

# *Divine Feminine* Magazine

*Julie  
Gardner*

*When it's  
Time to  
Move on*

**Scars**

**How the  
Moon Affects  
Your Body**

**Raising  
Your  
Vibration**

**Where is  
the Love?**

**Spirituality  
in Social  
Work**

**Inside:  
The HYDF  
Spring Retreat  
Schedule!**

[www.hydf.online](http://www.hydf.online)





## **What is Harnessing Your Divine Feminine (HYDF)?**

A women's organization that promotes entrepreneurship, elegance, and empowerment for all women.

## **What does HYDF do?**

Retreats, workshops, classes, programs, products, and curriculum.

## **What is HYDF's culture?**

We are metaphysically and practically grounded, offering tools and resources to teach women how to create a safe space for themselves and others. We stand by the concept of, "When you give a woman of opportunity you are giving her the world." We are proudly radically inclusive.

## **Where is HYDF located?**

Our headquarters is based in Atlanta, GA. We have women involved throughout the country, the world, even the galaxy.

## **How can I get involved?**

Go to the website and subscribe! You will receive monthly newsletters of our events and projects.

[www.hydf.online](http://www.hydf.online)



About the Creator of the Publication



Andrea Bagby is a creative visionary, yoga instructor, renowned intuitive coach, public speaker, published author, and the founder and director of Harnessing Your Divine Feminine.

She shares her stories, advice, and predictions with a humorous look at lifestyle, metaphysics, and spirituality.

She has been instrumental in assisting women in becoming the best expression of their highest self.

Andrea continues to empower women in all walks of life: housewives, mothers, businesswomen, philanthropists, and spiritual leaders in every major religion. Andrea is available for private readings, coaching sessions, and workshops.



HARNESSING YOUR DIVINE FEMININE

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www.hydf.online/Magazine



# When it's Time to Move on

by Kathy Higgins



I'm stubborn. Not as stubborn as I used to be, but still plenty stubborn. Even a bit hard-headed at times.

I also easily romanticize things and see the potential in all things to be better. I tell you this because, historically, I've stayed in many situations and relationships well beyond the expiration date. Those characteristics mentioned prior certainly play a big role, but there are a few other factors that have influenced my stay. I don't regret those times, either, because I've learned a lot from it; mostly about myself.

Nowadays, I know the feeling I get when it's time to move on from something. Sort of like the wind changing in the film "Chocolat", there's a distinct feeling I get that is akin to an existential dread. Before that, the intuitive messages come about other options on the horizon. Often after both of those things, the romanticism ends and the veil lifts for me to see how the sausage is really made; things that were hidden from me come to the surface. Those other options present themselves for me to choose: stay on the same path, or change course? Then, it's time for me to make my choice.







So, when do you move on? Spirit will give you multiple options to do so, or to stay put. Energetically, the opportunities often (but not always) become more weighted or arduous as we shirk other chances. Spirit wants to make sure that you are getting what you asked for, if you asked for a change, and

if you didn't initiate the request, spirit is telling you that you are vibrationally no longer in alignment with the path you are currently on and a higher vibrational life line awaits. And if you asked for a way to move forward, often (but again, not always) there comes a period of waiting with that best result to come along. Spirit sometimes sees if you are willing to hold out for what you really want.

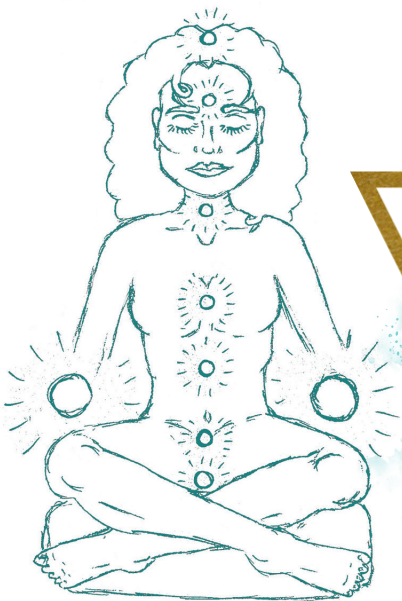
Recently, I've been purging much of what no longer serves me that has survived many former releases and cord cuttings. It was time for me to let go so I could have more room in my life. I had a friend for many years that was not respecting my boundaries and offended my friends, and I asked for him to leave my life with ease, grace, and peace and for it to be swift. He reached out one final time after that with a sense of energetic desperation, and I didn't cave in to his request to hang out. He removed me as a friend everywhere online and I didn't hear from him. He left my life just as I asked for it, but I had to realize that it was time for me to move on and that our friendship was no longer serving me, but draining me. So, ponder what might be showing up for you to release, and ask for it, or spirit will show you doors to lead you away.

