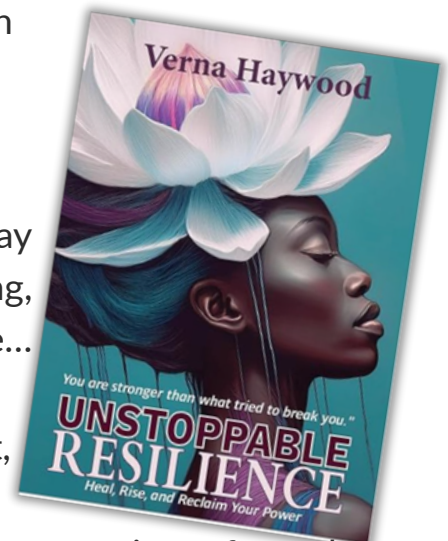
That's exactly what happened during the online launch of *Unstoppable Resilience* by **Verna Haywood**.

What was meant to be a book launch quickly became something else entirely.

From the very beginning, Verna set the tone in a way that felt both simple and powerful. Before any teaching, before any storytelling, she invited everyone to pause... and breathe.

This book was never *just* about resilience as a concept, it was about lived experience.

As Verna shared openly, *Unstoppable Resilience* was not written from theory, but from the reality of walking through loss, uncertainty, and moments that ask you to choose, again and again, whether you will stay where you are or rise. And that honesty shaped everything that followed.



WHAT RESILIENCE REALLY LOOKS LIKE

Throughout the session, one thing became clear: resilience is not a polished version of strength. It is messy, layered, and deeply human.

Through live polls and open conversations, participants revealed something many of us already know but rarely say out loud:

- Most people have felt knocked down by life
- Many are still rebuilding or finding their way
- Confidence, emotional healing, and burnout are very real struggles
- And even when support exists... it doesn't always feel consistent



There was no pretending in this space. No need to have it all figured out. Just an understanding that everyone is somewhere in the process.

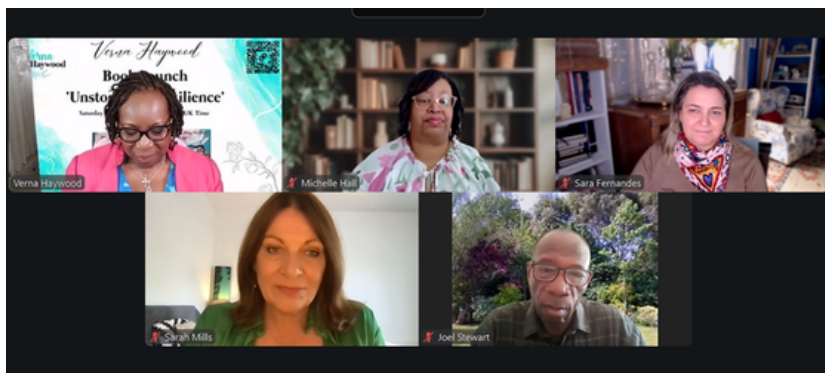
The panel conversation brought this even further to life. Each speaker shared their own version of resilience—through grief, divorce, financial hardship, identity shifts, and starting over. And what stood out most wasn't the differences in their stories... It was the thread that connected them all. No one avoided the hard parts, but no one stayed there either. There was a shared understanding that resilience is not about pushing through endlessly. It is about learning, feeling, and choosing to keep moving, sometimes slowly, sometimes uncertainly, but always forward.

Reflect. Revitalize. Renew.

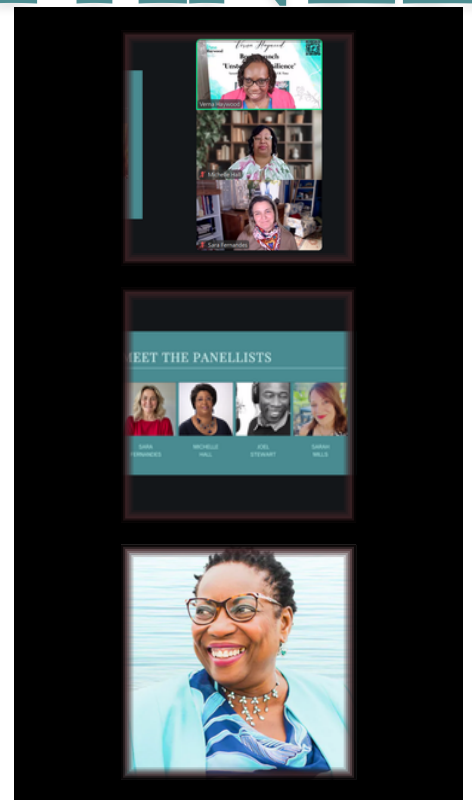
These are not steps to rush through, but a rhythm to return to.

