

Sibyl

DECEMBER 2019

VOLUME 12: ISSUE 12

Mindfulness | Compassion | Authenticity | Insight & Wisdom

Since 2007 | SPIRIT • SOUL • MIND • BODY

MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN

Featuring a piece by

SUSAN BURRELL

"Take The Pause"

Sibyl

MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN
"Ordinary Women Sharing Extraordinary Insights"

CELEBRATING THE WORDS & WISDOM OF WOMAN

Today's WOMAN ... Bold, Beautiful, Bountiful and Brilliant!

Sibella Publications, we acknowledge and ...

- **EMBRACE** every woman's personal journey as sacred
- **HONOR** each step a woman takes as divine and blessed
- **BELIEVE** each woman's life-purpose is forever in process — leading, directing & calling her toward her highest good.

As a woman writer, consider today the day you found the literary platform you've been seeking — one that has positioned itself for more than a decade to embrace and uplift your feminine words of wisdom.

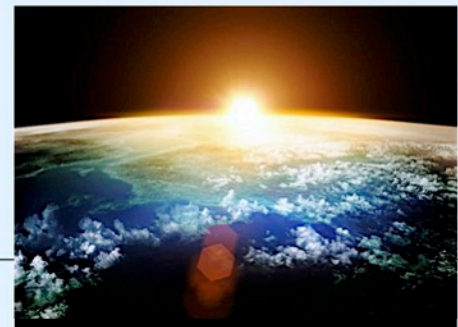
Celebrating twelve years of successful publishing "For Women by Women," Sibella Publications proudly publishes the real-to-life and spiritual-path experiences of women around the world. Our circle of editors diligently seek-out and find intuitively gifted, mature and wise women who are ready and willing to share their feminine insights, thoughts, and inner reflections with other seasoned women sojourners on the path toward spiritual awakening, higher consciousness, and personal healing.

We take great pride in expanding the reach of every woman's God-inspired and heart-centered message of love and light to an avid reading audience; anxious to read more about all things — Spirit. Soul. Mind & Body. Together, both of our digital online magazine publications showcase the original written works of some 50 - 60 selected women writers from around the globe.

Each page inside our spirit-filled, woman-centric magazine publications is designed to inspire, enliven and uplift the mindset of our awakened reading, browsing and subscribed reading audience.

Presently, Sibella Publications proudly connects to some 70,000+ women in readership. The average age of our readers (mainly women) ranges between 35 - 65 years of age. We are a global publication with a wide and outstretched monthly distribution. Reaching the hearts and minds of women in the United States, Canada, Australia and Europe, these four regions are where most of our writers, readers, and subscribers reside.

"More than ever before the voice of WOMAN must be heard"



FOUNDER & CEO
PUBLISHER

Sibyl English

WEB MANAGER
& CONSULTANT

John Mitchell

EDITORIAL STAFF

DESIGN & LAYOUT STAFF

ADMINISTRATIVE STAFF

ANNUAL RETREAT STAFF



Nothing real can be threatened.

Nothing unreal exists.

Herein lies the peace of God.

~ A Course in Miracles

Sibyl

MAGAZINE

"Ordinary Women Sharing Extraordinary Insights"

FOR THE SPIRIT & SOUL OF WOMAN

INTRODUCING THIS

YEAR'S CONTRIBUTING ARTICLE WRITERS

2019



Anna-Louise Haigh



Daniella Schoch



Debbie Thompson



Deirdre Catlin

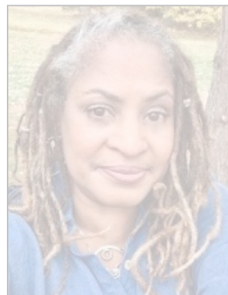
This could be
YOU starting
January 2020
See Submission
Guidelines



Erin Furner



Hazel King



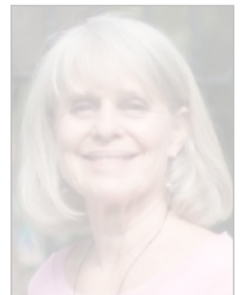
Keita Annie
Whitten-Foster



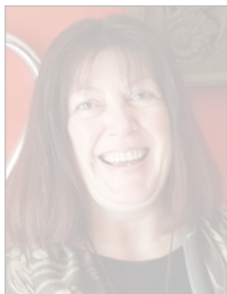
Lauren
Mac Millan-Shulver



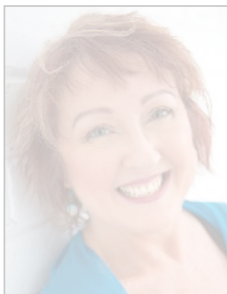
Linda Jarrett



Marcia Wolff



Maria Chappell



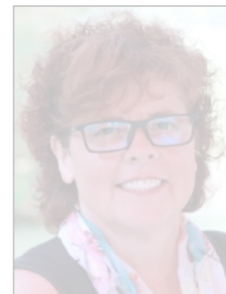
Maria Lacey



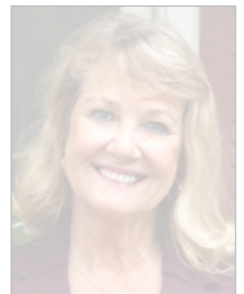
Megan Edge



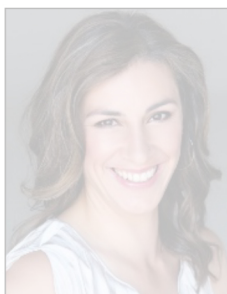
Patricia Morton



Penny Myers



Rosemary Hurwitz



Samantha Ember



Stormy Lake



Susan Burrell



Tawa Ranes

This could be
YOU starting
January 2020
See Submission
Guidelines

Our Contributing Women Writers reside in regions all around the globe. Therefore, when reading each article understand the spelling within her article is published 'as is.' Example: Recognize (American) vs. Recognise (Australian) OR Honor (American) vs. Honour (Canadian or UK), etc.