Kathy (@PureJoyServices)

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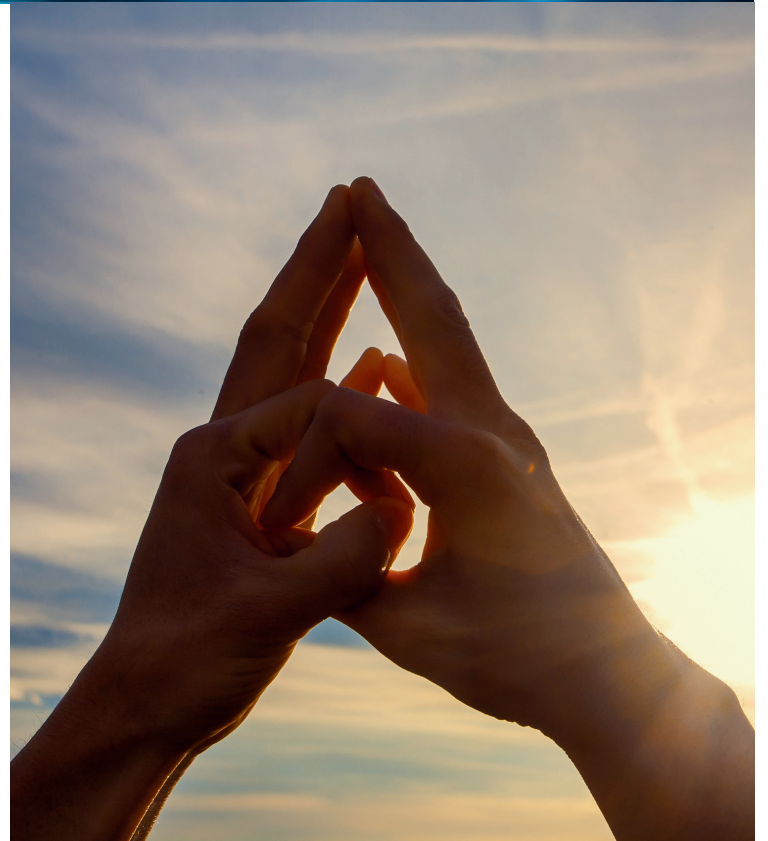


# Raising Your Vibration

by Glenda Emory



The word “vibration” is used a lot in the metaphysical/spiritual community. It simply means the frequency at which you are resonating to. Most things in our world have a fixed vibration. The chair you are sitting in doesn’t change vibration just because you sit in it. Animals that feel and express emotion will fluctuate a little based on their current emotions, but they are not capable of raising and lowering to the vast degree that humans can. We can vibrate really low and really high based on our mindfulness, thoughts, environment, and energy hygiene. Not sure where you are vibrating? Just check in. How do you feel right now? Just observe it and then you can change it. Perception starts with awareness.





### Things that can lower your vibration:

- Excessive alcohol consumption
- Consuming processed food
- Anger
- Repetitive negative thoughts
- Negative self-talk
- Smoking
- Fighting and yelling
- Recreational drug use
- Prescription drugs\*
- Chemicals
- Preservatives and dyes
- Sugar



\*=Do *not* come off prescriptions without consulting a physician!

### Ways to raise your vibration:

*Find something of beauty and just appreciate it.* It can be a flower growing from a crack in the sidewalk. It can be the beauty of your loved ones eyes. It can be your child's smile, or a newly organized shelf of books. Just one thing. That's all you need.

*Make a list of all that you are grateful for.* The reason gratitude journals and thankfulness lists work is because, just like cognitive behavioral training, you can make neuro-pharmacological and neuro-biological changes with a shift in your focus on gratitude. Start with a few things: I can take a breath. I am here, now. I have at least one friend. I am able to change myself with my own will. Then expand to make your list your own.

*Meditate.* Think of nothing. This is more than likely a more neutral and therefore more positive place to take your vibration. (Before meditating make sure you clear your space and call on protection to make sure you stay safe.)

*Do something for someone else.* Giving to someone else shifts your thinking from "I don't have enough, to I have more than enough to give to others." Abundance is a high vibration.

*Change your DNA.* It has a vibration too. There are sound frequencies which when listened to frequently, shift your vibration with 528 hz. There are recordings all over the internet. Search Youtube for Theta Healing Meditation. The description is (Powerful Healing Theta Meditation ~ 528Hz Transformation Miracles and DNA Repair)

*Listen to music you love.* Music shifts your frequency by making you happy. Listen to the ancient chants from Buddhist, Gregorian monks, or even Sanskrit Mantra Chanting. They are designed to shift your frequency.

*Stop complaining and gossiping.* Are the things you are talking about bringing you more of what you want? Stop complaining, and start finding ways to rejoice. Look at what you have and point out something good that you already have every day.

*Move.* Exercise. Get active. Dance! Not only does movement change your perspective, it also



creates endorphins which help you to feel happy. The happier you feel, the more you will draw happy experiences to yourself because you are operating at a different frequency. Do Yoga, Reiki, or Qigong or another of the martial arts. All these practices aim at shifting your mental vibration and raising your Qi.

