

MAY
2019

ROAR

FIERCE FEMININE RISING



SCORPIO

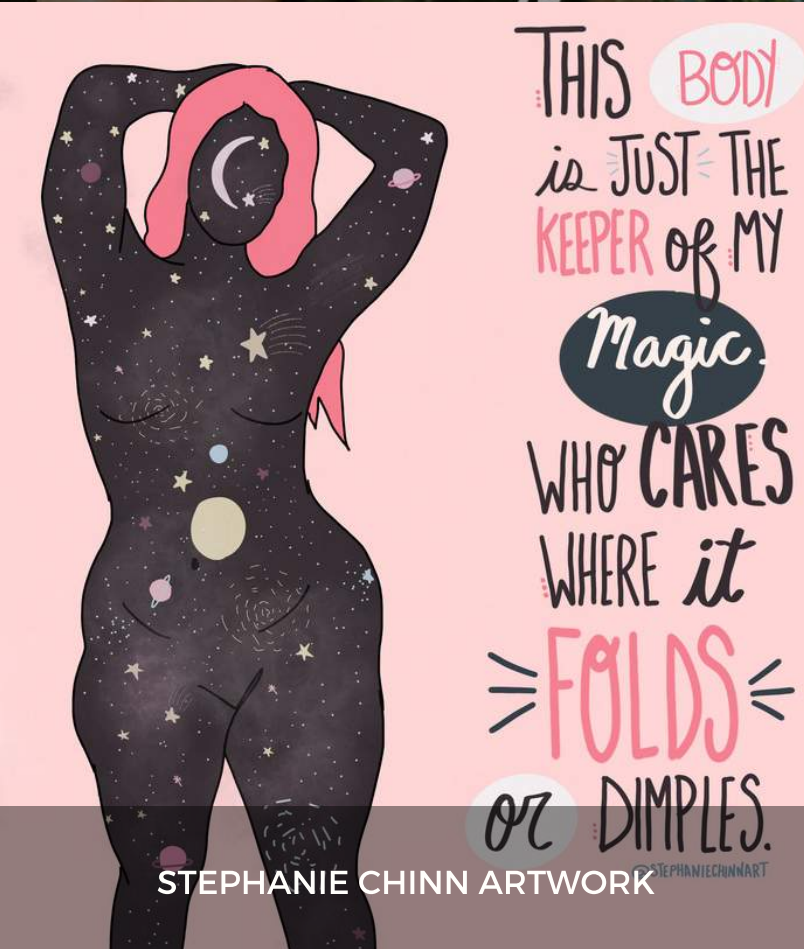
PINK MOON RISING / INNER
BANKER / THE JOURNEY TO
DESTINY UNKNOWN /
MY HEALING JOURNEY /
LIVING IN SOVEREIGNTY



FLOWER MOON RISING BY
CHANGEMAKERS ASHA CROGCON



SHADOW WORD BY OMNISAFIRA



THIS BODY
is JUST THE
KEEPER OF MY
Magic
WHO CARES
WHERE it
FOLDS
OR DIMPLES.

STEPHANIE CHINN ARTWORK



THE JOURNEY TO DESTINY UNKNOWN
BY LAURA JANE



LIVING IN SOVEREIGNTY BY MELISA
CAPRIO



MY HEALING JOURNEY BY MAUREEN TROVO



HOW SELF-LOVE HEALED ME BY
MELISSA KELLY



LOVE ROAR?

INSPIRATIONS FOR YOUR JOURNEY
BACK TO AVALON, BY MARIA JONES

Editor's Note



Aloha Divine,

Happy Flower Full Moon, Love!

I hope you have been enjoying ROAR Magazine as much as I enjoy creating this sacred read and sisterhood. It is time to blossom in our vulnerability and be fully seen in the world.

I have been feeling more than ever a call to step out with abandon and love to manifest my purpose. How about you?

Love, Melissa Kelly

Connect with me

A woman with long, dark hair is shown in profile, looking down at a large sunflower she is holding. The scene is set outdoors during sunset, with warm, golden light illuminating her face and the background. The sun is visible in the upper right corner, creating a soft glow. The background consists of a field of tall grasses or reeds, some of which are in focus and others blurred. The woman is wearing a dark, possibly black, top. The overall mood is serene and contemplative.

**"She Bloomed In The Rain, Trusting The
Sun Had Her Back."**

ROAR, Fierce Feminine Rising

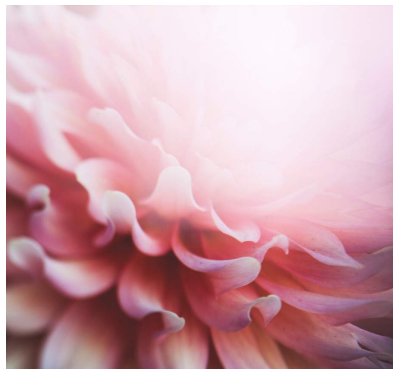


*flower
moon
rising*

Brigid
Goddess of Healing
Rewriting our Stories
Making Peace with our Contradictions

by ASHA V CROGGON

Flower Moon: Healing Our Stories



I am empowered ...

I heal myself by rewriting my story

I write my own endings.

*I am at peace with who I am, how I love,
and the world I create with my words*

WHAT STORY IS MY SOUL ASKING ME TO REWRITE?

WHAT PART OF ME IS ASKING TO BLOOM AND WHAT PART HOWL?



Flower Moon HEALING OUR STORIES

FULL MOON MESSAGE FOR WHOLEHEARTED CHANGEMAKERS by ASHA V CROGGON

The Flower Moon is seeking you.

Whether you live in the Northern Hemisphere with it's taste of black soil and spring rain scenting the air.

Or the Southern Hemisphere witnessing the evolution from bloom to seed. Writing the promise of a new beginning on the last poppy petal to fall to the earth.

Or hoola hooping the Equator with it's endless blossom and perpetual becoming.

Your healing is seeking you.

Revealing itself to you. Leaving breadcrumbs in the words you use. The story through which you view the world.

The turning of the seasons. Again. The rising of the moon to reflect all of the sun. Again.

This Moon asks you to look into your habits. Your patterns. Your unseen shadow lingering on the underneath of your words.

The story with which you read your soul to sleep.

This Flowering Moon asks you to shake your head gently from the opioid pull of habituated thought. The drowsy roundabout of narrative that sings softly.

The seed of a new beginning is blooming. It's time to rewrite your story and bring wholeness to this chapter of your life.

This Moon will not leave you to slip into easeful dreams. Despite the beauty of the bloom, the birthing process begins in darkness and returns there. Despite the length of your days, they begin in pre-dawn and end in twilight.

It's time to get comfortable with your contradictions. Your good intentions and your self-sabotage. Your survivor's guilt as you take your victory lap in life. Mourning the aspects of yourself you needed to run from in order to 'arrive'.

Fortunately, you have Brigid on your side. The archetype of Healing. Wholeness. Her story has spanned millennia of time and belief. She has not only survived, but rewritten her story in each era. Each religion. Rewriting her relevance.

She reminds you this moon – that you can do the same.



Unhappy with your story?

Write a new ending.

Feeling a stitch in your side from running so far and so fast from your past only to lap the part of your identity you've tried to avoid?

Stop running.
Start embracing.

Feel the weight of victimhood or fatigued by always being the good 'red riding hood' who needs to be saved over and over and over again?