- **Reflect** — becoming aware of where you truly are
- **Revitalize** — restoring what has been depleted
- **Renew** — letting go and stepping into something new

It's not about fixing yourself. It's about understanding yourself... and allowing change to happen from there.



THE PANEL



If there was one message that stayed with me long after the session ended, it was this:

You are not behind. You are not alone. And you are not without strength.

Not in a motivational way, but in a grounded, honest way, the kind that doesn't rush you... but also doesn't leave you stuck.

THE CONVERSATION CONTINUES

— LONDON, MAY 14TH

For those who felt the impact of this experience, the journey doesn't end online. On *May 14th in London*, Verna will host the in-person launch of *Unstoppable Resilience* — a deeper, more immersive gathering designed to bring this work to life in a shared physical space.

Held at **The Marlin, Waterloo**, this evening will include:

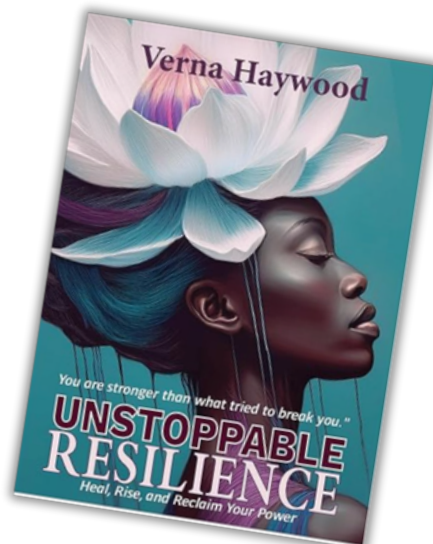
- A live panel discussion and interactive Q&A
- Readings and reflections from the book
- A book signing experience
- Time to connect in a calm, intentional setting

More than anything, it's an invitation to feel more connected—to yourself, and to others walking a similar path.

What made this launch so powerful wasn't just the message, it was the honesty behind it.

Resilience, as Verna reminds us, is not about never falling, it's about returning to yourself, to your truth, and to your strength, again and again.

And perhaps that's the real work. Not becoming someone new but remembering who you've always been.



***“You are
allowed to
outgrow
the pace
that once
defined
you.”***

— LM Magazine

DAY OF THE MONTH... **May 28**

International Day of Action for Women's Health

Many women in midlife start noticing changes in their energy, sleep, mood, and overall focus, but often assume it is something they just need to push through. The reality is that these changes are not random, and they are not something to ignore. They are signals that your body is asking for support.

The challenge is that most women are used to putting everything else first. Work, family, and daily responsibilities tend to take priority, and health becomes something you deal with later. Over time, this approach affects not just how you feel physically, but also your ability to function, make decisions, and stay consistent in your daily life.

During midlife, several factors begin to influence your energy and capacity:

- Hormonal changes can affect sleep, weight, mood, and focus
- Stress accumulates from years of responsibility and mental load
- Recovery takes longer, especially with poor sleep or nutrition
- Energy becomes less predictable throughout the day

These changes are normal, but they require a different level of attention than before.

Your health directly impacts your capacity.

When your energy is low:

- Decision-making becomes harder
- Simple tasks feel overwhelming
- Consistency becomes difficult

This is why many women feel like they are “falling behind,” when in reality, their body is simply not being supported in the way it needs.