*Do mental reps.* Say to yourself 100 times a day. I am happy or I am prosperous, or I am unafraid of change. You may not believe it yet, but with practice you will. Your 100 repetitions could just be, I can change my mind.

*Breathe.* Just sit and try to make your breath longer, fuller, and more relaxed. It has a direct effect on your nervous system and helps to calm you down. A calm vibration is a high vibration.

*Drink energy charged water.* Dr. Masaru Emoto made this practice mainstream with his pictures in messages from water, but it is also a practice from Chinese healers from ancient lineages. You can hold your water with the thumbs and middle fingers touching on either side of the bottle (heart Mudra) and send the water love. Then drink it. You can also write the words on the bottle before you drink.

*Practice Mudra.* Mudras are ancient hand gestures that redirect energy, or prana, back into the body in much the same way that light is refracted/reflected from a cliff face or glacial wall. By



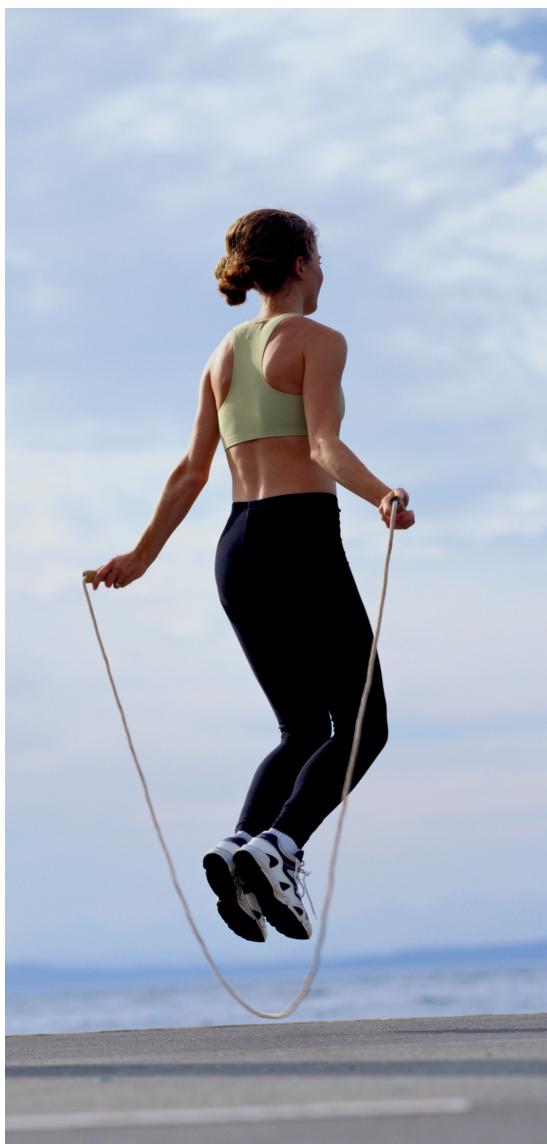


learning specific ways in which to hold your fingers, you can direct positive energy into your body. *Jump up and down.* It is said that the simple action of jumping excites the cells in the body and makes them healthier. Have some fun on a trampoline.

*Practice Ho'oponopono.* The ancient Hawaiians believed that sadness, depression and dis-ease only occurred when we perceived ourselves as separate from the Oneness, the Divine. One of the practice's main themes is forgiveness. Forgive yourself or someone else and raise your vibration. (I am really sorry. Please forgive me. I love you. Thank you.)

*Hug someone.* The American Psychosomatic Society published a study saying that just 10 minutes of positive physical contact with another human being can greatly reduce stress and raise vibration. Just make sure it is with someone who has good energy as energy is contagious. The most comforting and nervous system soothing hug is one that is heart to heart facing each other - not a side arm hug as you are not really connecting with the other person.

*Realize that you have more control over your life than you thought.* You are not a victim to circumstance, past, family upbringing, trauma, or anything else. You can change your life in an instant. Just realize this. In many wisdom traditions this is called "total responsibility." No one is responsible for how you feel right now but you. It isn't a curse. It's a blessing because it gives you your power back.



GlendaEmory.com  
TheDivinePathLLC.com  
Hours T-F 10am-7pm  
Saturday 11am-3pm



# 2024 Spring Fling Retreat Itinerary

## Friday

**3pm: Check-in Opens; Welcome Reception**

**5pm: Optional Hike**

**6pm: Dinner**

**7pm: Opening From Andrea and the Team**

**8pm: Peer Network Support Groups**

**9pm: Meditation with Stretching**

**Magic and  
Manifestations**

## Saturday

**8am: Morning Meditation**

**8:30am: Breakfast**

**9:30am: Slow Flow Yoga**

**10:30am: Belly Dancing**

**11:30am: The Magic of Nutrition**

**12:30pm: Lunch**

**1:30pm: Creating Your Own Labyrinth**

**2:30pm: Romance-ifestation**

**3:30pm: How to Do You, Magically**

**4:30pm: Law of Attraction**

**6pm: Dinner**

**7pm: Intuitive Psychic Panel**

**8pm: Saturday Night Thrive!**

**9pm: Affirmational Sound Healing**

**May 3 - 5**

**Lutheranch**

**342 McGinnis Rd.**

**Tallapoosa, GA 30176**

**Info and Sign-Up:**

**[www.HYDF.online](http://www.HYDF.online)**

## Sunday

**8:30am: Breakfast**

**9:30am: Parting Words and Music**





**Glenda Emory**  
**Founder**  
**Quantum Healer**  
**Psychic Medium**  
**Dark Energy**  
**Expert**  
**Trauma Release**



