

WHOLISTIC HEALING

October 2026



THE COURAGE
TO CHOOSE
YOURSELF

**FEATURING
ANGIE RODA**

IT'S NEVER
TOO LATE TO
BECOME YOU

Finding
Yourself After
Years of
Giving

RESILIENT AND KIND

WELCOME TO

WHOLISTIC HEALING

Wholistic Healing Magazine's mission is to spotlight entrepreneurs, leaders, authors, healers, and speakers, providing a platform for them to share their journeys of resilience, manifestation, and success. We are dedicated to holding space for every visionary by encouraging them to shine their light and share their stories.

I believe that connections and collaborations are the keys to growth, expansion, and continuous success.



DR. REV. JOANNE ANGEL BARRYCOLON



CONTRIBUTORS

www.wholisticfitnessny.com

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

<https://www.youtube.com/@WholisticFitnessNY>

<https://www.tiktok.com/@Wholisticfitnessny>

<https://www.facebook.com/Wholisticfitnessny>

<https://www.skool.com/blood-sisters-portal-4909/about>

<https://www.linkedin.com/in/wholistic-fitness-barrycolon-2468jab>



Anna Mariah Iorfida

Life Insurance Agent



Alexandria Barry Eylinkrig

Writer in The Making



Nick Rafter

Real Estate Agent



Ella Pahopin

Apprentice of The Metaphysical



Brian Eylinkrig

Strategic Legal Underwriter



Angie Roda

Chemical and Environmental Engineer



Mary-Beth Newell

Speaker/Author/Nurse

MEET THE FOUNDER

Rev. Dr. Joanne Angel BarryColon is the Founder of Wholistic Fitness NY LLC. She has over 40 years of experience in health, fitness, nutrition, and wellness, and has blended many healing modalities into her practice over the last 15 years.

Rev. Dr. Joanne is a wholistic integrative teacher, certified wholistic personal trainer, reiki master, medical astrologer, and master of numerology, and she has a B.S. in Health, Fitness, and Nutrition from Empire State University.

She is also the host of “Joanne’s Healing Within,” featured on Strong Island Television. The program airs live on the first Monday of every month and is available on Roku, I Heart Radio, Audible, Spotify, and many other platforms. Rev. Dr. Joanne has written six books, coauthored over a dozen more, and has written for Your Success Magazine and The Authors Porch Magazine. She currently writes for Brainz Magazine and is the creator of Chakra Balance Numerology Cosmic Energy Forecast Deck.

Rev. Dr. Joanne’s purpose is to help women over 40 get and stay strong and create discipline with strength training. Her approach is not conventional, it’s revolutionized.

Rev. Dr. Joanne has helped over 20,000 women gain confidence, courage, strength, and the ability to pursue their soul’s calling.



AUTHOR FEATURE

Are you an Author looking for visibility? Get featured in our next issue. For more information email healingwithin76@gmail.com.



Dinky Diana Smith



Richard Ganjavi

ANGIE RODA



What inspired you to start your business and what was the turning point that made you take that first step?

After my daughter was born, I found myself constantly negotiating and feeling guilty about returning to the corporate world. I understood that having a gap on my résumé could potentially become a setback in my career, but missing so many milestones in my daughter's life was something I did not want to live with. When my company and I decided to part ways, an unexpected opportunity emerged: a temporary, part-time "hobby" that eventually became my thriving business. What started as an alternative became a new path I had created for myself.



How do you balance the demands of your career, and your personal life without losing sight of your own well-being?

This is still a work in progress. There are days when I have to remind myself of the commitment I made to live a full life—one that includes both a fulfilling career and personal well-being. For me, this has required a paradigm shift. We live in a world that often measures success by what we accomplish professionally, rather than by who we become as people. I am learning that my well-being is not something I should prioritize only after everything else is done; it is part of living a successful life.

What has been the biggest challenge you've faced as a working professional and entrepreneur, and how did you overcome it?

One of my biggest challenges has been breaking through the perception that a remote consultant cannot be as effective as someone sitting in an office. I have had to demonstrate, through results, responsiveness, and relationships, that expertise and commitment are not defined by physical location. In many cases, working remotely allows me to be even more focused and efficient. Over time, I learned that I don't have to convince everyone—I simply have to consistently deliver value and let the quality of my work speak for itself.

