



## Hi Friends,

Happy September? Happy beginning of fall. Coming into this time of year is one of my favorite times when the colors change, and we begin a new routine. This season we are invited to work smarter, not harder, to pause and revamp our plans.

Are you feeling the slowdown? Are you permitting yourself the time you need to heal, rest, journal, and be?

The Warrior in you is redefining yourself, so take your time, allow plenty of rest and inner renewal. It is an invitation to make peace of mind, peace of heart, your #1 Priority. Your spirit self, your inner self, your "I AM", the ambitious part of you is taking a rest, and your ego may want to push ahead and try to make things happen, but now is not the time to do that.

## Are You Willing to Make Peace of Mind and Peace of Heart Your Primary Goals?

Confidence coach and philanthropist Susan Axelrod, known for "What Will Your Legacy Be?" had this to say when she answered this question from my book. Are you willing to make peace of mind and peace of heart your primary goals?

That's a funny question, especially when you're talking about anger, because Kornelia helps you understand that anger is a choice. I hate this. I'm mad about that. To tell you the truth. It's hard for me and I want to stay mad. I'm mad and I want to stay mad in this book.

Kornelia helps you understand, and she's helping me to be understanding, even though I have to highlight and



mark and read and reread and process and think and go back to it... that anger is a choice.

And if you face it, if you feel it, if you choose to work through it; not suppress it, but work through it, then you can feel liberated. **Kornelia liberates you.**

**In her book Peace the FlipSide to Anger, Kornelia says that...**

"**The peace vibe** is now so contagious that the hearts of millions of people everywhere are experiencing ecstatic symptoms of Inner Peace." This inner movement is rippling out in staggering proportions so that, for the first time in the recorded history of this planet, we are experiencing Peace on Earth. One heart at a time.

Now, (this book was written in 2015) right now, in this moment, in this day and age, a time that in 2015 she could never even have begun to imagine the kinds of things that we are dealing with today that are going on today in our government.

Still, all in all, I wanted to share this with you because I do believe that this is the case in the peace movement in the field; good movement in the positivity movement, in the meditation movement that there is more conjoined peace than there ever has been before.

And I believe this with every fiber of my being because I feel deeply and intuitively that if we weren't in this space, as she has described here, we would be in so much of a worse place.

And so I wanted to share what Kornelia has on a list that she describes as a few symptoms of Inner Peace.

We know what the symptoms of anger are, right?

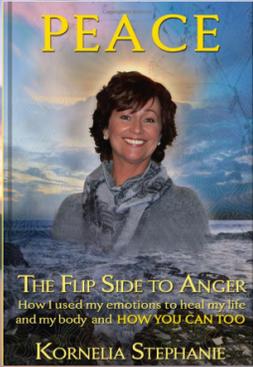
**But we often do not know what the symptoms of Inner Peace are. Let me share them with you.**

- Undeniable feelings of freedom in every moment, walking the middle path, neither for nor against
- Uninterested in judging yourself or other people
- Uninterested in pushing an agenda
- Uninterested in holding yourself back
- Uninterested in conflict, worry, or struggle
- Uninterested in wanting or needing validation from others
- Spontaneous outbreak of laughter and dance
- Overwhelming romantic feelings of love in each moment
- Experiencing so much flow and abundance to share with others by consciously allowing things to happen, rather than making things happen.
- Laughing so hard that you cry
- Feeling connected with nature and others
- Creating and expressing your love with others

I love this list of symptoms of Inner Peace.

*Sending you all so much Peace Love and Liberation,  
Kornelia*

## Peace, the Flipside to Anger by Kornelia Stephanie



Peace, the Flipside to Anger  
Written by Kornelia Stephanie



"This book has grown out of one woman's courageous and victorious journey from childhood misery to living fully in love and joy. Kornelia is a beacon of light to anyone dealing with the unresolved anger or depression that hides their authentic self, and her sessions and teachings are life changing. This book is like listening to her encourage you on your way. Her sincerity and love for humanity shine through on every page, and the workbook provides the individual steps that can take you from victim to victorious, from fear to love, and from anger to peace and happiness. Simply reading it is an immensely uplifting experience."  
-Lori Thomas

 KORNELIA STEPHANIE

***"Peace, The Flip Side to Anger"* is an inspiration to therapists, life coaches, teachers, parents and, foremost, to all those who are ready to move away from their deepest anger towards inner peace.**

***~ Marianne Green***

**Purchase Your Copy [HERE](#)**

## **Dreaming a New Dream... Conscious Dreaming**

The next few months is a perfect time to

Rewrite the story of your life.

Imagine a new way of living and BEing.

Play the game in a new way, a new of state of BEing.

Create the healthiest, smartest version of yourself.

Open up to your optimal path now.

It's the new authentic and abundant You; a new spiritual path.

Be curious, be conscious, be willing... to be stimulated, to be illuminated.

Start by imagining the most beautiful YOU!

The Enlightened Version of YOU...

Manifest the new story of YOU; actualize your soul's code...

Are you ready to meet your new Self?

Are you ready to become someone new?

Are you ready to become The Butterfly?

Are you ready to release and make peace with your past?

## **Keeper of the Garden**



# KEEPER OF THE GARDEN

Kornelia Stephanie

Seed your Peace & Gratitude Garden

Shift your life during the season  
(and beyond) from chaos to peace!

Build your foundation on Peace & Gratitude with this 21-day E-Audio Course. Spend 10 minutes each day to create a sense of well-being & harmony!

Only  
\$1 per  
day

For just \$21, you can purchase one for yourself & give as gifts for family & friends!

When we reach our goal of one million copies sold  
~ \$1,000,000 will be donated to our favorite children's charity!

Keeper of the Garden 21-Day Audio Course During weeks one, two and three you will be able to:

- Release negative suppressed emotions that affect your health
- Raise your vibration processing your emotions and feelings
- Let go of old habits and limiting beliefs
- List 105 or more things you are grateful for
- Align your healthy mind, body and spirit
- Heal yourself

### Who is this for?

Someone who is ready to turn their emotional triggers into liberation. Someone who is ready to heal themselves. Someone who has 10 minutes per day to listen to the daily practice and align with a new reality. Someone who wants to heal from their past and bring love to the present. Someone who wants to feel and believe the following about yourself after 21 Days.

*"As a sovereign being, my greatest empowerment has been knowing that the only way to peace is to release the anger within, releasing old feelings of powerlessness out of my body, then making a new choice and choosing love.*

*Remembering who I AM, I clear my body, and I claim my power, and I transcend my anger." Kornelia Stephanie.*



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