[Thedivinepathllc.com](http://Thedivinepathllc.com)

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**Past Life Regression**  
**Inner Child & Ancestral Healing**  
**Readings/Tarot**  
**Spirit Art Srt**  
**Access Bars**  
**Products PEMF**  
**Classes Events**  
**Red Light Therapy**



**Stacy Preece**  
**Co-Founder**  
**Spiritual Life**  
**Coach**  
**Psychic Medium**  
**Intuitive Reader**  
**Energy Healer**



**Trinity Ho**  
**Psychic**  
**Healer**  
**Reiki**  
**Astrologer**



**Angelina Butera**  
**True Quantum**  
**Healing**  
**Biomagnetism**  
**Tarot**  
**Reiki**



**Alka Kapoor**  
**Shamanic**  
**Practitioner**  
**Crystal Specialist**  
**Spiritual**  
**Development**  
**Divination**



**Kathy Smith**  
**Psychic Medium**  
**Healer Grief**  
**Recovery**



**Susie Rodriguez**  
**Quantum Healer**  
**Psychic Medium**  
**Tarot**  
**Artist**

**945 B Main Street Stone Mountain GA 30082**



# Practicing Compassion with Julie A. Gardner

**An interview with this issue's cover model**

**Tell us about your background and your life's journey.**

Born and raised in a small, conservative southern town in South Carolina I quickly came to be my mom's confidant. She told me all her adult problems and I tried to fix things for her. I noticed that she never solved her problems. I did not like my mother making my dad wrong about everything. He was an alcoholic and a gambler, gambling away money that we desperately needed because we were poor according to mother. She would frequently take me with her to check up on him to see if he really went

where he said he was going and/or to see if his car was parked at the known gambling place. My life quickly became enmeshed with hers and I hated the trapped emotions that became my burden to carry. I also learned that because of my father's alcoholism it wasn't safe to have friends come home from school with me or to have friends sleep over on weekends.

Very early on I got the message that my dad was the bad guy and my mom was the victim. So why did I intuitively hate my mom so much? I also knew very early on that she was pure evil, mean, vicious and vindictive, but why? Little did I know that I was dealing with a narcissist at best and a pedophile at worst. I was taught beliefs that mirrored my parents religious, social, cultural and political beliefs, later to debunk all of them. Brought up in the Methodist church I was excited to be a good student of Christianity until my mother explained that she and Jesus were best friends. I knew right then that I had no hope in this life with God if mother controlled religion as well.

My mother sexually abused me from the time I was born for seven years until my brother was born. Then I was kicked to the curb in favor of him. My father was aware of this and dealt with it by becoming an alcoholic. From then on I was pretty much ignored by both parents. Thanks to my grandmother Gardner who decided I was her favorite, and paid a lot of attention to me.







Unfortunately, my brain was already rewired from the trauma of incest and I lived out of my adaptations for many more painful years.

### **How did these experiences shape your life?**

I knew I wasn't loved, respected, or valued and this created a deep self-hatred that I was totally unloveable. So untrue, but what else is a child to believe? I ran furiously from myself and my self-loathing right into the so-called comforting

arms of additions of food, drugs, cigarettes, alcohol, etc and acting out.

Two events shaped my life:

1. I joined ACOA (Adult Children of Alcoholics) because my mother had me believe that everything that was wrong was because dad was an alcoholic, who was already dead by now. What a laugh I got when I realized that everyone in those rooms was addicted to many things and I knew then that it was my response to dad's alcoholism that had created my issues. I promptly joined all the Twelve Step groups for all these areas. I did the best I could but somehow knew it was not enough.
2. Minding my own business. I heard an inner voice say: "Julie, you need to get yourself to somewhere safe because something big is getting ready to bubble up". Oh my! My first thought was: "Well who is this talking? What do you mean by something safe? And what's gonna bubble up?" The voice continued to speak until I took the action of putting myself in a psychiatric hospital with an addiction unit. The first night I was there, I had a dream making me aware that my mother had molested me, that my father knew but did nothing.

Knowing I truly had no one to depend on, I found great sponsors, and built a strong support network of family of choice. I was hell-bent on recovery and healing.

I experienced many years of suffering as a victim to give up being a victim to move to Survivor to THRIVER. Now I know that whatever happens, happens for me, not to me.

