



Hi Friends,

Looking through the eyes of my infinite soul.....

You're finding yourself with issues that are coming back, whether they are health challenges, relationship challenges or unhappiness with your job... or you may be a self-employed business owner who is just getting started in a new direction and you are not sure how to increase your income. I want to remind you of the big picture.

You are laying down your foundation, you are laying down a new grid for your new life in the new earth.

It's you that is doing it. You are making choices each and every moment that are based on what you value.

[I love this article](#) by Jennifer Hoffman, she talks about the Astrology of October 2019. I so agree with this and felt very inspired to share this with you.

Living Heaven on Earth is about making choices that reflect freedom.

Being free is a Core Value. Feeling uncomfortable is normal.

When you don't know the outcome of the choices you are making, you must trust, embody trust.

The opposite of trust is betrayal: a Core Wound. Release that energy once and for all and bring trust to every choice you make.



You can never go wrong in choosing love. You can never go wrong in choosing freedom: freedom in how to think, freedom in how to work, freedom in how to earn money. To live in financial freedom is your birthright. You even have the choice to give birth to yourself right now. When you freely choose to bring your physical body into the self-healing vessel that your body is and allow the miracles to happen, rebirth has occurred.

A close friend of mine was finding himself in despair with a returning health challenge. His energy was down — he was going down the rabbit hole feeling fear, not knowing what to do. and frankly, he was frightened.

I reminded him that this issue is coming up for resolution now and that the way he chooses to approach and respond to this situation is key.

The truth is, love has the power to heal all.

When we approach a situation, any situation with fear, we are tight, closed off and in total resistance to the miracle that is waiting to overtake your body, your life. YOU are your own Shaman. You are the one who is birthing the new paradigm shift with your consciousness and with your choice. Instead of choosing to feel fear and worry and doubt, which are low vibrational feelings for your body, (and why would you want to feel that?) I want you to lean into the miracle. I want you to lean your physical body into the solution that is already there just waiting for your love, your management, your direction.



You have to be open to it. You have to choose it.



You are the Shaman, the healer and the facilitator. First, you must accept where you are.

Accept what is - accept the challenge - feel the feeling of your acceptance.

Include the challenge into your experience. Include, not exclude, and bring your acceptance to it. YOU may not like it, and that's ok, but---the big picture is for the healing to happen, for the miracle to happen.

When you take this action (which is a response to love), the healing can happen, the miracle can happen and the solution can reveal itself to you.

Second...be open

Be open for the miracle to happen, for spontaneous healing to take place, for the perfect healing modality coming into your experience.

What is it that your body needs?

What is it that your body wants?

Do you value your body?

Are you making choices that reflect that truth?

Are you choosing love over fear?

Bring your physical body into a state of non-resistance.
Be open for the miracle, lean into the miracle.

For accelerating healing to happen, speak these words out loud:

"I resist nothing"

"I accept myself as I am".

"I accept the situation as it is".

"I am open to spontaneous healing".

"I am willing to see the solution that my body needs".

"I am open to the miracle".

"I am the miracle".

"I am so grateful".

"I am so free....and I feel the difference".



*Love always,
Kornelia*

**It's time to get HAPPY and CHOOSE A HAPPY LIFE!
Join me on my Happiness Retreat!**

Costa Rica Retreat
April 18th-25 2020

Email me directly with any questions you may have on this amazing adventure and the impact it is going to have on your life!

Eight reasons to book your reservation now!



It's time for you!

#1 Increase your Happiness!

Research shows that the simple act of planning a vacation causes a significant increase in overall happiness. Hey...I've got it all planned for you...no mental stress...just pack your bag and meet me.

#2 Make your environment brighter

When your body is craving more daylight, sitting next to a light box—for 30 minutes per day can be as effective as antidepressant medication. Opening curtains and sitting closer to windows can also help provide an extra dose of sunshine. Or...skip all that and just walk outside in Costa Rica to another beautiful sunshine filled day.

#3 Eat smarter.

Chocolate can help enhance your mood and relieve anxiety. But candy and carb's provide temporary feelings of euphoria, but could ultimately increase feelings of anxiety and depression. How about a daily buffet of fresh fruits, locally grown vegetables, fresh eggs from happy hen's, lots of green salads and a variety of healthy Costa Rican dishes!

#4 Simulate dawn.

People with Seasonal Affective Disorder (SAD), a form of depression that usually begins in late fall or early winter may feel depressed, irritable, lethargic, and have trouble waking up in the morning—especially when it's still dark out. Cross this one off your list in Costa Rica with a beautiful sunrise every morning and a sunshine filled day of awesome adventures and wildlife encounters.

#5 Get outside and Exercise.

2005 study from Harvard University suggests walking fast for about 35 minutes a day improved symptoms of depression. They also found that exercise under bright light improved general mental health, social functioning, depressive symptoms, and vitality. OK this is a no-brainer....easy nature hikes in beautiful rain forests with a bright sun overhead, a few laps in a warm outdoor pool with a volcano in the background underneath a bright-blue sunlit sky....yep that's my kind of exercise.

#6 Turn on the tunes.

Researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term. The local Ticos LOVE their happy music...I guess this is why Costa Rica is called "one of the happiest countries in the world"!

#7 Connect with others.

Making new friends and sharing fun social activities can improve mental health and life satisfaction. In Costa Rica every day is filled with new connections with the locals and getting to know and share a range of diverse activities with your trip mates. You will come home with a wonderful group of new and interesting friends to stay in touch with and travel with again.

#8 Get back to nature.

Spending time in nature can improve focus, reduce symptoms of SAD, and lower stress levels. If you are in a cold weather climate you have months with no green vibrant Mother

Nature outside your door. You become like the bear and hibernate in your den until Mother Nature wakes up. But every day in Costa Rica is full of Mother Nature's miraculous bounty of tropical flowers, ancient old growth trees stretching toward the heavens, nature paths to walk surrounded by quiet tranquility, butterfly's flitting around you, multi-colored hummingbirds and all kinds of monkeys frolicking and sleepy sloths hanging out in the branches above you.

YES!!!

I WANT TO go with Kornelia to Costa Rica and begin 2020 doing everything that serves my ideal life now!



HOLD YOUR SPACE NOW

A \$500 deposit holds your space.

**Send a check payable to:
Kornelia Stephanie P.O. Box 119
La Conner, Wa 98257**

OR

Pay \$520 with a credit card



On this episode of Lady Boss...

"Just When You Think Things Can't Get Any Worse!"

With Miss Chrissy D

Tune in and Discover:

- Things are not equal, things are not fair but, by standing together **WE CAN CHANGE THAT!**
- It is time for women to have the same as men!
- We are setting the ground work for our daughters to learn how to value themselves, protect themselves, and prepare themselves!
#itsourtimetoshine
#nobodysgoingtostealoursparkle
#wecanandwewill



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