



Well-Being  
ALCHEMY  
A BUNDLE OF LOVE  
You

## February Get - Togethers

Wednesday 7th February 10.30am - 12pm In Person

Wednesday 7th February 6.30pm - 8pm In Person

**On-Line Get-togethers on request.**

Get - Togethers will be held the 2nd week of each month and provided in person and online.

The dates for the Get Togethers are shown in the members area. Please book your place as the numbers are limited for the in person events to 15 people per session. The online event link is available once booked. Please do not worry I will be making additional sessions available as numbers increase.

Of course the Get Togethers are optional and if you choose not to attend you will still receive all the content and benefit in positive ways.

## >>> CONTENT

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- Embracing Imperfection
- GABA
- Guided Meditation - Self Acceptance



# The FULL MOON in Leo

Thursday  
January 25th

## FULL MOON - TIME TO RELEASE, FORGIVE & SHOW GRATITUDE

Full Moon time again and as we enter into the 2nd month of 2024, I would like you to listen to or read the bitesize masterclass in this edition. It is my belief that our imperfections very much make us who we are and rather than shying away from them we should embrace them. Embracing them can seem difficult for some, but why is this? How do these imperfections make you feel? What internal dialogue is running alongside them, or limiting beliefs. Utilise this fiery Full Moon to release and let go!

On the 20th January the planet Pluto moved into the zodiac sign of Aquarius where it will stay until a brief move back to Capricorn on 1st September. On November 19th Pluto returns to Aquarius until 2044! Pluto is the planet of power and transformation, death and re-birth, shared resources. Teamed with Aquarius the sign linked to humanitarian endeavours, social circles, groups, friends, technology and the future.

Check your birth chart (if you have one) to see what house aquarius sits in for you.

## GRATITUDE

By Debi Dawson



With the fiery moon in Leo and the powerful planet Pluto riding with us, what are you grateful for as we journey towards the end of your first month in 2024?



# The FULL MOON in Leo

Thursday  
January 25th

Fire Sign - July 23rd - August 22nd - Ruling Planet is the Sun

This Full Moon in Leo is also known as the wolf moon. It is believed the name derives from the wolves howling with hunger during the dark winter months.

Leo brings the fire energy blended with the emotions of the Moon. It is time to step into the spotlight and embrace your true identity with pride. Leo is about identity, holding the characteristics of being bold, self-confident, loving to be in the spotlight.

Now is the time to aim high and for what you truly want, releasing any concerns you may have about what others will think.

Of course with the moons beautiful emotional energy, any actions can be softened and soul led rather than ego.

What house does this Full Moon in Leo fall in for you? Check your Houses in Your Chart download to see what area of your life this moon will be influencing. Are there areas connected to this that you wish to release, forgive or show gratitude for?



**WHAT THE  
FULL MOON  
MEANS FOR  
YOU?**

By Debi Dawson

# CRYSTAL SPOTLIGHT

By Debi Dawsom

## WHITE HOWLITE

### ➤➤➤ BIRTH STONE -GEMINI



**White Howlite** is a crystal that is often associated with various healing and spiritual benefits. It's important to note that while many people believe in the metaphysical properties of crystals, scientific evidence supporting these claims is generally lacking. The following information is based on popular beliefs and should be approached with an open mind:

#### **Calming and Stress Relief:**

- White Howlite is believed to have calming properties that can help reduce stress and anxiety. It is often used in meditation and as a tool for relaxation.

#### **Aid in Insomnia:**

- Some people use White Howlite to promote a restful sleep. Placing it under the pillow or near the bed is thought to help with insomnia.

#### **Enhanced Patience and Tolerance:**

- White Howlite is associated with promoting patience and tolerance. It is believed to help individuals remain calm and composed in challenging situations.



# CRYSTAL SPOTLIGHT

By Debi Dawsom

## WHITE HOWLITE

➤➤➤ BIRTH STONE -GEMINI



### Spiritual Awareness:

- This crystal is thought to enhance spiritual awareness and connection. It may be used during meditation to facilitate a deeper understanding of oneself and the world.

### Balancing Energy:

- White Howlite is believed to have the ability to balance and align energy centers in the body. This is said to help achieve a state of equilibrium.

### Encourages Positive Communication:

- Some people believe that White Howlite can assist in promoting positive communication by calming emotions and reducing anger or frustration.

### Aid in Memory Improvement:

- It is believed by some that White Howlite can enhance memory and stimulate a desire for knowledge. It is sometimes used as a study aid.

### Chakra Alignment:

- White Howlite is often associated with the crown chakra, which is linked to spiritual connection and higher consciousness. Using White Howlite during meditation is thought to help balance and align this chakra.