DAY OF THE MONTH... **May 28**

You do not need a complete lifestyle overhaul. Small, consistent adjustments make a real difference:

- **Prioritise sleep:** aim for a consistent bedtime and reduce screen time before sleep
- **Eat for energy:** include protein, healthy fats, and whole foods to stabilise energy levels
- **Eat for energy:** include protein, healthy fats, and whole foods to stabilise energy levels
- **Move regularly:** walking, yoga, or light strength training can support both body and mood
- **Reduce overload:** avoid over-scheduling your days
- **Pay attention to symptoms:** fatigue, brain fog, or mood changes are signals, not inconveniences

If you are experiencing ongoing symptoms such as low energy, poor sleep, weight changes, or hormonal imbalances, it can be helpful to work with a professional who looks at the full picture.

Practitioners like Dr Sharon Yeh focus on understanding how hormones, lifestyle, and stress interact, and can help you create a plan that supports your body rather than working against it.

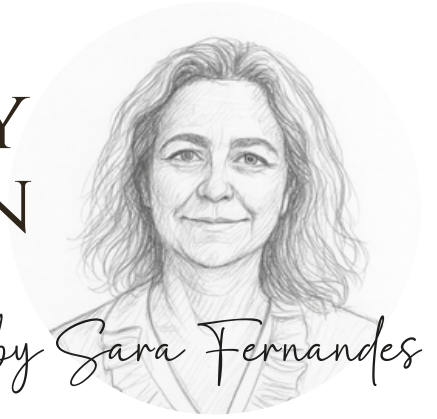
If you want to explore this topic further, here are a few helpful resources:

- **World Health Organization** – Women’s health overview
- **Office on Women’s Health** – Midlife and menopause guidance
- **North American Menopause Society** – Evidence-based information on midlife health

Taking care of your health is not about adding more to your plate. It is about supporting the energy and capacity you already have so your life feels more manageable, consistent, and aligned with how you actually want to live.

HOW TO COMPLETELY EXHAUST YOURSELF IN MIDLIFE

(A Practical Guide You Didn't Ask For) *by Sara Fernandes*



I've been thinking about this lately.

About how easy it is to feel tired, stretched, and a little bit all over the place... even when, on paper, everything looks fine. Life is full, things are moving, you're doing what you need to do, and yet, something feels heavier than it should.

So I thought I would be helpful and put together a guide.

Not the kind that tells you what to do, because we have enough of those. This one is much more practical, it's how to make sure you stay overwhelmed, slightly exhausted, and wondering why.

You're welcome.

Step 1: Say Yes Before You Even Think About It

This one is a classic, and for good reason.

Someone asks for your time, your help, your energy, and you say yes straight away. No pause, no checking how your week looks, no asking yourself if you actually want to do it. You already know the answer in your body, but we're not listening to that. We're being helpful. Reliable. Easy to count on. And if you feel a little bit off about it later, don't worry, that's just part of the process.

Step 2: Keep Rest for Later (There's Always Later)

Rest is something you get to after everything is done, and since everything is never done, this works beautifully. You can tell yourself, "*I'll rest when this week is over,*" and then repeat that every week for the next few months. It creates a nice rhythm where rest is always just out of reach, which keeps things interesting.

Step 3: Carry Everything in Your Head at Once

You don't need to write things down. It's much more effective to keep everything running in the background of your mind at the same time. Your to-do list, your ideas, your worries, the things you haven't finished, the things you

might want to start, all of it. It creates that constant mental noise that makes it hard to focus on one thing, which is exactly what we're going for.

Step 4: Expect Yourself to Be Who You Were 10 Years Ago

This is important. Think about a time when you had more energy, fewer responsibilities, or simply a different rhythm, and then quietly expect yourself to operate at that same level now. Don't adjust for anything. Not your life, not your body, not your reality. Just carry on as if nothing has changed.

Step 5: When It Feels Like Too Much, Add One More Thing

This one makes everything look very productive. If your list already feels full, the best thing you can do is add something new. A new routine, a new idea, a new commitment, something that gives you the feeling that you're getting on top of things. You're not, but it feels like it for a moment, and sometimes that's enough to keep going.

Step 6: Keep All Options Open

Decisions can be uncomfortable. They require you to choose one thing over another, and that might mean letting something go. We don't want that. So instead, keep everything open. All the ideas, all the possibilities, all the things you could do. Let them sit there together, gently competing for your attention. It's a lot, but you can handle it. Obviously.