It's time to feed your wolf.

Your insecurities.

Your vulnerabilities.

Your shadow.

And your 'weakness' don't want to eat you.

They don't want to dine on your success until you are seen as the naked fraud your ego fears. They want to be invited to the table. They want to remind you that you have teeth.

And a tail.

And a hood.

And an axe of your own.

You are no one's victim.

No one's pet.

And certainly no one's good little girl.



I would like to lie
hip locked with you
until the dusk crickets
and the drunk roosters ro



YOU ARE YOU
GLORIOUS & GILDED.

BRUISED & LIMPING

BEJEWELLED.
BEWILDERED.

A MACRAMÉ OF
CONTRADICTIONS.

CONTRAST.
COURAGEOUSLY
UNRAVELLING.

CHRONICALLY SACRED.


EXACTLY
AS YOU ARE.

Brigid, goddess of fire and field. Peace
and War.
She is Virgin. Mother.
Sacred Goddess. Holy Saint.

She is not conflicted.
Your story about her is.

The story she tells of herself is wide
enough and deep enough and real
enough to hold all of her
contradictions.

And she urges you
to do the same.



This full moon reminds you that
perfection is a form of fear.
Of spiritual 'pickling'.

A way to weave a narrative so tightly it
forms a perpetual cocoon from which
there is no waking.

No evolution.

The type of cocoon that leaves out the
'messy' bits. The emotions that aren't as
noble.

Rather than yoking your wonder, your
not knowing, your ugly cry behind the
demure propriety of spiritual sobriety,
Brigid asks you to unfold all of your
petals.

Gather the seeds of all your learnings and your yearnings. Honour the aspects of yourself that have evolved and draw closer the parts that have not.

Open all the closets and dance with the skeletons that greet you. Throw the windows open and howl at the moon rather than fear the wolf inside or the monster under your bed.

You have nothing to fear in your wholeness.

Perfection is overrated. Evolution is the siren song of your soul.

Exhale.

Have courage.

To re-read your last few chapters. Your whole life story if you have the stomach for it.

Not with a red pen 'correcting' your perception with what you wished you'd done. The love you wished you'd experienced. The boundaries you wished you'd set. But with the loving gaze of one who is grateful for who they are now.

Polish your eyes with gratitude. Root into the knowing that you are who you are not 'in spite of what you've experienced' but because of it.

Brigid knows the power of story. She has rewritten hers from Goddess to Saint. From Priestess to Warriress. From Celt to Christian. She has been to all the rodeos and calmed the wild bulls with the peaceful acceptance of all of herself.



Her hands make music and write poetry. They make herbal medicines and tend the fields. Fashion metal and wield a sword. She is the fertility Goddess and the Sainted Virgin. She has held babies and ended lives. There is no contradiction. Only evolution. The integrity that comes from knowing that she doesn't need you to read her story. To believe her story. To be in her story for it to be true for her.

She's not here to autograph your stale biography of what you think of her. She wants you to write your own.

It's time.

And time is sacred.

It is fleeting and endless.

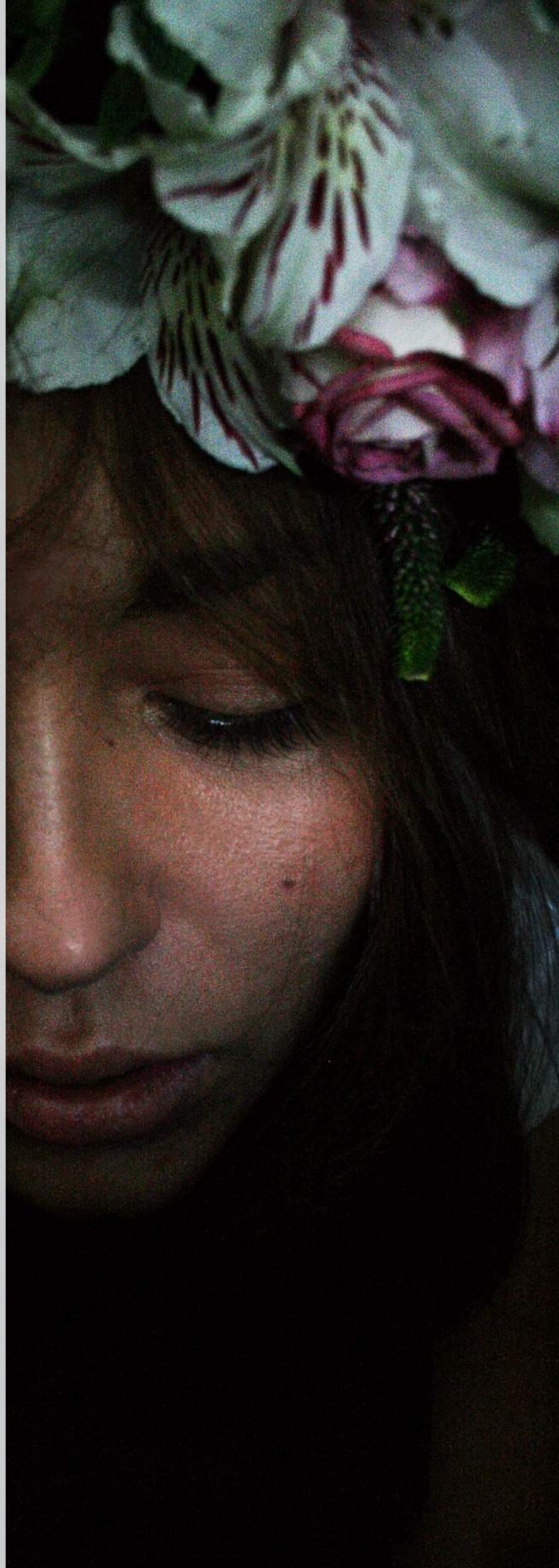
It is asking you ... what do you want to write on the few sheets of paper you have left in this life?

Brigid urges you to see time as the paper and your words, your thoughts, your decisions as the story you are writing. Is it time to upgrade your narrative. To get real about your sacred purpose.

Life is short on purpose so you will live on purpose.

And no. You don't need to know how it turns out to know it's worth beginning today.

No one reads a book from back to front.





THE BUD
KNOWS NOT
WHAT
BLOOM IT
WILL BECOME.
IT JUST
KNOWS TO
TURN
TOWARDS
THE SUN
AND BEGIN.



Success comes from writing, not from waiting for the 'right time'. We are moved by all the words in the novel, not the period at the end of the last sentence.

Live fully.
Live wildly.
Live wisely.

Live with the discomfort and a willingness to be safe there.

Live with the knowing that life loves you.

And all that you dream of for yourself is nothing compared to what love is dreaming into life through you.

The bud knows not the bloom it will become, it just knows to turn towards the sun and begin.

Brigid and the Flower Moon ask you to turn towards the sun.

Put down the commandments of lessons you've carried as penance and promise that 'you'll never let that happen again'.

Put down the pristine, empty pages you've tucked away for the day when your life is perfect and worth recording.

Put down the belief that you need to be any more or less than who you are right now to be whole.



LET IT ALL GO.

ALL OF IT.

WHO YOU WERE.

WHO YOU
THOUGHT YOU'D
BE BY NOW.

I PROMISE.