### **What has your spiritual and metaphysical journey looked like over the years?**

My mother told my brother and me that she and Jesus were best friends, so I knew that I didn't have a chance with this God I had been learning about in my Methodist bible studies. I was forty-one when I got into the Twelve Step program of Adult Children of Alcoholics (ACOA) because my





father was an alcoholic and I thought that everything that was wrong with me was because of my father. At least my mother blamed him for everything wrong in her life.

What a laugh at myself... everyone at these ACOA meetings had addictions. As I listened to their sharing, I realized that I too, had all of the same addictions. Knowing that I needed help in a big way, I talked with God and told God that I wanted a do-over. I wanted to be relieved of the bondage of self with these addictions. If God was willing to help and guide me, I was willing to give this God thing another chance and believe that a power greater than myself could restore me to sanity. I now manage every addiction known to man except gambling and pornography one-day-at-a-time for the last thirty-five years. I never looked back; my faith/belief/spirituality only has strengthened through the years.

The Lifespring Trainings, an international transformational, leadership training company

(no longer available), made a major impact on me. If you have taken the Lifespring or the EST trainings please understand that completing the trainings is extremely powerful and working for the company is similar, yet a distinctively different level of training. I reopened and ran the Lifespring Center in Atlanta and then was moved to The DC Lifespring Center.

For over twenty years I have been a student of Science of Mind, which dovetails so nicely with the spiritual beliefs of the Twelve Step Program and Lifespring. They continue to be my top spiritual influencers to this day.

### **How does your intuition come into play with your work?**

My intuition is the lynchpin of my spirituality. Let me explain... I do not believe that God/Spirit/Higher Power is a mean man up in the sky in Heaven. I do firmly believe that Spirit is in me expressing itself as Jules, just as Spirit is in each of you expressing itself as you. This means that God is available to me anywhere, anytime, always and forever.

Spirit fills my entire body and I imagine Spirit to reside around my Solar Plexus. I envision a channel from my Solar Plexus up to the brain, which I lovingly call my "God Channel". My "God Channel" is my everything because I have learned that everything I need and the answers to my



situations/questions is already inside of each of me and you. I believe, respect and rely on this. Science of Mind teaches manifestation in a very specific way by creating Affirmative Prayers or Spiritual Mind Treatments which I write and utilize as part of my daily spiritual practice. This practice has tremendous power and I have created incredible manifestations in my life.

**Tell us about Compassion in Action with Jules and the upcoming goals for your business.**

Compassion in Action with Jules is a nonprofit organization I have founded to support, mentor, educate and to normalize the conversation for people who have experienced incest and/or sexual abuse. I am a Trauma THRIVER Advocate™ and have spent over thirty-five years doing my own healing work from Survivor to THRIVER. I call out to all ages of all demographics who have suffered and/or still suffering from the emotional, mental and physical impact of the trauma of their lives. Join me in the journey out of the darkness and silence of the trauma into the light. I am your BEACON. Why was I successful in moving from Survivor to THRIVER in my own personal life and how do I know I can mentor you to the world of THRIVER?

Let me share my strengths as defined and outlined by the Gallup Clifton Strengths 34 results as my talent DNA:

I am a DRIVEN STRATEGIST. My greatest desire is to continuously improve. By taking psychological ownership of what I say and what I will do, I am always a responsible leader and team member. I quickly see the relevant patterns and issues to create alternative ways to move forward. I have a long history of making things happen, the ability to implement and to see the project through to completion. I possess an inordinate amount of stamina to work hard and to be productive. I am naturally intrigued by the uniqueness of each person and my gift is intuitively knowing how disparate types can work together energetically. This is effortless to me because I possess exceptional empathy which gives me the competency to be able to know how others feel about themselves or situations. Therefore, I can readily recognize the potential in others; I enjoy cultivating their budding strengths and live for the signs that they are improving! I want to be your BEACON! These inherent strengths have fueled me from





Survivor to THRIVER and I utilize these things to support and mentor you on your journey.

#### MY GOALS:

- International Speaker, getting in front of as many people who are suffering from the darkness and silence of their childhood trauma as I possibly can. I am looking for those who dare to be courageous, brave and who are committed to move from Survivor to THRIVER now.
- I will speak to any mental health organization, agency, church or spiritual center or anywhere I can be in contribution to trauma healing.
- Continue to develop the Survivor to THRIVER with Jules Program™
- Beginning the Journey: Survivor to THRIVER with Jules Program™
- based on the Four Pillars of Trauma supporting THE THRIVER Legacy™.
- Develop on-line Zoom classes to follow Beginning the Journey, with an individual and deeper exploration of the Four Pillars supporting THE THRIVER Legacy™.
- Continue to build my private mentee base with those who prefer the one-on-one approach.
- Writing two books: one describing my method for moving from Survivor to THRIVER and the other book is my personal journey.
- Volunteer and be in partnership with a local mental health organization/ agency to support trauma healing.
- Introducing my personally curated process, THE THRIVER METHOD™.