Step 7: Assume It's a Discipline Problem

If you ever start to feel like this is not working, the solution is simple. Tell yourself you just need to be more disciplined. More consistent. More organised. More focused. That way, you don't have to question anything you're carrying. You just try harder to carry it all.

Or... You Could Try This Instead

Now, if you're reading this and smiling a little, or maybe recognising yourself in one or two of these, you're not alone. I've done all of this. I still catch myself doing some of it. Not because I don't know better, but because it's what we've been used to for a long time. Being the one who manages, who keeps things going, who holds everything together.

But at some point, it stops working.

Not all at once, but enough that you start to feel it. And that's usually the moment where something small can change everything. Not a big plan. Not a complete reset. *Just a pause.* A moment where you ask yourself, "Do I actually want to carry this?"

And then, slowly, you start choosing differently.

Not perfectly, not all at once, but enough to feel a little lighter.

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[SAVE MY SPOT](#)

KATE, UNFILTERED

I'm back!

I took a hiatus last month as oh boy my MS threw a ball so curved at me it identified as a boomerang. I have spent 2026 mostly bedridden, reliant on a wheelchair, fatigue so intense that I would need to sleep for four hours after having a shower and attempting to wash my hair. My days consisted of lying in bed with my dog, gazing out of my ground floor bedroom window at my car, quite literally gathering moss on the drive. I had no strength, no inner reserves, and commitments were being shed one after the other in an attempt to conserve energy for the bare essentials of my days.

Now I have been very open about my faith in God, and regular readers of my column may remember that I wrote of being blessed by my Creator with a kundalini awakening that happened back in January 2024. Kundalini energy is stored in the body and can be released, causing an intense spiritual and energetic awakening, although my thoughts on the proliferation of people seeking to exploit this desire for transcendence



by Kate Stapleton

is another article in its own right. I was deep in prayer when God chose to awaken a full body energetic experience, and this awakening – explosive and other-worldly – reversed the significant mobility restrictions I had accumulated up to that point (I must add that this was my purely individual experience and cannot advocate anyone seeking spiritual solutions for physical problems so please, go and see your doctor!). Suffice to say, I thought that God's intervention meant the end of my need for wheelchairs for life, and I was blindsided when two years later, at the start of 2026, I had a relapse that undid the undoing of my inability to walk.

However I have a special brand of resilience. I have battled unthinkable challenges over the course of 46 years, but I have always bounced back – my rubber backside has been in play since I was a child, land on it and bounce back up straight away. I

realised pretty fast that another miracle wasn't likely and that for reasons I didn't know, I was reliant on a wheelchair again. A lifetime of conditioning revved into action and I thought the two words that sum up the entirety of my resilience. Not "why me?" but "what now?". I wondered exactly what it was that kept me going in the face of such adversity - from surviving child abduction and domestic abuse, to reframing my entire life when my cherished mobility was ripped away from me again. And more so, I wondered if what kept me going could be pinpointed and used to help others get through their own challenges as well.

My tired, foggy mind spluttered into life as I brainstormed. All the tenets of my own resilience emerged and the framework I named Executive Resilience Architecture started taking shape on the screen in front of me. I looked at the traits I identified, refining and reflecting further, adding workshop ideas and translating ERA into coaching and mentoring methodologies. I began delving into psychological research that would support the four pillars of ERA and found - happily - that the science is there to back up the framework that

grew out of lived experience and sheer grit and determination. I then had an encounter with an academic who added further inspiration to this melting pot of ideas, leading to me enrolling on a Masters in Psychology with a view to completing a PhD and fulfilling a nearly 20 year old dream. ADHD "Shiny Object Syndrome" in play or a refusal to be constrained by circumstance? I'll let you be the judge of that. One aspect is clear however - the existence of ERA itself is proof that it works. No legs? No problem. Just give me a laptop and the internet and I'll show you how success can be redefined.

So the question really is "What now?" for ERA, and for me. I am beyond delighted that the relapse ended a few days ago, and I was again blessed with the ability to walk. Having had it, lost it, gained it back then lost it again, I will never take the simplest of daily activities for granted again as quite honestly, those curve balls can strike at any time. I am getting back to the gym and rebuilding the leg muscles that have atrophied over the last couple of months, and I am picking my life back up with glee - the joy coming from not one but two reprieves is unfathomable for most, and I am treasuring every unassisted

step I take. I have goals and dreams, and being able to walk is a massive help in being able to achieve them, so I am one happy camper right now.