IT IS NOWHERE
NEAR AS
IMPORTANT OR
INTERESTING OR
INSPIRING THAN
WHO YOU ARE.
RIGHT
NOW.



Stop eternally 'preparing'.
Constantly beginning. Stop filling
your pockets with seeds but never
staying long enough with your own
greatness to watch it bloom. You
don't need to study more. Learn
more. Improve more.

Just bloom. As you are.
Allow all of your petals to unfold and
read the story written there.

And if you don't like the ending,
write a new one.

Tired of being the Virgin. Become
the Mother.

Tired of campfire smoke in your hair
from all the "Kumbaya rehearsals",
pick up the sword of change.

Tired of being worshiped, step off
the self-inflicted pedestal.

Tired of being ignored, step out from
your shadow with a rose in your
teeth and a tango in your step.

Let yourself be seen. As you really
are. Without your stale stories and
saran-wrapped perfection. Glass
nightingales can't sing and plastic
flowers have no scent.

Step naked onto the next page. Coat
your tongue in ink and let your
kisses form your words.

It's time to bloom.
You know what this message means
for you.

Begin.

*Asha V Croggon inspires
WholeHearted Changemakers to be on
fire with their purpose, not burnt out.
You are needed. It's time to make the
difference you came here to make. It's
time to work with your heart as mentor.*

*Connect with me at
wholeheartedchangemakers.com*



“YOUR FLOWER IS YOUR
POWER.”

ROAR, FIERCE FEMININE RISING

Shadow Work

The Inner Banker

WITH OMNISAFIRA



THE INNER BANKER

Owning my worth by unraveling my money story is a new concept. I am aware that the habits I have concerning money stem from my observation of my immediate family's behaviors and chose the actionable pieces that fit into my perception. I didn't consider that I had set myself up to repeat the family's money story based solely on those actions.

Growing up I had two similar, but very different financial upbringings. From a very early age, I understood the energy behind money. In one home there were four children with two Caucasian parents and only one working adult, ultimately surviving with the assistance of welfare. In the other house, there were 2 children with a single Hispanic parent working two jobs or more to provide at the poverty level. Needless to say, I became a penny pincher and entrepreneur before 6th grade selling rocks from my driveway, making friendship bracelets, and babysitting to support my economic footprint. This bird's eye view created the need to be an overachiever. I was hungry for survival and worked hard to perform above average, meaning I could alchemize any given experience into an abundant one through hard work and perseverance.

This "work hard" work ethic was instilled by both households I grew up in, but the fruit looked very different. Watching my mother work hard inspired me to be an independent, strong,





WORK HARDER

control freak, who worries about every cent spent. My mother never spent money on herself unless everyone else was already taken care of.

Watching my stepmother work hard in different factories inspired compassion and an emotional attachment to the outcome of where the money would be spent. She did not spend any of the money she earned on herself either and instead she gave it all to my father who is disabled to meet any needs that were not covered by government assistance. Her actions gave way to a different perspective.

Watching my father scrape by without financial responsibilities inspired the perception that women are the backbone of the family and that men without financial security are inferior. I started to believe that men without status are weak and to be pitied.

These ideas were formed well before I hit my teens and continued to build momentum as I grew into a young woman. I envisioned a future where I would single-handedly build an empire, working hard to support my dreams financially and energetically. I wanted everything my parents could not provide, and I would obtain fame and fortune alone because in my experience only women had the capabilities to have it ALL.



In March of 2019, I joined a money challenge with the fantastic Modern-Day Shaman, Sarah Negus (my mentor) who initiated the following shamanic journey that opened me up to another perspective in my money story.

My shamanic journey began with my inner banker clutching dollar bills and strategically allocating them to the most pressing invoice. The money was coming down a tube into a room that had a desk in the middle with several doors creating a circle. The enclosure felt inflamed, and I notice my inner toddler sitting cross-legged to the left of the desk. This scene played out for a long time before we were ushered back into the physical plane to untangle the limiting beliefs and energies around money.

Sarah asked us to explore two questions around the journey we just returned from before journaling our adventure.

1. How did your family respond to money?

Money struck fear in the hearts of my tribe because it wasn't guaranteed. My parents never knew if the money would be around for an extended period of time so my mother would refer to these moments as "robbing from Peter to pay Paul." On my father's side, they would ask to borrow money from their parents and friends to get them by but could never pay anyone back promptly because something else would demand their financial attention. The terms "always broke", "maybe next time", and "we can't afford that" are interchangeable but imply the same energy of a scarcity mindset.





On the flip side, the lack of finances cultivated a lifestyle for me that was full of the “hustle” mentality. When our family lacked money my father would use other resources to facilitate income like trapping, fur trading, hunting, or selling items to a pawn shop. My mom would pick up an extra job during the holiday season or clean the local church to provide a few more nickels in our bank account. So, the initial connection to my inner banker, clutching the dollar bills, is an accurate portrayal of how I felt about money. I had to analyze every step of the financial process and weigh out the importance of the order in which money was spent.

Seeing my inner toddler intrigued me. She embodies the silent undertow of my desires to be loved unconditionally without financial security. At that age, my parents divorced in a nasty custody battle where money played a big part in keeping my mother away from us. The wealth of my grandparents overpowered the divorce, drawing it out and brainwashing my brother and I into believing untruths. So, my earliest memories showed me a dark side to people with money, using it to get what they wanted, however, they saw fit and that winning no matter the cost was essential. I shied away from people, places, and, things that appeared to be rich or wealthy fearing that I would have nothing in common with them or worse... that I would resonate with this mindset and misuse the power of money to continue the spiral.



2. How much am I worth?

I honestly saw myself as a pile of shit, a child-size pile of poo. I was inferior to everyone in my community because of racial profiling and a single mother upbringing. Because of the pushback from society, I started to believe that I had to work twice as hard as everyone else to be privy to the same lifestyle.

This inferior belief integrated with my Self Worth and pushed it into survival overdrive, stepping on the gas every time a money project came my way. For years I struggled with financial security in one career and continuously attracted odd jobs in other professions, never satisfied. I am not surprised that I saw a vision of myself as a pile of crap when charting the internal waters. This flash of insight propelled me into a more profound spiritual awakening, sparking this divine download.

I saw myself running on an outdoor track lapping the others. My Higher Self blitzed into sight as a golden goddess and chased after the running aspect of me, put her hands on my shoulders, and pulled me in tight for a hug.

At that moment I felt a wave of relief, emotion, and softly wept in the arms of my Higher Self. For the first time, I understood that I was running circles around myself trying to rise above my parent's money story without realizing that I was also inheriting their belief systems. I saw myself as "better" or "wiser" than them, thinking I had my financial shizz together. However, I had learned a better way of coping with my money story.



The symbolism of me running the track without stopping represents the oppressive “work hard” model to “gain status” without stopping to smell the roses. I had fallen into an ideology that compared my actual soul’s wealth to the material gains outside my control. This beautiful discovery has prompted deep reflection and is an introduction to integration and creating a New Money Story... my own money story... free from the past.

When we visit our internal world, it unlocks the complexities of the subconscious mind and releases the illusions we desperately cling to in the conscious world. Visiting our inner landscape introduces us to the energy spiral that widens our perspective. You have to unpack your inner world in one way, and a spiral will come around. From here you will see things differently and gain a broader perspective. This wider perspective offers an opening for transformation.