Many women in their 50s begin reevaluating their purpose. Have you experienced that shift, and how has it influenced your entrepreneurial journey?



Absolutely. As I have matured, I have found myself reevaluating not only what I want to accomplish, but how I want my day-to-day life to feel. I used to prioritize every client project to the point that I would sacrifice my free time and well-being. Today, I recognize that success cannot come at the expense of living.

Entrepreneurship has given me the opportunity to redefine what matters, create boundaries, and build a business that supports the life I want rather than becoming my entire life.

What skills from your 9-to-5 career have helped you grow your business, and what new skills have you had to develop as an entrepreneur?

My 9-to-5 career was actually the foundation for my entrepreneurial journey. The knowledge and experience I gained gave me the confidence to recognize that other companies could benefit from my expertise as a consultant. As the years have passed, I have expanded both my knowledge and the services I offer. Entrepreneurship has also taught me skills I didn't necessarily need in corporate life—business development, marketing, setting boundaries, pricing my expertise, and making decisions independently. Most importantly, it has taught me to trust my experience and myself.

What advice would you give to women who dream of starting a business but are afraid to leave the security of their paycheck?

Prepare a list of what you want your day to look like and identify the steps needed to reach your goal of becoming your own boss. You don't have to have everything figured out before taking the first step. Walk in faith, take daily action, and allow life to reveal the next step. Focus on what you can do today rather than how big or small the action may seem. Every action moves you closer to your goal. Sometimes, the journey becomes clear only after you have the courage to begin.

How do you define success today, and has that definition changed since you began your entrepreneurial journey?

Success today means having a well-balanced life—one that allows me to enjoy life while making a meaningful difference in the world. My definition has absolutely changed. When I first started my entrepreneurial journey, my focus was making clients happy, regardless of the sacrifices I had to make. Today, I understand that success is not measured by how much I can accomplish or how many sacrifices I can make. It is about creating meaningful work while still having the time and energy to experience and enjoy the life I am working so hard to build.

Looking ahead, what legacy do you hope to create through your work, and what message would you like to leave with women who are ready to step into their next chapter?

I would like my legacy to be the belief that a life balancing career and well-being is a better life than one focused solely on productivity. I want women to know that success does not have to come at the expense of living. Life is precious, and we are meant to experience and enjoy each moment of the journey—not simply work our way through it. My message is to give yourself permission to pursue your goals, find joy in what you do, and create a life that feels meaningful to you.

Angie Roda is a business owner, consultant, mother, and lifelong learner who believes that success is not measured only by what we accomplish, but by the lives we touch along the way.

Throughout her journey, Angie has built a career rooted in helping others navigate complex challenges while raising her children and creating a life grounded in resilience, love, and purpose. Her own journey of self-discovery taught her the importance of self-love, finding her voice, embracing imperfection, and giving herself permission to continually evolve.



Today, Angie is passionate about encouraging others—especially women—to challenge the boxes they have been placed in, trust their own voice, and understand that it is never too late to explore a new chapter.

Through her work, writing, and everyday interactions, Angie strives to create what she calls “ripples of love”—believing that loving kindness is not simply something we receive, but a way of living that can positively influence the world around us.





The Woman I Almost Lost

By Angie Roda

For a long time, I thought my story was about being successful, being a good mother, supporting the people I loved, and doing what was expected of me. I was resilient. I kept going. I showed up. I became very good at being someone else's support.

But somewhere along the way, I lost myself.

A few years ago, I had a business, a home, and grown children. From the outside, my life looked successful. Yet inside, I felt sadness, emptiness, and even anger with myself. How could I have done this? How could I have spent so much of my life being there for everyone else and somehow forgotten to be there for me?

That realization began one of the most important journeys of my life: learning what self-love really meant.

I took courses. I read. I listened to people who had chosen to make loving themselves and others a way of life. And slowly, something began to click - perhaps I could choose how I wanted to live rather than continuing to live according to the expectations I had absorbed along the way.

I began speaking up. I started making decisions based on what I wanted. I gave myself permission to explore, to take time for me, and to discover what brought me joy.

I began saying YES to what I wanted and NO without guilt.

For me, that was revolutionary.