# Tarotscope for February - inspiration from the divine by Mel Dunn

If you would like a reading with Mel to gain clarity or further insights into your life, [visit meldunntarot.com](http://meldunntarot.com), or email [mel@meldunntarot.com](mailto:mel@meldunntarot.com)

**AQUARIUS - JUSTICE** - Now we are settling into the new year Aquarians, it is time to put pen to paper and reflect on what you truly want to get out of the year ahead. If the previous year was a turbulent one for you do you want to return to the status quo or do you want a new way of being?

**PISCES - THE MAGICIAN** - At some point in February you may be called upon to use your skills in dealing with a tricky situation be that at home, work or your social life. Trust that you have the ability to do this in a way that no-one else can and you will earn the respect of others.

**ARIES - THE KNIGHT OF CUPS** - Oh valiant Aries you know how to lay on the charm. Bring it on as this is exactly what is required this month. You might be the peace maker or you might be in a relationship with someone who needs some TLC. Either way you know what to do.

**TAURUS - THE SIX OF SWORDS** - You might feel as though you've been wading through treacle so far in 2024 and whatever is on your plate right now has been harder work than you thought it was going to be. Persevere though and by the end of the month things should start moving in the right directions again.

**GEMINI - THE FOUR OF CUPS** - Well done you've had a really positive start to the year with someone who is close to you. The relationship is stable enough for you to turn your attention to other people or other projects this month that could benefit from your love and care.

# Tarotscope for February - inspiration from the divine by Mel Dunn

**CANCER - THE THREE OF SWORDS** - It's a short month and you are asked to consider taking the more difficult path forward, one that you haven't thought of or don't really want to take. Take comfort from the fact that it won't be for long and you will be back on track soon enough.

**LEO - THE KING OF SWORDS** - You need to be kind this month as you hold all the Aces in the pack. Be prepared to share some of your wisdom, knowledge or skills in order to help someone else who really needs your guidance and by helping them you ultimately help yourself.

**VIRGO - THE TWO OF PENTACLES** - The new year has led to you having a choice to make. It could be where you go on holiday this year or it could be whether you move house. February is the month where you'll decide. It's a great month for you to make your plans.

**LIBRA - THE PAGE OF SWORDS** - You have started the year following your new year's resolutions but this month you are doubting yourself. It's the usual Libran shall I shan't I so move forward with purpose and confidence. You set the resolutions for a reason.

**SCORPIO - THE TWO OF SWORDS** - You are intuitive Scorpions so this month when you need to make a decision in order to move forward with a project, trust your gut instincts. Try to think with your head not your heart and consider the long-term implications.



# Tarotscope for February - inspiration from the divine by Mel Dunn

**SAGITTARIUS - THE FOUR OF SWORDS** - As you know you are a free-spirited Sagittarian. You are a little bored of a situation or you feel like you are stuck in a rut. Only you can change this. The rest of the year will bring you that much needed joie de vivre if you do.

**CAPRICORN - THE TWO OF CUPS** - Capricorns you are asked to honour your emotions and feelings this month and put aside the practicalities which isn't an easy thing for you to do. You will, however, be rewarded as a person or people appreciate the softer side of you.



# Embracing Imperfection: Your Superpower for Transformative Self-Care and Personal Growth

By Debi Dawsom

## Introduction

In a world that often emphasises perfection, the pursuit of flawlessness can be an exhausting endeavor. For busy women navigating the demands of life, the journey toward self-care, personal growth, and soul-nourishing practices might seem elusive amid the expectations of perfection. However, what if embracing our human imperfections is the secret superpower that unlocks transformative change? Let's explore the liberating and empowering journey from perfection to imperfection, discovering the strength that lies within the beautifully imperfect.

## The Perfection Illusion

In a society driven by images of flawlessness on social media and beyond, the pursuit of perfection can become a relentless quest. Busy women, managing careers, families, and personal aspirations, often find themselves caught in the illusion that perfection is the ultimate goal. The reality is, perfection is an unattainable standard, setting the stage for frustration and self-criticism.

## The Beauty of Imperfection

Imperfection is not a sign of failure but a testament to our humanity. Busy women between the ages of 35-70 carry the weight of multiple roles and responsibilities. Recognizing the beauty in imperfection can be a transformative mindset shift. It's in the messy, imperfect moments that genuine growth, resilience, and authenticity thrive.



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## Embracing Imperfection as a Superpower

### Authentic Connections

Busy women who embrace imperfections cultivate authentic connections. Vulnerability and openness allow for deeper, more meaningful relationships, creating a support system that understands and accepts imperfections.