Deconstructing your money story from conception to the present will undoubtedly bring to light all aspects of your perception, habits, and patterns surrounding money. You can decide what is in alignment and what is not. While journeying to my “inner banker” I discovered I am not defined by any dollar amount. It’s also important to never dismiss the healing that comes forward when visiting the inner depths of your subconscious. I now have the wisdom to course correct my actions and identify old patterns sneaking into my money story.



OMNISAFIRA

I am a soul and energy concierge, healer, truth seeker, transmuter, and so much more. I will not only illuminate and interpret whatever it is that needs attention (from your lightest to darkest aspects) but will guide you, your soul, and energy towards its true path and purpose as well as its highest limits (or lack thereof). My passion is to share this journey with others and offer a safe space of awakening, illumination, and compassion so that others can do the same. I am on the mountain with you, and as your guide, will provide everything you'll need for you to save yourself and reach the summit. I relate to your struggles and triumphs and know these cliffs and valleys well. I want each of us... all of us, to reap the rewards of our journey towards self-empowerment and living our truth.

[Facebook](#)

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[Website](#)

[Youtube](#)

CREATRIX



THIS BODY
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POWERFUL CREATOR



STEPHANIE CHINN ART

Stephanie Chinn is an illustrator and storyteller whose illustrative work is rooted in honesty, love, humor and empowering others. She explores what it means to be human by breaking down experiences. Stephanie specializes also in artwork geared towards feminism and in empowering women to be their full selves. She facilitated workshops where others can come to explore and breakdown their human experiences through art.

LAURA JANE

THE JOURNEY TO DESTINY UNKNOWN



Photo Credit: Jade Hicks The Branding Photographer.

Unlocking yourself so that you can live your true stylish life and glow from the inside out is such a powerful experience. Personal Stylist and Women's Empowerment Coach Laura Jane shares her journey so far as she has gained a deeper understanding and connection with herself.



THE JOURNEY TO DESTINY UNKNOWN

BY LAURA JANE

My journey is maybe a typical story that you have probably heard a thousand times... in the sense of understanding yourself. Sometimes we connect the dots within ourselves when we hear the stories of other women and that allows us to take action and step into our own.

The journey that I have been on has involved a lot of self-development, especially in the past few years. I needed to unlock the pieces within me that was holding me back from living within my destiny. Don't get me wrong I am not there yet like I said it is a journey... a journey to my destiny which is currently unknown.

I say destiny unknown because I know that I won't be at the end of my journey for hopefully at least another 70 years but until then I have made a promise to myself that I will continue this journey of self-discovery because I know that every day I am unlocking more doors that make me... well me!

What I do know for sure is that I have a message and a gift to help empower women to be and embrace their true selves. To help them let their inner shine radiate for the world to see.

The first time I became aware of this message was when I went to university.



Growing up I had always been aware of the struggles that my mum and auntie used to have when it came to finding clothes. It wasn't until I went to university in London that I really started to experience it. I went to London College of Fashion where I studied Product Design and Development for the Fashion Industry.

As with many people who go to university, it was my first time moving away from home and I found myself in an industry that dictated what was socially acceptable. Obviously, we all know what the fashion industry is like and suddenly I felt under pressure to be a certain size. I found myself going to the shops to buy magazines and was greeted by headlines about the latest celebrity that had lost 'x' amount of weight on the latest fad diet and this to me just seemed really wrong.

I had spent my life watching the industry tell women that they should be a certain size, the one that I wanted to work in and I was determined to change this. Plus size women were not being catered for and they were being told that they can't be as stylish and trendy like their thinner counterparts and that they had to wear what I can only describe as a sack. They were basically being discriminated against because the society that we live in didn't deem this acceptable.

On the flip side, you had magazines telling women that they had to be a certain size but then shaming them too if they were too thin.

At the same time that this was going on, there was one brand trying to change that and that brand was of course Dove. They came up with a beauty campaign that featured what they deemed to be 'Real Women' and at that time this was a massive breakthrough for women around the world.

In my final year at university, I specialised in clothing that doesn't discriminate against women. Basically, I created a collection that was based around body shape and made it really easy for all women of different sizes to identify if it was right for them. So I guess that you could say that I have been championing Body Positivity for a very long time.



I myself believe as long as you are happy and confident with who you are, then that is the most important thing in the world!

Fast forward to 2019 and eating disorders are believed to affect 1.2 million people in the UK alone, in the US it is 30 million. These two together equate to nearly half of the 70 million worldwide (source: <https://www.mirror-mirror.org/eating-disorders-statistics.htm>).

These statistics are scary to me and what scares me more is that we are bringing our children up to be programmed this way too. That our sole existence on this earth is to be a number... a number on a label, a number on a scale, a number, on a payroll, a number in a bank account and number in the world of possibilities yet we settle.



This is why I know that part of the reason why I am here on this beautiful earth is to make it my mission to help women embrace themselves and all the awesome things that make them the beautiful powerful woman that they are.

By doing this they will then glow from the inside out and be a positive influence to their children showing them that we are more than a number and we are worth so much more than what society portrays us to be.

But the key to this is to get a better understanding of yourself and start embracing every part of you. Allowing you to become free and liberated in ways that I can't even fully begin to explain.

Liberation... the word itself is a powerful one but when you find liberation it is such an amazing thing and often we find that the things that are limiting us as women are actually the obstacles of our own doing.



Liberating yourself of these things will allow you to get a deeper understanding of who you are and once you have done this you can then start building upon these strong foundations and radiate that inner shine.

This is now my life mission to help women gain an understanding and connection within themselves so that together we can build upon the new foundations that we have laid.

For me, it is about being able to fully understand what you are about so that you start living a life that involves you being your true self. Knowing what dreams and visions that you want to achieve and then living them with confidence and happiness.

As human beings, these are our true desires to live a confident and joyful life. Like I said at the beginning of this article, I now have a full understanding of this through embarking on and embracing my own journey. In the past 18 months especially, I have been investing time and money within myself so that I can grow as a human being. It is my desire to be the best version of myself and live my life in a positive and inspiring way.

This only comes from gaining a deeper understanding of yourself, so do something for you, connect with yourself and start embracing who you are because it is the best gift that you can give yourself.

Laura Jane

Join the Style Up Squad – a place that celebrates and empowers
Body Positivity, Confidence and Style!

LAURA JANE

Laura Jane is a Personal Stylist & Women's Empowerment Coach based in London, UK and is also known as The Girl. She is the founder and creator of Girl Behind The Look... A place where every woman has access to a personal stylist and women's empowerment coach.

Laura helps women to recognize who they are, what they are about and then make their desires and dreams come true so that they become the true versions of themselves. She does this by inspiring, empowering and guiding them to feel confident about themselves, their wardrobe, style, and bodies. Laura's mantra is that everyone is beautiful no matter what shape or size they are and that every woman deserves to have their very own personal stylist.



With over 10 years of experience within the fashion industry, Laura's work as a stylist has been featured in fashion magazines and she is very passionate about Body Positivity. In June 2017, she started Body Positivity and Confidence Week where she joins forces with some amazing guest speakers from Confidence Coaches to Nutritionists to Plus Size Bloggers who shared their stories on these topics to help women feel confident about themselves. In January 2018, Laura became a Body Image Movement Global Ambassador.