I had carried so many ideas about the boxes women are expected to fit into. A woman should have a husband and be devoted to him, even if sometimes that meant losing her voice. A mother should be perfect, make no mistakes, and always be there for her children. And at this point in my life, the words "You should have your life figured out. You should be planning retirement, not reinventing yourself," resounded loudly in my mind.

I decided to challenge all of it.

Why should there be a point in life when we stop discovering, exploring, and becoming? What if a new chapter isn't about starting over, but about finally becoming more fully ourselves?

Today, I am learning to accept that I am enough. I am learning that mistakes are not failures; they are lessons. I have come to see perfection differently. Who I was yesterday was perfect for what I knew yesterday. Who I am today reflects what I have learned today. And tomorrow, I will learn something new.

My children have taught me much about this, too. I hope they have learned from watching me that being loving, caring, and resilient does not require perfection. That it is okay to change. That it is okay to find your voice. And most importantly, that it is never too late to become more fully yourself.

Along the way, I discovered something else that has become central to my story: loving kindness.

I began to think that if I needed love and kindness in my own life, perhaps others needed it too. I want my life to create ripples of love—not because I am perfect, but because I choose to live by those values every day.

I don't know exactly what the next chapters will look like. And for perhaps the first time in my life, I am okay with that.

I want to keep exploring. Keep learning. Keep choosing. Keep saying YES to what feels right and NO when it doesn't. I want to live life while continuing to become a better version of myself.

And when my 80-year-old self looks back, I hope she looks at every version of me with gratitude. Every version had something to teach me. Every chapter brought me here.

I hope she looks back proudly—not because I did everything perfectly, but because I did my best, I lived, I loved, I learned, and I never gave up on myself.

And maybe, along the way, I left a few ripples of love in the world.

That, more than anything, is the story I want to tell.



To Connect With Angie:

 <https://www.alrinsight.com/>

 Email - angie.roda@alrinsight.com

Whispers of a Purple Butterfly

Richard Ganjavi

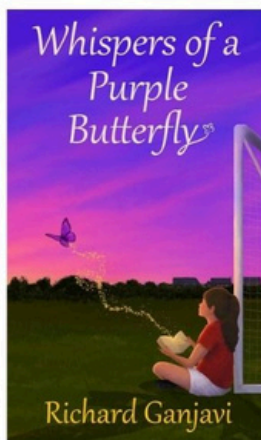
Lucy has always known she is a surviving twin. She has just never known what that truly means.

Growing up, there have always been moments that felt too strange to explain — a flash of brilliant purple at the corner of her eye, a feeling of being watched over, a warmth she could never quite find the source of. Lucy has learned to push these feelings aside. She is good at that. Pushing things aside. Managing.

Getting on with it. And when things feel too big, there is always soccer — the one place where everything else falls away, where she feels truly, completely herself. One day, she dreams, she will pull on an England shirt and walk out at Wembley.

But when her headteacher suggests she keeps a journal, Lucy begins to write — and something extraordinary writes back.

A funny, kind and hopeful story about grief, identity, and soccer – supported by members of the England Lionesses Football team – it reminds us that even when life feels hard, hope can still appear like a purple butterfly floating by.



To Connect With Richard:
rganjaviwriter@hotmail.com

To Purchase Copies:
<https://amzn.eu/d/0dJpitXF>

Richard Ganjavi is a Primary (Elementary) School teacher from England. In August 2024, he and his wife suffered the devastating loss of one of their twin girls just two days before they were born. Richard turned to writing as a means to navigate his own grief journey, and turn it into one of healing.

He used his expertise of working with children to create a fictional tale (based on his personal grief) which seeks to help children and families understand, accept, and manage their own grief, and discover and celebrate their own identities and self-worth.





Dinky Diana Smith

Veridien

Veridien: The Keepers is more than a fantasy novel—it is a story of balance, healing, and the quiet power of transformation.

Set in the world of Terra, where elemental forces shape both the land and its people, the story follows a group of Keepers entrusted with restoring harmony as darkness begins to take hold. But the true battle is not just against an external force—it is within each character, as they confront fear, doubt, grief, and the weight of their own choices.

Each Keeper represents more than a role; they reflect the emotional and human experiences we all face. The fractures within their world mirror the fractures within ourselves—moments of imbalance, loss of direction, and the struggle to find meaning again.

At its core, *Veridien* is about connection. It is about how love, unity, and truth can restore what has been broken—not through force, but through understanding and courage.