#### **What can we expect in a session with you?**

I always offer a Complimentary THRIVER Discovery Call™ to see if we are a good fit to continue. Given that, my goal is to meet them where they are. I have curated a program of trauma healing based on thirty five years of doing my own healing work called, Beginning the Journey: Moving from Survivor to THRIVER with Jules™. There are four pillars of trauma healing I have identified that we all have and need attention. The Four Pillars Supporting The THRIVER Legacy™: The Inner Child, Boundaries, Co-Dependency, & Self-Care/Self Love.

There are so many other topics associated with trauma healing and most of them fit nicely into one or more of the above categories. So many folks are not aware that they are carrying around an inner child who has been betrayed, abandoned and kicked to the curb after she/he has so bravely and courageously protected them from enormous hurt and pain during the abuse that created the trauma. That is the best place to start: the recognition and acknowledgement of YOUR INNER CHILD and the process begins to have your inner child become your BFF.

I mentioned earlier that my intuition is my everything. This is where I allow the mentee to show me where the issues are, using my “God Channel”/ intuition and let it flow. What’s so important about this inner child and why do I need to dig her up and tromp back through all that I want to forget? Or maybe I don't remember parts of my childhood, why bring up all this mess to try to remember?

My INNER CHILD, I call Little Jules or LJ, and she is the most beautiful part of me. She holds all



the secrets, all the things I don't remember, things I want to forget, she knows everything. In order to heal and become in alignment with my authentic self, I MUST release all my secrets which are the source of shame, guilt and so much more negativity. Basically I am giving myself the gift of a loving, respectful parent that I never had... reparenting. And so the journey gently begins. I am your BEACON.

Are you tired of dealing with depression, anxiety, and the painful traumatic memories of your past abuse? I can show you the way out of the darkness and silence to the peace you deserve. Let's talk! Check out my website: [compassioninactionwithjules.com](http://compassioninactionwithjules.com). Set up a Complimentary THRIVER Discovery Call with me.

### How did you come to be aware of HYDF?

Don Simmons led a Tarot Throw-Down class at The Phoenix & Dragon about ten years ago. There I met Beth Rennie and Glenda Emory in the class, but little did I know that they were part of a group of cool, spiritual healers who would be my forever friends and colleagues.

When I told Beth that I wanted to be more involved in this arena, she suggested that I call Andrea Bagby who was putting together a women's retreat. Somehow I heard that Candace Stahl Swanson was looking to share a ride to the retreat. Much to my delight, Glenda Emory was at the retreat. So I have known Andrea, Candace and Glenda for a long time. I have watched them and supported them as they have enfolded and built their empires brick by brick. I couldn't be more proud to call them sisters, colleagues and friends. This is the power of a women's retreat; THIS IS MY TRIBE!

Julie A Gardner

Compassion in Action with Jules

[www.compassioninactionwithjules.com](http://www.compassioninactionwithjules.com)

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COMPASSION IN ACTION  
with Jules

I Mentor Trauma  
Survivors to  
THRIVERS ❤️ I can  
show you how



Julie A Gardner



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404-822-0690



# Where is the Love? (For Yourself, that is)

by Patrice Scattergood

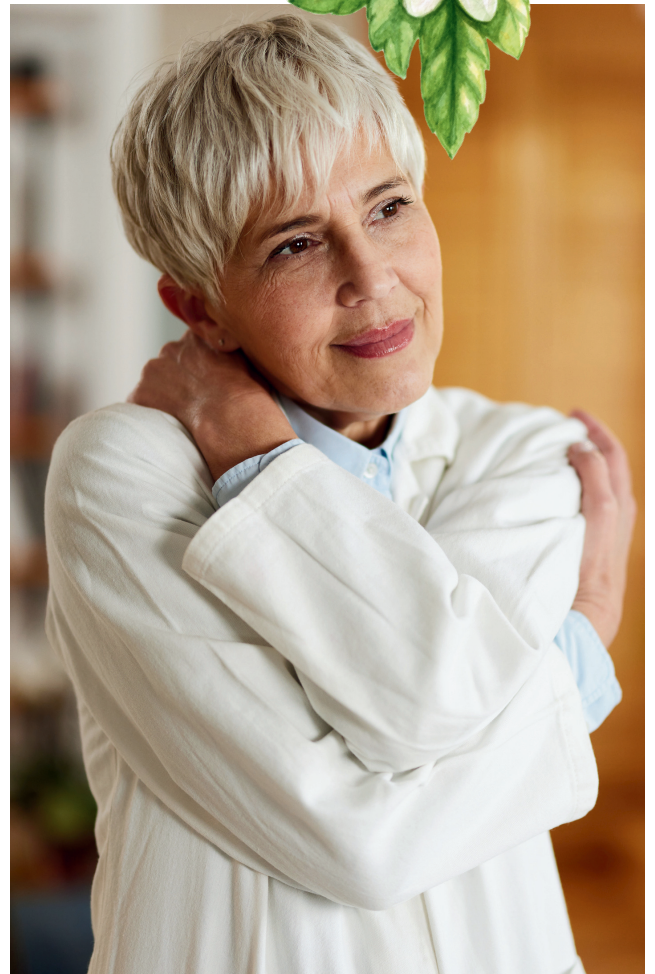
## Whose Needs Come First?