Website

www.girlbehindthelook.com

Youtube

<http://bit.ly/GlowFromTheInsideOut>

Instagram

<https://www.instagram.com/girlbehindthelook/>

Facebook

[facebook.com/girlbehindthelookpage](https://www.facebook.com/girlbehindthelookpage)



“LET SELF-LOVE BE YOUR
PRIORITY.”

ROAR, FIERCE FEMININE RISING

MAY 2019 | FLOWER MOON

LIVING IN SOVEREIGNTY



MELISA CAPRIO

"WHAT DOES SOVEREIGNTY MEAN IN OUR OWN LIVES? DO YOU HAVE OR POSSESS SOVEREIGNTY OVER YOUR OWN LIFE? ANOTHER WAY OF THINKING OF IT IS CALLED TAKING FULL PERSONAL RESPONSIBILITY FOR EVERYTHING IN THAT IS CURRENTLY IN YOUR LIFE. EVEN ALL THE HORRIBLE, TERRIBLE, VICTIM GARBAGE THAT HAPPENED TO YOU. THE GOOD, THE BAD - EVERYTHING!"

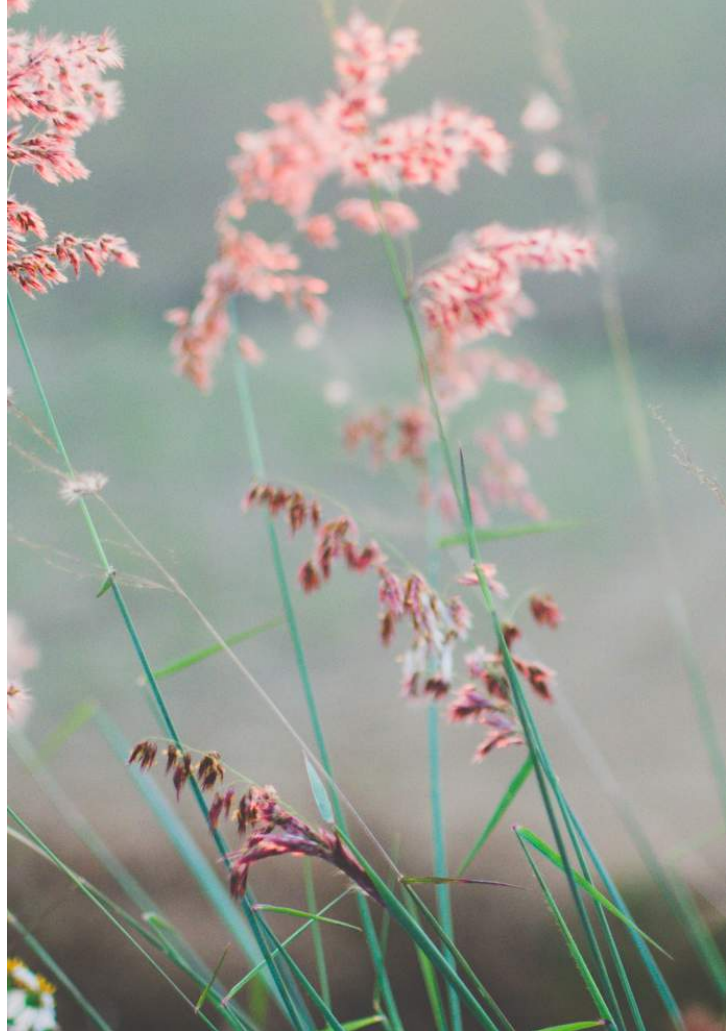
SOVEREIGNTY



Photo By Melisa Caprio

I have been thinking of the word sovereign or specifically living in sovereignty lately and contemplating what that really means. If you look up the word sovereign, “It is borrowed from Old French souverain, which is ultimately derived from the Latin word superānus, meaning ‘above’. It's a title which can be given to people in various categories. The roles of a sovereign vary from Monarch or head of state to head of municipal government or head of a chivalric order. The word sovereignty is the full-right and power of a governing body over itself, without any interference from outside sources or bodies. ” This is the definition according to Merriam-Webster’s Dictionary. What does that mean in our own lives? Do you have or possess

sovereignty over your own life? Another way of thinking of it is called taking full personal responsibility over everything in that is currently in your life. That includes everything! Yes, everything, even all the horrible, terrible, victim garbage that happened to you. Now I know that is hard to digest, you probably are shaking your head at these words saying to yourself, “How am I responsible for being abused as a child?”



Well of course you are not. That is on the abuser. What I mean is right now as an adult, if you are still reacting and living your life, making choices as that same victim, then yes—you are responsible.

You have a choice if you want to remain a victim to all the terrible things that happened to you. You have a choice if you make every decision from a space of victimhood or empowerment.

You have a choice in what relationships you allow into your life. If every decision and path you take comes from a place of what others did to you then you are not sovereign over your life. Your path, your heart, your soul, your dreams, and your choices are all coming from a wounded place. You have in fact given your complete power away to others.

Taking complete personal sovereignty takes courage and has a high price. But is it a price worth paying? In my opinion, it is the ultimate price but it yields the ultimate rewards. You no longer can blame your parents, your family, your friends, your circumstances, your enemies, and your lovers. You can no longer blame fate, destiny, society or whatever God you may believe in.

QUEEN



It is very simple yet one of the hardest things to do. Take moment and imagine as you are reading this as you look around your life, you will no longer blame (fill in the blank) for what isn't working. You know who you blame whether it's an ex-spouse, your parents, society, or God. You live in poverty because you parents were poor and they never encouraged you to go after your dreams. "What dreams, you think." You didn't have time for dreams when you needed to help feed the family. You failed out of college because a loved one died and you couldn't handle it all, so you blame God or the Universe or whatever you call it for currently working at a low paying job.

You were given a debilitating diagnoses so you think, "screw it, I am going to get high because I don't care anymore." That is your right, you can do that and there is no wrong answer here or blaming. We each handle life's challenges differently. But what if there is still that little part of you that longs for having a different reality. Do you think your life will shift if you are allowing yourself to be the victim of your circumstances? No one is saying any of this is fair. Life is not fair. Why do bad things happen to good people? But you do have a choice. You can heal. You can regain control of your life and you can gain sovereignty over how you live. You can take complete responsibility for everything that is in your life.

Maybe a situation needed to show up in your life so that you would take an action. Maybe you were supposed to lead the way in helping others.




What if you had to suffer early losses so you could counsel young children? What if you had to experience that abusive marriage and survive so you could save other women, men and children? What if your experience losing a parent to cancer was that catalyst for you to go to school and become an oncologist whose goal is it to



finally cure this disease?

We all have terrible things happen to us while we are here on this planet. My personal belief is Earth is a school and it is helping us all to grow and evolve. No one said school was easy and it certainly hasn't been in my life. For a long while I did the blame game. It felt good at first! I didn't have to take responsibility for my actions, for how I felt, for my life. It was awesome—until it wasn't. After some time it started to occur to me that I was continuing my own suffering. The experience or incident of what happened was over but yet I was still punishing myself. I had now become my own abuser. There was no power in that. There was no love in that and there was no sovereignty in that. And that realization hurt more than the experience. No one can hurt us more than we hurt ourselves. The self-abuse that we allow after the tragic event just deepens the open wound and it is like pouring acid into an oozing gash. We must find the salve and gently apply it until it heals and scars over. Once we heal that, we recognize it and



we honor what it taught us. That scar becomes a place of courage and power. We were on the battlefield and we survived. We have wisdom now where we may not have before. We have expanded our compassion to ourselves and others.