The journey through Terra becomes a symbolic path of self-mastery. Readers are invited to see themselves in the characters' struggles and victories, recognizing that healing is not the absence of darkness, but the willingness to face it and move forward anyway.

Through rich world-building and emotionally grounded storytelling, *Veridien: The Keepers* offers more than escape—it offers reflection. It reminds us that even in the presence of uncertainty, there is always a path back to balance, and that transformation often begins in the moments we feel most lost.



To Purchase copies:
<https://www.mtstv.com/shop/chapter-1-veridien-the-keepers-chapter-1-free-24>

Dinky Diana Smith is an author and storyteller who weaves emotional depth, transformation, and human resilience into her work. Through her writing, she explores the balance between darkness and light, guiding readers toward self-discovery, healing, and purpose through both real-life insight and imaginative storytelling.

To Connect With Dinky:
mtetvinfo@gmail.com



More Than a Policy

By Anna Mariah Iorfida

Let's be honest: when most people hear "life insurance," they do not exactly get excited. They picture confusing paperwork, monthly payments, and a conversation they would rather save for later. Some immediately say, "I'm too young for that," or, "I'll worry about it when I have a family."

Before entering the financial industry, I probably would have thought the same way.

But the more I learned, the more I realized that life insurance is not really about paperwork. It is about the people behind it.

Behind every policy is a real person, a real family, and a real reason for wanting protection. It could be a mother who wants to make sure her children will always be okay, a father working hard to provide for his family, a young couple building their first home, or a business owner protecting everything they worked to create. The policy is the paper. The love behind it is the real story.

Most of us are taught to work hard, save money, pay our bills, and build a successful life—but how often are we taught to protect what we are building? We plan vacations, birthday parties, weddings, careers, and even what we are eating for dinner. Yet when it comes to making a plan for the unexpected, many of us say, "I'll do it later." The problem is that life does not always wait until later.

That does not mean we should live in fear. I believe we should enjoy life, dream big, and trust God throughout every season. But faith and preparation can exist together. We can pray for the best while still using wisdom to protect the people we love. That is what changed my entire perspective on life insurance.

To me, having coverage is one of the most selfless financial decisions someone can make because it is not only for them. It is their way of saying, "No matter what happens, I want my family to have something to stand on."

When I talk with someone about protection, I do not want the conversation to begin with a bunch of confusing numbers. I want to understand the person first. Who depends on you? What are you working toward? What matters most to you? What dreams do you have for your family?

Every person and family is different, so protection should never feel one-size-fits-all or pressured. It should begin with an honest conversation, clear education, and an understanding of what that family actually needs.

Financial wellness is also part of holistic wellness. We take care of our bodies, protect our peace, strengthen our faith, and work toward becoming better versions of ourselves. Our finances deserve that same attention. Financial stress can affect an entire household, while having a plan can create stability and peace of mind.

Life insurance cannot replace a person or remove every hardship. However, it can help a family remain in their home, manage important expenses, continue a child's education, or simply have room to breathe during a difficult time.

It may never be the most exciting topic at the dinner table, but it is still an important one. Behind every policy is someone choosing preparation over procrastination and protection over uncertainty.

More than anything, it is someone telling the people they love, "Your future matters to me."

To Connect With Anna:

<https://linktr.ee/annaiofida>





The Impossibility Of Renting In The Big Apple



By Nick Rafter

New York City Banned Broker Fees, But Created A New Crisis

Last summer, New York City implemented the FARE Act, which banned rental agents from collecting broker fees from tenants unless tenants hired them. Supporters of the law argued that tenants were being forced to shell out thousands of dollars in fees to pay the commission of rental agents working for landlords, and that was unfair.

Opponents argued that the fees, which are not common outside New York City, are a product of the city's unique rental climate – a high number of renters, more than 2 million, and a decades-long problem of demand outpacing supply. They warned that banning broker fees would lead landlords to take listings off public websites like StreetEasy or Apartments.com, where brokers typically post on their behalf, and keep their inventory "hidden," that is, out of wide public view. High demand would make it easy for landlords to rent units from within their inner circle.