Do you ever feel that your own needs and desires have slipped to the bottom of the pile while the needs of others are right in front of you, demanding notice? You may be a mother with a brood to care for, or in your mid-life and caring for elderly parents. You may be in a helping profession. And all those have something in common. Whose needs come first?

Perhaps you are the one everyone else relies on, or a “helper,” who can’t say “No.” Either of these behaviors are not workable for a happy fulfilled life. The way we are socialized – especially as women — defines our everyday behavior, including the decisions we make and the actions we take. Many of us are accustomed to putting others first, and this tendency has an impact on our self-love and self-care.

Probably you are somewhere on a continuum between caring for yourself and caring for others. But if you find yourself slipping towards martyrdom at the expense of your well-being, you may find a solution in an unlikely place. You may need a good dose of healthy narcissism. One of the many reasons that self-sacrificing individuals resist making changes to their behavior is that they fear being perceived as selfish. But what we are talking about here is a small dose of narcissism that will allow us to be a healthy, functioning human being.

It is true that in many cases narcissistic behavior manifests as self-centeredness and lack of





empathy. But in a balanced state, a healthy degree of narcissism allows us to feel good about our accomplishments. A healthy self-concept provides the drive and ambition necessary for success, and a basis to have positive, loving relationships with others. A healthy sense of self allows us to avoid being taken advantage of by others. We can set boundaries so that when we say “No,” no is no. Rather than being run by people-pleasing, low self-esteem and giving in to others to “keep the peace,” we can utilize self-confidence and self-compassion to maintain an inviolate sense of self.

### True Self-love

Self-love is not self-absorption or feeling superior over others. Those who are ego-driven may minimize their faults, throw blame, and insist on their own perfection. But people who genuinely love themselves recognize their flaws, acknowledge their mistakes, and accept and care for themselves despite their imperfections. Also, self-love does not hinder caring for others; it merely allows individuals to extend the same kindness to themselves. Here are some ways to show kindness to yourself:

- Celebrate your achievements and remember your successes. We all have had successes in our lives, but sometimes forget to acknowledge them.
- Accept yourself exactly as you are and as you aren't. I am a woman who is past mid-life and have the gray hairs to prove it! In a world that idealizes the beauty of the young, I can feel intimidated or “less than.” But really, I am proud of who have become and the experience and wisdom that I have acquired.
- Embrace self-discovery. Take a day for yourself. Think of an activity that brings you joy and indulge it. For me it may be antiquing or a cultural event. Shopping, spa days, drinks with the girls — find out what brings you pleasure. It may require some exploration, but it is worth it!

Lastly, I would like to say that we are all walking the razor's edge between loving and caring for ourselves while loving and caring for others. It is a journey with no endpoint, only steps taken every day.



Patrice Scattergood  
Author and Instructor  
Act 3 Passion and Purpose



# Embracing Spirituality in Social Work

by Ro Gorman



March is not only a time to welcome the arrival of spring but also a month dedicated to celebrating the invaluable contributions of social workers around the world. As we honor Social Work Month, it is important to recognize the profound impact that spirituality can have on the practice of social work.

Social work is a profession rooted in compassion, empathy, and a deep commitment to promoting social justice and empowering individuals and communities. While the field of social work is inherently secular, many social workers find that integrating spirituality into their practice can enhance their ability to connect with clients on a deeper level and provide more holistic care.

Spirituality, often defined as a sense of connection to something greater than oneself, can take many forms and is deeply personal to each individual. For some, spirituality is linked to organized religion, while for others, it may manifest as a connection to nature, a sense of purpose, or a belief in the interconnectedness of all beings.





Incorporating spirituality into social work practice can help social workers not only address the practical and tangible needs of their clients but also attend to their emotional, psychological, and spiritual well-being. By recognizing and honoring the spiritual dimensions of a person's life, social workers can create a more comprehensive and person-centered approach to care.

Spirituality can provide a source of strength, resilience, and hope for individuals facing adversity or hardship. By acknowledging and respecting the spiritual beliefs and practices of their clients, social workers can build trust, foster meaningful relationships, and support individuals in navigating life's challenges with a sense of purpose and meaning.

During Social Work Month, let us celebrate the dedication and passion of social workers who strive to make a positive difference in the lives of others every day. As we reflect on the importance of spirituality in social work practice, may we continue to embrace diversity, promote inclusivity, and uphold the values of empathy, compassion, and social justice that lie at the heart of our profession.