Then we can come from a place of empowerment; a place of sovereignty, where yes terrible things happen but we are responsible for our life and our choices—no one else. So where would you rather be? Would you rather stay in victimhood and blame, or would you rather take ownership and let go? I encourage you to look at your life and ask yourself how you feel. Can you see where you have allowed other people or circumstances control your life? Do you want to take your life back? If you are reading this then odds are the answer is yes. So do it. Remember, I said it's simple but not easy. Find a way. Take a step. Move in a different direction. Ask for help. Put it out to the Universe that you are ready to become empowered and take ownership and sovereignty over your whole life. I promise you the Universe will hear you and meet you on your path to healing. Once you take that first step and you make that declaration, it must be so.

Blessings,

Melisa



MELISA CAPRIO

Melisa Caprio, author, photographer and creator of Postcards to the Universe™ A Global Movement for Manifestation, is inviting people from around the world to participate in this movement. By using photography, art, personal wishes and desires and sending them out to the Universe via a postcard. She is photographing the image, the art and handwritten desire. Her book Postcards to the Universe, A Global Movement for Manifestation was recently acquired by Mango Publishing and is scheduled to be released in 2019. This book is a beautiful, visual representation of people creating and manifesting their greatest desires.

Melisa has her own weekly radio show titled Postcards to the Universe with Melisa on 12Radio.com where she interviews spiritual trailblazers. She is the author/publisher of The Artist and The King, a true story and Creative, Fun and Easy Tips on How to Photograph Children and Animals (Amazon). She has also been featured numerous times in the local newspaper Sun Sentinel: Broward and Palm Beach News on her work. Caprio also features her photography work on a regular basis in fine art galleries in South Florida..

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My Amazing Healing Journey

By Maureen Trovo

SONY



My Amazing Healing Story

BY MAUREEN TROVO

In March 2015, I found out I had a 4cm tumor of cancer in my right breast. I found out March 26th to be exact. I went to 4 different doctors, as I did not want to do anything medical and kept getting second opinions, and then 3rd and 4th opinions. I was really trying to waste time so as not to have surgery.

Five weeks went by, and I did lots of research, looking at the internet, pictures, asking opinions, etc. I canceled two surgeries I booked and then decided not to do anything medical. I had to reach deep inside and ask for help on a soul level.

During that 5th week of searching, I heard about a healer through my sister in law, someone she knew went to a mother and son about 2 hours drive from me, they had an extraordinary gift and they worked together. I called the son in April 2015, his mother had passed away in March 2015, just before I called. He said he would see me the next week.

The first time I went to his house, we both mentioned how familiar it felt to meet on that first visit. I saw a photo of his mom on the wall and told him that I felt like I had known his mom. I went to see him once a week, every Monday. I was there for usually a half hour. The tumor started shrinking. He only used this healing gift when asked, neither him or his mother ever advertised. A few months later, the cancer was gone.

Then in Oct 2015, I was away on a 4-day healing seminar. When I went to bed on a Friday night and woke up at 3 am with very hot hands. Never experienced this before, my palms were on fire.

HOT HANDS





My healer passed away in Nov 2017.

He always told me that his mother sent me to him and that I was the last person to be healed in the room that they healed so many in before me.

He said that this healing gift was what I was supposed to do. When he passed, you can only imagine my grief. This I can never explain.

I really like helping others not only to overcome the illness, and encourage others to heal themselves, but to help the client take charge of their health through their Heart, Mind and Spirit connection which is really the key.

Maureen Trovo

I started touching other people, and things started to happen. I realized I actually had been channeling a gift, beautiful energies come through my hands and arms and to the person receiving. The distance did not matter. I am often guided to scan the person I vision in front of me with my hands.

These beautiful energies, come through me and to the client. My hands and arms are no longer my own when I am healing.

I have had great success in helping others with all types of illness. I work with all types of illness, though cancer is one of my favorites due to my amazing experience.

I have been given this extraordinary gift, and I also do not advertise at this point. Word of mouth only.



HerStory



Maureen loves healing and loves to empower others that they are their own healer.

She uses her channeling gift she received over three years ago, recovering from cancer with no medical intervention. The heart, mind, and spirit are all integral part of the healing process.

Email: heartfireheal@hotmail.com



“YOU HAVE EVERYTHING
YOU NEED TO HEAL.”

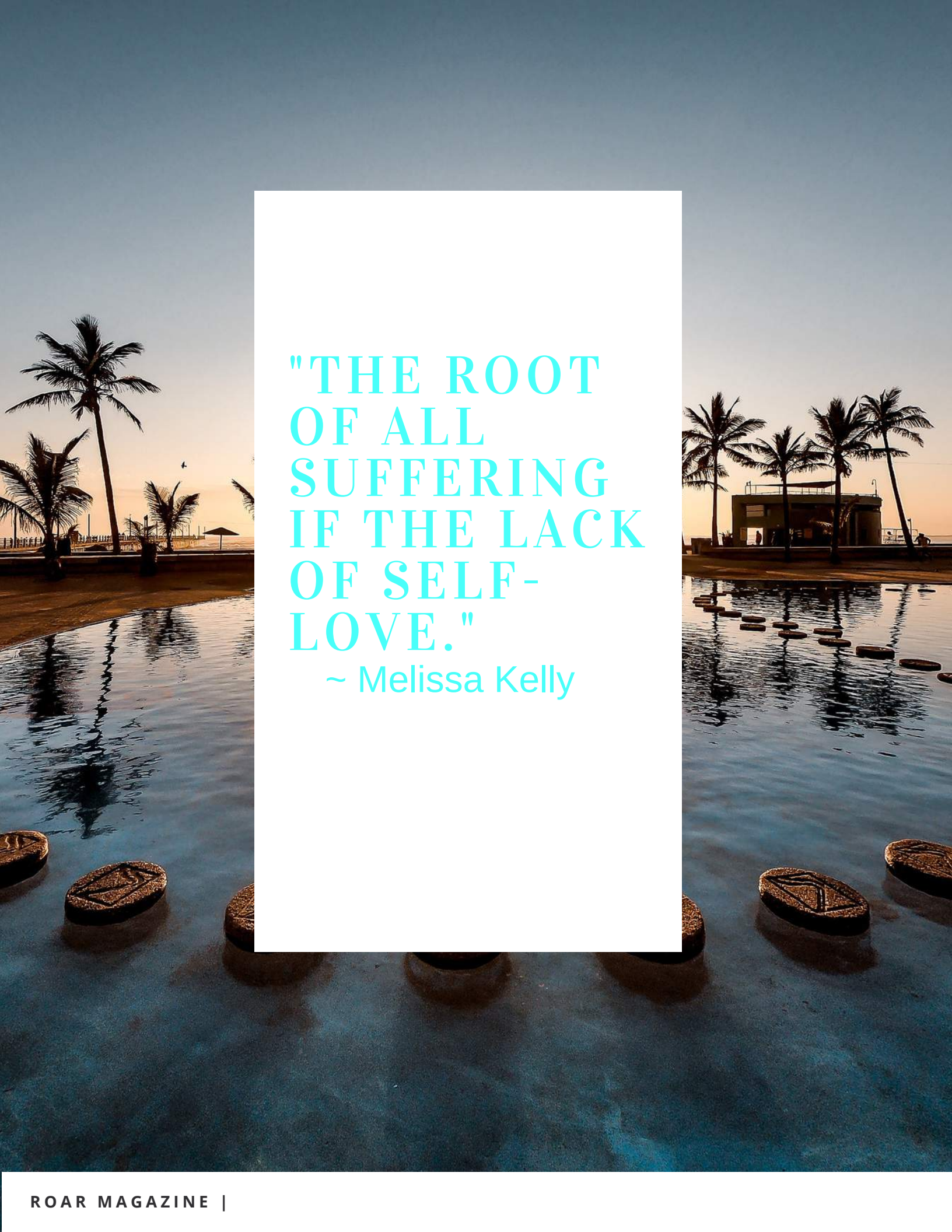
ROAR, FIERCE FEMININE RISING

HOW SELF-LOVE HEALED ME.