More than a year after the FARE Act passed, that's exactly what happened in much of New York City. The number of rental listings on sites like StreetEasy plummeted, and competition for what is publicly on the market is intense. Renters are beginning to buckle and offer to pay broker fees to rental agents anyway, hoping the agents' inside knowledge will score them a good rental deal. This has led to building resentment and anger toward the real estate industry from renters, who had hoped the FARE Act would make it more affordable and easier to find a rental in New York City.



Ultimately, the FARE Act was meant to make New York's rental market operate like other markets, where broker fees are less common. What proponents failed to realize is that the dynamic that took hold this summer is how other markets operate, and it's how it operates outside the city's high-demand neighborhoods.

Elsewhere, a renter must either contend with what they find on Zillow, which in markets with less demand vs. supply mismatch works fine, or ask a broker and pay them (if any are willing to help you). Renters also find apartments via word of mouth or walking the streets and looking for windows with For Rent signs. This is not much harder in a market like New York City, especially in high-demand neighborhoods, because landlords do not need to do extensive marketing to rent apartments thanks to high demand. In lower-demand cities or areas where supply is closer to demand, landlords have to do more marketing, which means more listings on public-facing interfaces. In much of New York City, that is not the case. A simple "For Rent" sign on the window, or a social media post on a community page will work fine.

As long as demand outpaces supply in the rental market by the margin it has in high-demand parts of New York City for much of the last few decades, landlords will have all the power in terms of how easy and cheaply a renter can find an apartment, no matter how many regulatory laws the city and state pass to combat the problem.

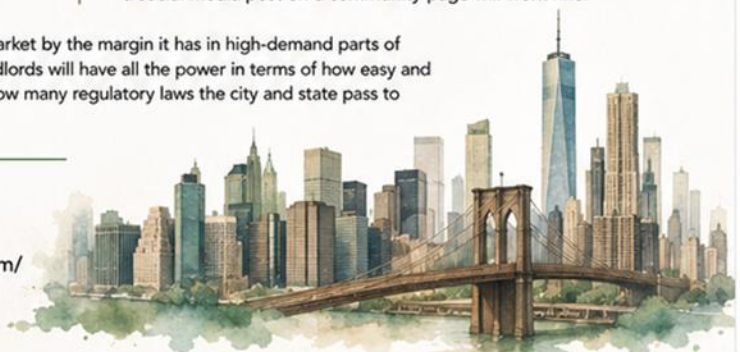


To Connect With Nick:

nickrafter@gmail.com



https://www.instagram.com/nick_rafter_real_estate



LADIES WHO HUNCH

By Mary-Beth Newell

You've heard of "ladies who lunch," which can be social and fun. But you definitely don't want to become one of the "ladies who hunch"!

A good friend looked at me one day and said, "You are hunching your shoulders, and it makes you look old." I thought I had good posture—until I caught my reflection in a mirror. There it was: the forward hunch. I immediately envisioned how it might progress over the next twenty years. Not the look I was hoping for!

Poor posture doesn't just make us look older; it can affect our health. It may contribute to muscle pain, fatigue, impaired balance and even the appearance of a pot belly. Slouching can increase abdominal pressure, potentially contributing to stress incontinence, digestive issues and heartburn. By now, you may be running to the mirror thinking, "Uh-oh, my shoulders are hunching!"

Fortunately, posture can often be improved. Exercises that strengthen and stretch your shoulders, core and upper back include chin tucks, shoulder blade pinches, bird dogs and dumbbell squats.

For chin tucks, stand upright, gently pull your head and neck back, hold for a few seconds and repeat. Shoulder blade pinches thankfully don't involve anyone actually pinching you! Bring your arms to a 90-degree angle and draw your shoulders back, squeezing your shoulder blades together. Bird dogs are performed on all fours while extending your right arm and left leg, then alternating sides. And dumbbell squats build lower-body and core strength while encouraging good posture.

I sit at a desk for a good part of the day, and it takes conscious effort not to hunch. Set an alarm as a reminder to check your posture. Move your shoulders back, lift your chest and hold your head high. You'll instantly feel taller and may even find it easier to breathe.



A posture corrector can also help remind your body what proper alignment feels like. Some bra manufacturers even offer posture-support styles. Another simple strategy is keeping screens closer to eye level. Think about how much time we spend looking down at our phones while scrolling, shopping or searching for recipes. Your neck notices! A contoured pillow may also help support proper neck and spinal alignment while sleeping.