Together, let us honor the intersection of spirituality and social work, recognizing the profound impact that a holistic and person-centered approach can have on the well-being of individuals, families, and communities. Happy Social Work Month to all the dedicated social workers who embody the spirit of compassion and service in their work every day.

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# Scars

by Andrea Bagby



Scars. We cover them daily. Why? I have had three scars on my face since I was about 5 years old. I remember the first time someone asked me about them. I really never had the consciousness to cover them. In fact I really did not understand they were bad. I had no reason to hide them. Still to this day I don't really try to cover them. When makeup artists apply my makeup for an event, they usually cover them, which is fine, they are doing their due diligence with my makeup. On a normal day I usually apply makeup to lift my spirits a bit or ground myself in my body.



I remember my friends asking me about the scars. I remember the first time I picked up on other girls telling me to cover them. I really still to this day don't understand why. I do what feels right to me and I hold space and acceptance for others to do the same.

I have since added to my list of scars, knees, heart, eyebrows, and tongue. All from various circumstances. I hold no shame from them. In fact they make me more myself. I love to tell stories about the adventures of scar-dum.





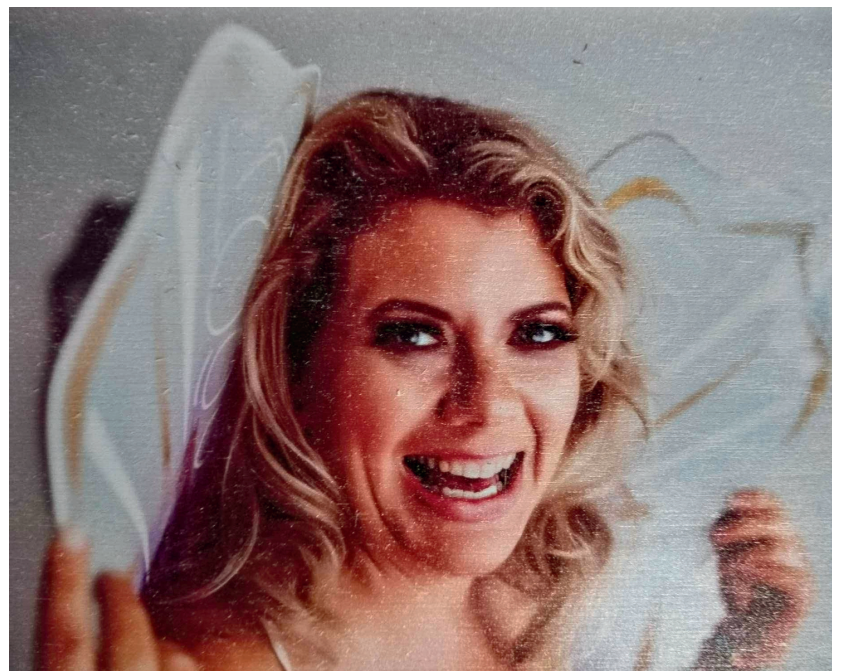
I encourage all ladies young and old to be cool with their scars, both inside and out. Allow your story to be seen and heard. Be a light for others to come out of shame and hiding.

My love life never suffered due to my scars; or weight for that matter. I have had some amazing adventures in love.

How did I get the scars you may ask? The appearance of the face scars are really insignificant. The knowledge the scars gave me is, however, a lifelong lesson. I'm Gen X. I never had the chickenpox vaccine. The chicken pox left their mark on my face, my heart and humanity. I wish I had a more fascinating story that goes with them. I am greatly appreciative of the lessons they have given me in self-acceptance and imperfections.

I encourage you all to wear your scars with pride, not shame and tell your stories of scardum; both visible and invisible. This action in itself gives other women opportunities to tell their stories; and that is profoundly healing for the world.

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# Advice Corner

*What are the physical effects of the full moon on our bodies?*

Scientifically speaking, there's just as many studies proving a theory about the effects of the full moon as there are studies disproving the previously mentioned studies. However, the biggest "advice" spirit would like to give at this time, regarding this question, has to do with a psychological term deemed, "the power of suggestion."

Spirit would like to remind you how powerful you are. Your mind can create situations that may never happen and think the worst just as much as it can prepare for the best and most fulfilling life ahead of you. So, at this point in time, we want to remind you of your ability to co-create your life. So as we return to the question, we ask you: what do you believe?

Yes, the moon plays a bigger role in your daily lives than humans have identified. Yes, there are alien lifeforms that have inhabited there. Yes, just as the moon creates the tides of the ocean, so it can influence the ebb and flow of your body (you are, after all, majority made of water). Yes, there is a perfect cycle to honor with your conceptual measure of time, and there is more to look at, and deeper, for you to work with those energies.



Consider again, though, what we touched on earlier, and how it applies to your tale of the full moons: if you believe energies are manic during the full moon, then it is so. We remind you once more that you have the ability to influence your life simply by owning the perspective you carry and deciding on the reality you dream to envision.

*Email your questions to  
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