JOURNEY COMING HOME TO YOURSELF



Melissa Kelly

A tropical beach scene at sunset. The sky is a mix of blue and orange. In the foreground, a path of dark, oval stepping stones leads through shallow water. In the background, several palm trees are silhouetted against the sky. A small building is visible on the right side of the beach.

"THE ROOT
OF ALL
SUFFERING
IS THE LACK
OF SELF-
LOVE."

~ Melissa Kelly

MY JOURNEY

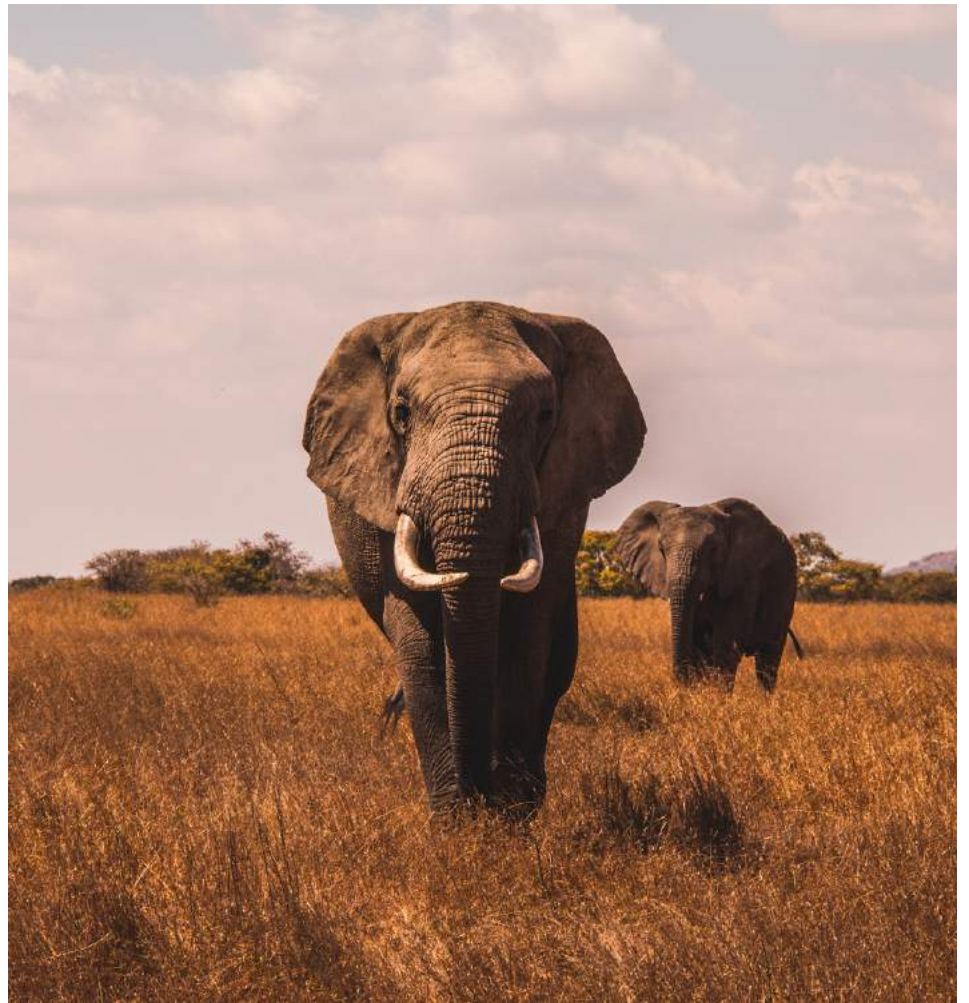
If someone had told me how much self-love was going to change my life, I don't know that I would of believed them.

How could this thing that I was so unfamiliar with at the time have such an impact of my soul and way of life?

I started my jounrey walking around in the dark. Feeling the walls of boundaries and inhaling what I learned would be my truth.

Feeling into where my edges were and where I knew no bounds.

Learning how to hold space for all the different parts of who I was and my different states of being. I had no idea that through doing this I was not only setting the standard for how others would treat me but also no longer seeking outside of myself for something that was my birthright and there all along. I just had to be still enough to connect and feel it. I had to dive into my joy, pleasure and desire and give myself permission to live from this heart centred place.



Self-Love had become the only armour I ever needed.

Through daily actions of learning how to care for myself the way I felt fully seen, heard and loved, this allowed me to empower myself and learn that I could actually give myself everything that I needed. I did not have to wait for someone else to come along and fill some gap or part of me because I was already whole.

I learned that all things in

my life were a reflection of my self-love and what I could shift, change and grow in certain areas.

I learned that healing my abandonment issues came down to learning how to no longer abandon myself and when I took the time to tap into my body, heart, mind and intuition, that I always had what I needed for at least my next step and when it wasn't clear in that moment, I just trusted that it wasn't time to know the next step yet and trusted the divine timing of my life.

LEARN TO LOVE YOUR OWN COMPANY.



You Awesome Goddess, YOU!

When I learned how to love my own company, I increasingly got more confident and comfortable to go out and do things on my own. To the point where I preferred it most of the time. This just allowed me to not fill my empty time with other people but instead allow that sacred time for me to give myself what I needed and then when I choose too, I could

invite with desire and not need, another person that I felt fully heard, seen and loved by.

As your self-love grows, so does your boundaries and self-respect. The old patterns of relationships and friendships fall away. Allowing more deeper, loving connections to manifest that fit your new level of self-worth.

I took the time to learn what my triggers were and still it is an ongoing process to learn how to best hold space for myself during those times but each time it gets a little easier and lasts a little less.

Learning how to do this, helped stopped the pattern of me attracting partners that didn't know how to hold space for me while I was triggered.

It can feel overwhelming at first when you realize how in control you actually are of your own life and it takes time to learn how to give yourself what you need but it is also life changing in the most amazing way.

Choose YOU!

Choose feeling good and loving yourself over all else and everything else will fall into place.

CHOOSE YOU!





Who am I?

I wanted to give you a bit of my WHY behind what I do., as well as my backstory.

I was born into addictions. My father left when I was 6 months old and my mother suffered from drug and alcohol abuse from before I was born due to her own childhood trauma.

I started working at age 10 to pay for my school lunches and sought out professionals counsellors/therapist from the age of 12-24 and continued my healing journey on my own after that. I wanted to make sure I was going to be as healthy as an individual as possible.