And ERA? It will form the basis of my book, my talks and ultimately my PhD thesis, but before then I am creating a coaching and mentoring program for people who are battling major life disruption and are sick of having to be “the strong one”, reliable and rocksteady while life is beating the daylight out of them on the inside. It doesn't matter what your salary is, or what car you drive, or your job title, all of us at some point are familiar with the 3am thoughts, lying in the darkness with overwhelm circling like a predatory shark. The good news is that resilience can indeed be learned and adopted so if this resonates with you, please get in touch on info@stapletoncoaching.com to see how I can help. *Kate*

About

Kate Stapleton is a life coach, personal trainer, nutritionist and student hypnotherapist. She runs the Fusion Coaching program, which can be found at www.katestapletonservices.co.uk and you can contact her at info@katestapleton.co. She has also come through addiction, domestic abuse, disability, mental health challenges and is happily neurodivergent. She is single, content and free, has one grown up son and lives by the coast with her beloved dog Noopsie and her Mum.



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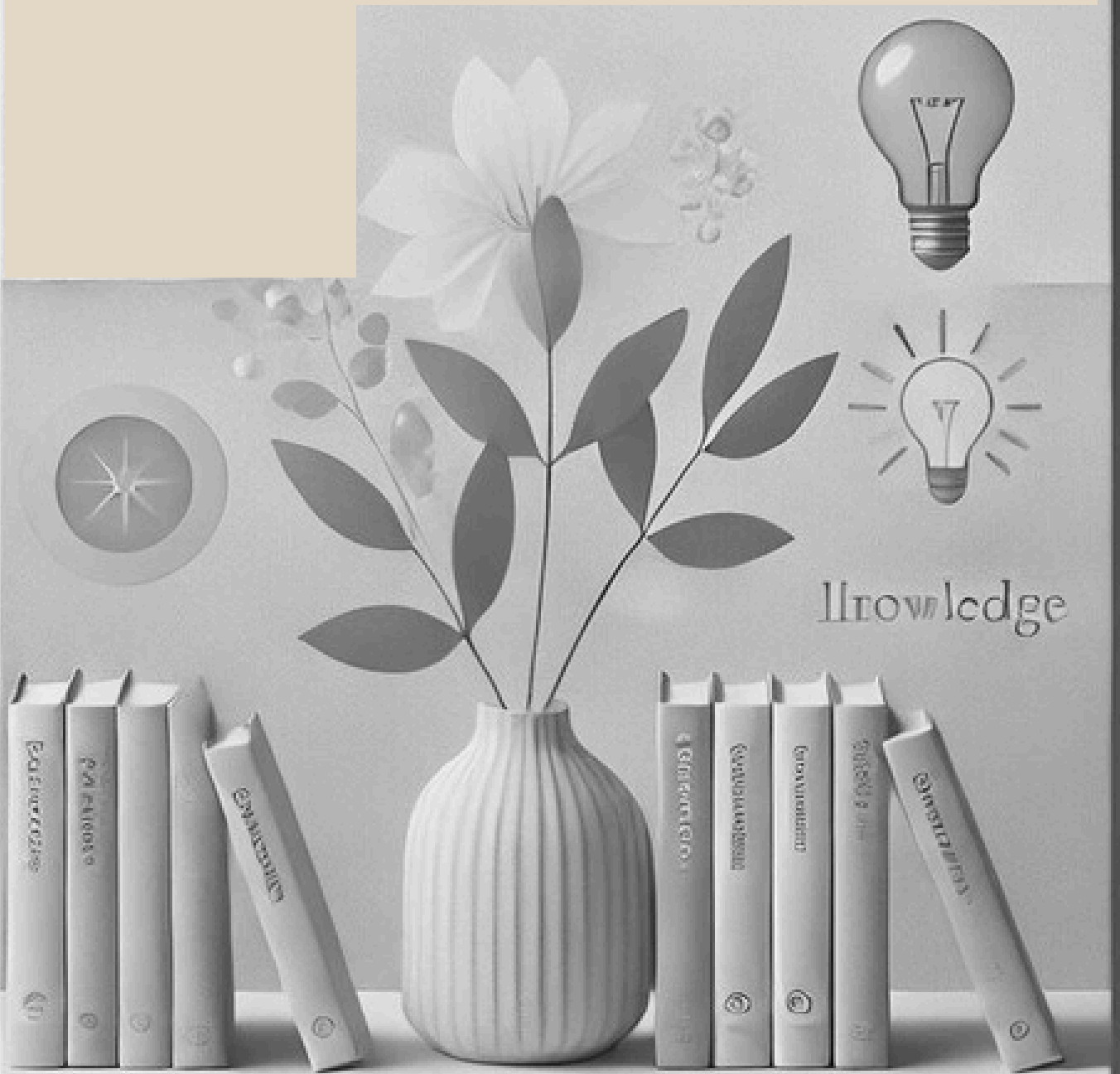
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*“Doing less
is not a step
back.”*