SPEAKING TRUTH FROM THE SOUL

UP CLOSE AND PERSONAL

FROM OUR FOUNDER

Sibyl English, Founder & CEO

Sibella Circle International & Sibella Publications

- SIBYL Magazine: For the Spirit and Soul of Woman
- Luminous Wisdom: SOPHIA

Both fate and faith are real —

Hi, my name is Sibyl English, founder of Sibella Publications and Sibella Circle International. You can't imagine the joy I feel knowing your feminine journey has allowed our paths to meet in this way. I've been waiting on you for quite a while now. As a matter of fact, all the Sibella staff and team members have been preparing for the day when you would discover Sibyl Magazine: For the Spirit and Soul of Woman. We believe everything happens for a reason, and our reason is YOU! You're the reason this "for women, by women" publishing company was birthed into existence over a decade ago. And no matter the distance between us in this great big world, your arrival is cause for celebration and excitement!

As you begin reading through the pages of Sibyl Magazine, just know that you're in great company, with some 70,000+ women in readership from around the world. Individually (woman to woman), like stars in the night, we attract and align one to another. And so begins our literary dance together, some as lifetime subscribers, while others actually become contributing writers and even keynote speakers at our annual empowerment and wellness event.

This is what we know for sure. Each and every article was written with your wellbeing in mind. Our writers are ordinary women with extraordinary feminine wisdom and insight. As you sit and read one article and then another, our hope is for you to begin feeling a personal and in-depth source of healing energy -- one that will give you peace and soothe your soul.

There's a loving vibration in the world today for those who have ears to hear and eyes to see what the soul is speaking to the heart. And there's no better time than NOW to align with other powerful and enlightened women like yourself. Now, grab a warm cup of tea, cuddle up and enjoy!

With love, light and joy always,

Sibyl English

Sibyl English, Founder & CEO

Sibella Publications (Main Website)
Sibella Circle "The Circle EXPO" - 2020
Sibella Circle International Writer's Retreat

www.SibellaPublications.com
www.StepInsidetheCircle.com
www.SibellaCircle.com

LIVE YOUR EMPOWERED LIFE!

Take the Pause

By Susan Burrell

Have you noticed that things amp up as we come to the end of the year? People rushing to get their holiday shopping done so they can enjoy the holidays? Are you like me, astounded at the commercialism of retail stores that put up their Christmas decorations before we have had Halloween? I feel like Charlie Brown asking, "Where is the true spirit of giving?"



All of the rushing and buying is totally contradictory to what the fall and winter seasons have required us to do for centuries. Fall is about finishing the harvesting ensuring that we are well cared for during the winter season. I see it as an opportunity to pause and reflect. Reflect on what has changed within myself. Breathing in the crisp air, watching the leaves fall from the trees and noticing the sunlight beginning to have a glowing quality.

Without pausing to reflect, going within ourselves for inner connection and guidance, we often exhaust ourselves by the hustle of living according to the external activities. Activities that really have nothing to do with who we are or our divine light. Many who know me, know that I have a very hard time slowing down, not producing, not rushing. Pausing requires patience to just be quiet and become the observer. It takes being mindful. Paying attention to your inner wisdom that often whispers to go take a nap or say "no" to events that don't resonate with you. All of which are challenging for me unless I intentionally pause, breathe and listen to myself. Whenever I do this, I find that I have greater choice because my body and mind have slowed down. This slowing down and flowing with the season brings nourishment to our mental, emotional and spiritual bodies. Something we all need.


The pause is not just important for reassessment but for the inner creative juices to begin to bubble and brew. If we live in the constant rush of "shoulds", feeling guilty because we don't want to do the "should", then we miss out on the beautiful and elegant way that Spirit co-creates by means of us. We become the ego enforcers attempting to control and force things to our will. We begin to doubt ourselves and mistrust others. We move out of connection to Source and our inner guidance.

Pausing give us an opportunity to deal with our negative influences such as fear, doubt, resentment, anger: letting them fall away like leaves from a tree. Then in the seeming barrenness of who we are, we can choose what and whom we want to occupy our time and our mind. This is what the wintertime is for. Loving and nurturing ourselves in the cozy comfort of stillness and emptiness. I see now that taking the pause and not rushing to the next to-do is more vitalizing than anything else.

Take the pause and see what gifts you will receive.


www.susanburrell.com

California, USA




Susan
Burrell

An Intuitive Healer & Spiritual Guide



*"Find Your Freedom, Own Your Brilliance,
Claim Your Opulence"*



I work with strong, capable women to
remove pockets of self doubt, identify blocks,
heal energetically and create inner confidence.

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