My WHY behind what I do is my Mother. My situation forced me to need to learn my own self-worth but also having a deep desire to show her, hers.

My gift in photography and own self-realization on my self-love journey inspired me to want to help other women and girls on this new journey.

CREATOR OF THE ROAR MAGAZINE

Melissa Kelly



FLOWER MOON

BY: MARIA JONES
INSPIRATIONS FOR
YOUR JOURNEY
BACK TO AVALON

A photograph of two women, one with dark curly hair and one with long straight hair, both covering their eyes with their hands. They have serious expressions. The background is a plain, light-colored wall.

Flower Moon Astrology

As Sol shines down through the paradoxical prism of Gemini the celestial shape-shifter, we find ourselves approaching the height of Summer. The body of Gaia is lush, green and abundant as She begins to ripen to fullness. The energy buzzes and crackles as the long hours of sunlight call us to create, connect and share. True to the Gemini archetype, many conflicting and confusing themes run through the month of June as the Planets move through the sign of the Trickster, into the sign of Cancer, the Great Mother. We find ourselves walking through a kaleidoscopic hall of mirrors that reflects many different truths and realities back to us as we work to heal the past, so that we may fully embrace the future.

We begin the month with a New Moon, falling in the sign of Gemini on the 3rd of June. This Lunation blows a breath of fresh air through our lives, asking us to expand beyond limited thinking and old mental programming so that we can open our mind to new and exciting perspectives and connections. What old stories are we telling ourselves that are keeping us stuck and stagnant? Where are old belief systems keeping us rigid and inflexible, blocking our flow of love and prosperity?






The energy of this New Moon is support by a beneficent, earthy trine between Venus the Lover Goddess in Her domicile of Taurus and Pluto in Capricorn, making this a time of many new insights, opportunities, and networks being formed that can create abundance and blessings if we ground them with practical actions. This month it is particularly important that we do not fall into the shadow of Gemini, becoming filled with ideas and inspirations that never become a reality.

On the following day, June the 4th, Mercury leaves Her home sign of the twins and heads into the Cancerian waters where she will be undertaking part of Her retrograde journey over the coming months.

During this time we will be learning to communicate and speak our truth in open, honest and vulnerable ways, without either projecting on others or allowing ourselves to be projected upon.

Venus joins Sol in Gemini on the 8th of June. Venus in Gemini is the word witch, casting spells with Her voice and pen, chanting incantations of self-love.

She reminds us of the power of words to create our reality. She teaches us that every phrase we utter is either an affirmation of our own magnificence or a proclamation of fear and scarcity.



Which are you choosing? With Her quicksilver tongue, sparkling with wit and charm, light-hearted Venus in Gemini calls us to remember the joy of coming together in community, sharing ideas, playing, debating and not taking everything so seriously!

On the 9th and 10th of June Sol creates a challenging T-square with ethereal Neptune in Pisces and expansive Jupiter in Sagittarius. This is a period when illusions and bypasses abound. Nothing maybe as it appears on the surface. We may become aware of how we are creating overwhelm in our lives by overextending ourselves or perhaps promising more than we can give in order to make others happy.

Mars conjuncts the North Node in Cancer on the 12th of June, before opposing Saturn on the 14th, and Pluto on the 20th, giving us a foreshadowing of what awaits us in July's powerful Eclipse Season. With Mercury the Messenger Goddess is also traveling side by side with Mars at this time as She prepares to enter her retrograde Shadow on the 23rd of June, there is the potential for lifetimes of buried anger and resentment to emerge from the depths of our hearts seeking an outlet.

This energy calls us to excavate the deep-rooted emotional patterns that flow through our ancestral lines.



How is the pain and disappointment of the past still influencing our choices in the present? Do we feel we can speak and truly be heard by our loved ones? Are we truly listening to others?

During this month of volatile expression, it is important that we pause and go within before reacting to provocation. Are we really upset by what is happening in the now? Or are old hurts being triggered that are causing us to react from the place of the wounded inner child? How can we re-parent ourselves and learn to communicate our needs in healing and nourishing ways?

At this time, we may feel the need to rest and withdraw, giving ourselves the time and space we require to process our feelings, yet the heavy Saturnian vibration demands that we continue to honor our duties and obligations. Creating a balance between our work/ambitions and home/inner life is another major lesson of the Cancer/Capricorn polarity. When we nurture the foundations of our lives with tenderness and care, we are more easily able to reach for our purpose and live our fullest potential.

The Sagittarius Full Moon illuminates the skies on the 17th of June, bringing culmination to the lessons we have been learning around finding our truth and expressing it in the world. The Gemini Goddess likes to challenge the fixed attitudes and self-righteous postulating of

Sagittarius, calling us to re-examine what holds meaning and wisdom for us and let go of our entrenched patterns of judgment. In turn, Sagittarius endeavors to remind Gemini of the power of committing to a vision larger than our own.

With Jupiter, the ruler of Sagittarius coming into Her second challenging square with Neptune as the Full Moon rises, this is a time of recognizing that ultimately no one knows what is really 'true.' All of our human perspectives have their biases and limitations. Are we allowing the opinions of others to affect our inner peace? Can we allow ourselves to become open to other points of view, letting go of the need to be proven right?

Sol leaves airy Gemini and immerses Herself in the Cancerian season the 21st of June, initiating the Summer Solstice in the Northern Hemisphere. From this moment on, the hours of daylight will grow steadily shorter as we move towards the darker half of the year once more. Traditionally, Summer Solstice is the energetic peak of the year, a time for celebration and revelry as we enjoy the heat and warmth of the lazy summer days.

Those in the Southern Hemisphere will be experiencing the Winter Solstice, honoring the return of the light as the days grow steadily longer and brighter. This year's Cancer Season is set to be one of the most transformative we have experienced in many years, as the Solar Queen follows the path of Mars and Mercury, as She prepares to collide with Saturn, Pluto and the Nodes next month we move through the eclipse portal.

Nebulous Neptune also stations retrograde as the Solstice Gateway opens. She slows to a standstill whilst in the midst of a T-square to Jupiter in Sagittarius and Venus in Gemini. She will also be in trine to the North Node and sextile the South Node! This energy can make us extra aware of an additive and avoidant behaviors we engage in, highlighting areas of our lives where we are not being truth full with ourselves and indulging in escapism.

Many Blessings

Maria Jones

Inspirations for your
journey back to the
Avalon



Love ROAR?

SPREAD
THE LOVE
ON
FACEBOOK

TAG US ON
INSTAGRAM

GIFT A SISTER
WITH A
SUBSCRIPTION

SPREAD
THE WORD

JOIN THE REVOLUTION

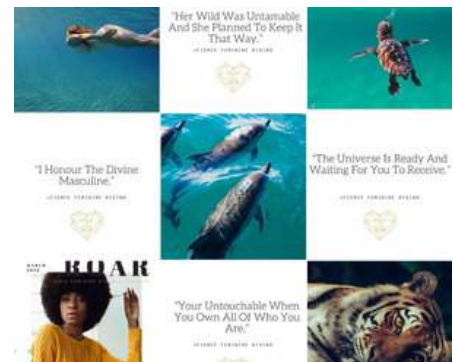


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The origin of the word "travel" is most likely lost to history.

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Many countries do not recognise drivers' licenses from other countries



Join The Sisterhood

The origin of the word "travel" is most likely lost to history.