IT IS OFTEN THE ONLY WAY
FORWARD.”

– Sara Fernandes

RESOURCES



Knowledge



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Sara Fernandes — Editor of Life Mastery Magazine • Clarity & Growth Coach

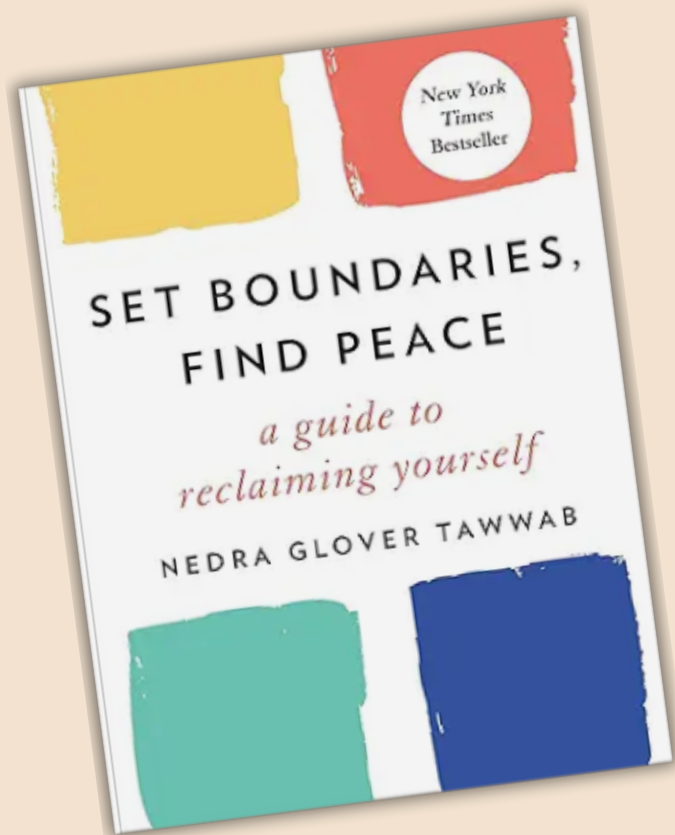
BOOK OF THE MONTH

Set Boundaries, Find Peace

by Nedra Glover Tawwab

There comes a point where constantly being available, agreeable, and accommodating starts to take a toll. Not all at once, but gradually, in the way your energy dips, your patience shortens, or your days begin to feel fuller than they should.

Set Boundaries, Find Peace offers a clear and compassionate way to understand what boundaries really are, and why so many of us struggle to put them in place. Nedra Glover Tawwab brings this conversation into everyday life, showing how boundaries are not about pushing people away, but about creating space for yourself within your own life.



What makes this book especially powerful is how practical it is. It doesn't stay in theory. It walks you through the different areas where boundaries are needed – relationships, work, family, and even with yourself – and gives simple, realistic ways to start making changes without guilt or overwhelm.

For many women, especially in midlife, this book feels like a turning point. It helps you recognise where you've been overextending, where your capacity has been stretched too thin, and how to begin shifting that in a way that feels respectful, not reactive.

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I Am Allowed to Take Up Space | Boundaries & Self-Worth Affirmations

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