### Resilience in Chaos

Life's chaos is inevitable, especially for women juggling various roles. Embracing imperfections becomes a superpower when it fosters resilience. The ability to adapt and find strength in the midst of chaos is a testament to the transformative nature of imperfection.

### Self-Compassion

Embracing imperfections is an act of self-compassion. Busy women often neglect their well-being, but acknowledging imperfections allows room for self-kindness. This shift in mindset can lead to a more nurturing and sustainable approach to self-care.



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## Practices for Embracing Imperfection

**Mindful Self-Reflection** Take moments of quiet self-reflection to explore and accept personal imperfections. Mindfulness practices, such as meditation or journaling, can provide a gentle space for self-discovery.

## Set Realistic Expectations

Busy women can ease the burden of perfection by setting realistic expectations. Prioritize tasks, delegate when possible, and understand that not every day will go as planned. Imperfections are part of life's beautiful chaos.

## Celebrate Progress, Not Perfection

Instead of focusing on perfection, celebrate the progress made. Small victories and lessons learned from mistakes contribute to personal growth. Recognize the journey, not just the destination.

## Transformative Benefits

The journey from perfection to embracing imperfection is a transformative process that yields numerous benefits for busy women:



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## Inner Peace

Embracing imperfections brings a sense of inner peace. The constant striving for perfection dissipates, allowing for a more serene and contented life.

## Empowerment

Recognizing imperfections as a superpower empowers busy women to take control of their narratives. It transforms challenges into opportunities for growth and resilience.

## Joy in the Journey

Life becomes more enjoyable when imperfections are embraced. Busy women can find joy in the journey, appreciating the unique experiences that come with being beautifully imperfect.

For busy women the path to self-care, personal growth, and soul-nourishing practices is illuminated by the acceptance of imperfections. Embracing imperfection as a superpower allows for a more compassionate, resilient, and joyful existence. The journey from the pursuit of perfection to the celebration of imperfection is a transformative one, unlocking the true potential within each beautifully imperfect soul.

# GABA - CALM & RELAXATION

- GABA reduces energy and calms everything down
- GABA is primarily an inhibitory neurotransmitter, meaning it helps calm and relax neural activity, which can have several important effects on the body and mind

## How GABA Supports You

- **Stress Reduction:** GABA helps reduce feelings of anxiety and stress. It counteracts the effects of excitatory neurotransmitters and has a calming influence on the brain.
- **Sleep Regulation:** GABA plays a role in promoting sleep by reducing neural activity and helping you relax. It's often used as a supplement to aid in sleep.
- **Mood Stabilization:** An imbalance of GABA is associated with mood disorders like depression and anxiety. Proper GABA levels are essential for mood stability.
- **Pain Management:** GABA can reduce pain perception and is involved in pain management.

# GABA - SUPPORT PRODUCTION NATURALLY

## Foods & Nutrition

- Fermented Foods: Fermented foods like yogurt, kefir, kimchi, and sauerkraut can promote GABA production in the gut due to their probiotic content.
- Whole Grains: Foods like brown rice, oats, and whole wheat contain glutamate, a precursor to GABA, which can support GABA production.
- Nuts and Seeds: Almonds, walnuts, sunflower seeds, and others are good sources of glutamate and may support GABA synthesis.
- Green Tea: Green tea contains theanine, an amino acid that can promote GABA production and has calming effects.
- Bananas: Bananas contain vitamin B6, which is important for GABA synthesis.

## Activities to Support Production of GABA

- Slow Movements;
- Connect to Breath
- Walking,
- Yoga
- Meditation
- Mindfulness
- Qi Gong
- Time in nature
- Hobbies, back to ING activities
- Quality Sleep

## CHANGING YOUR MIND



Practising Journaling supports Emotional Regulation and Processing.

### JOURNAL PROMPT

➤➤➤ DO THIS AT THE END OF EVERYDAY

1. Today I am grateful for these 3.....  
(things, people, events)

### SELF REFLECTION FOR SELF CARE

Write a letter to your future self, sharing your hopes and intentions for your overall wellbeing?

### AFFIRMATION

➤➤➤ REPEAT DAILY AT LEAST ONCE OR  
COPY THE IMAGE TO YOUR PHONE



"I am in charge  
of my own destiny."



I look forward to seeing you at one of our Get Togethers and hope you enjoyed your Bundle of Love and found lots of interest to you and to support you on your own imperfectly perfect journey of discovery. I am always here to help, so please do share any questions you may have to:

[debidawson@changingstatus.co.uk](mailto:debidawson@changingstatus.co.uk)

With Love  
Debi xx

