

Sibyl MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN



Marla Diann
STAND FOR YOUR
WORTH & DIGNITY

Success coach, spiritual mentor and business strategist for creatives

www.marladiann.com

Good day!

What a perfect topic for the month of December and the end of a long, extremely trying year. The topic of Joy along with how to be the person who lights up a room.

For the holiday time, I thought this was a special approach to your life.

See if you can relate. Recently, I made a new commitment to get more serious about living in the JOY of life, rather than be seduced by all the noise brought on by the media.

Join in with me this to be the person who lights up a room and raises the vibration around you. Be the light that removes the darkness.

I am no longer striving for moments of joyful relief. I intend to remind myself minute by minute to feel the flow of joy throughout the day.

Enjoy my last article of the year. It's been a delight to be on the writing team at Sibyl in 2020.

Come share IG with me - [@marladiann_mentor_to_creatives](https://www.instagram.com/marladiann_mentor_to_creatives).

Let's have with an inspiring, supportive complimentary conversation about you're your joy or focus for 2021. Who's lives can you make a bigger impact on? Email support@marladiann.com to schedule our time together.

Much love and appreciation,

Sibyl MAGAZINE
"Ordinary Women Sharing Extraordinary Insights"
FOR THE SPIRIT & SOUL OF WOMAN
INTRODUCING THIS YEAR'S CONTRIBUTING ARTICLE WRITERS 2020

YOU too can become a writer for Sibyl Magazine. Editors are now accepting article submissions. ONLY 25 women selected. View Submission Guidelines inside!

Brenda Pitout Carol V. Meyer Cynthia Harris Dani Andersen
Danielle Schooch Gail Gibson Jill Bittering Kara Lambert Keita Annie Whitten-Foster Kimberly Hambrick
Lee Steem Lynley Evans Margie Batson Marie Brunger Marla Diann Martine Negro
Michele Sayers Orlaith O'Sullivan Pennie Quaille-Pearce Penny Myers Shannon Chin Suzanne Duncan

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STAND FOR YOUR WORTH AND DIGNITY

Be the Person Who Lights Up A Room

By Marla Diann

What a perfect topic for the month of December and the end of a long, extremely trying year. Joy. And, how to be the person who lights up a room. Take some time today to do something that truly brings you joy. It can be something simple like hugging your children, spouse, or pets. Perhaps baking, cooking, gardening, reading a romance novel or spiritual book. Or it can be taking yourself out for a luscious dinner (outdoors) with your partner or good friend. You name it.

Recently, I made a new commitment to get more serious about living in the JOY of life, rather than be seduced by all the noise out brought on by the media. Join in with me this to be the person who lights up a room and raises the vibration around you. Be the light that removes the darkness.

I am no longer striving for moments of joyful relief. I intend to remind myself minute by minute to feel the flow of joy throughout the day. The goal is to make this my new normal by choosing again when I catch myself in a lower state of emotions and thinking. I challenge you the same! How do we do that?

Here's what I did:

1. Created a word doc with images and words about staying focused on Joy and the vibration in order to be in more control of my emotions and thoughts. I printed it out and taped it to my bathroom mirror.
2. I found a quote that reads, "*When you calibrate your energy to the experience of joy, you become a magnet for your desires.*" I made it my desktop background to see each time I use my laptop.
3. I added another image about Joy to my phone's home screen.

In order to create a new normal, repetition is mastery. When I did this initially, I felt 100x better! Here's a few golden nuggets for being disciplined and committed to changing your focus and feelings to joy more often:

- A. When you catch yourself in a low vibe thought or feeling, choose again. Choose the truth of elevated joy.
- B. When you get aligned with the energy of joy, you become a bearer of light for everyone you encounter online or offline, and you give others inspiration to shine when they're around you.
- C. Become devoted to your well-being and the power of positive thinking, stress reduction, gratitude, and releasing resistance.
- D. Accept the truth all greatness you attract in your life comes from high-vibrational energy - your conscious choice to live in joy; not reaction.

Imagine taking this into your holidays and commitment for the new year. Blessings for a safe, joyous, and healthy holiday and new year!

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California, USA

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your
Desires
will
cost you.

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