Finally, don't forget your bones and muscles. Osteoporosis-related spinal fractures can contribute to kyphosis, or a rounded upper back. Adequate calcium and vitamin D help support bone health, while protein provides the building blocks needed to maintain strong muscles.

I love dairy products, and while I'm certainly not twenty-five, my last bone scan reported that my bones compared favorably with those of a much younger woman!

The earlier you start paying attention to posture, the easier it is to make standing tall a habit. Shoulders back, chest lifted, head high. Looking younger isn't only about your face—it's also about how you carry yourself!

To Connect With Mary-Beth:
<https://www.marybethnewell.com/>



A Halloween Night

By Alexandria Barry Eylinkrig

- ✦ The moon hangs high in a velvet sky,
While silver stars are twinkling by.
The leaves dance softly, the cold winds call,
And shadows stretch along the wall.
- ✦ Pumpkins glow with faces bright,
Flickering softly through the night.
Witches fly across the moon,
While bats are humming a spooky tune.
- ✦ Ghosts may whisper, "Boo!" outside,
And little monsters run and hide.
With costumes, candy, laughs, and cheer,
Halloween magic fills the air.
- ✦ So light your lantern, dress up bright,
And celebrate this spooky night.
For once a year, the world can be
A little strange and wild and free!



Happy Halloween!



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



Yawning

By Ella Pahopin

Jaw muscles contract, the mouth opens wide, the lungs take in a deep breath, tension in the eardrums changes, and the muscles of the face and neck stretch. Heart rate and circulation may change, the muscles briefly relax, and breathing eventually returns to normal. What I have just described is a yawn.

Yawning is an involuntary reflex initiated by the brain. Yet it may be far more complicated than simply a physical response to tiredness.

Do not be surprised if you start yawning while reading this article. Yawning appears to be contagious. Scientists do not completely understand why, but it happens. Seeing someone yawn, hearing a yawn, talking about yawning, or even reading about yawning can sometimes make us feel the urge to yawn ourselves. Our brains appear to respond automatically to the behavior of others. In this sense, yawning has a fascinating social component.

AI describes yawning as an “involuntary physiological behavior that can also convey information socially, rather than a conscious communication system.” That distinction is important. We generally do not decide to yawn in order to send someone a message, yet a yawn can still communicate something about our physical or emotional state.

Most people associate yawning with boredom or tiredness. That may certainly be true in some circumstances, but scientists believe yawning may serve several functions. A yawn does not have one fixed meaning.

Humans and animals commonly yawn when waking up or falling asleep. A yawn can also occur when a person or animal is moving from a relaxed state to a more alert state—or from alertness toward relaxation. Stressful or tension-filled situations can also produce yawning in humans and some animals.

In animals such as horses and dogs, yawning may sometimes be part of body language. It can occur in situations involving stress, uncertainty, relaxation, or changes in arousal. Its meaning, however, depends on the circumstances.

Perhaps that is what makes yawning so fascinating. It is a physical reflex, but it can also become a social signal. We may yawn without intending to communicate anything, yet another person may notice it, respond to it, or even yawn themselves.

There is not just one reason why we yawn. Yawning may help us shift between states of alertness. Another theory is that yawning helps regulate the brain's temperature and its level of arousal. The stretching of the muscles in the jaw, face, throat, and neck also affects breathing and circulation.

Perhaps a yawn is more than a simple reflex. It may be one of the subtle ways our bodies respond to changes within ourselves—and to the people around us.



To Connect With Ella:



Ellapnyc@gmail.com



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

The Pulse of Joy: When Music Meets a Happy Soul

By Brian Eyllinkrig

Music doesn't just accompany happiness—it ignites it.

For a soul already lit from within, a song is gasoline on flame. Heartbeats sync with rhythm. Ordinary moments snap into something electric. A walk becomes a stride with purpose. A smile sharpens into something unstoppable. This isn't background noise—it's emotional acceleration.

There's chemistry behind it—dopamine flickers, neurons spark—but the experience feels almost mythic. One chorus can crack open a memory sealed in gold: laughter, sunlight, a moment so alive it refuses to stay in the past. Music doesn't remind you—you relive it.

And then there's connection. No introductions, no explanations. Just two people catching the same beat at the same time. A glance that says, "you feel this too." Music turns strangers into mirrors.

But its sharpest edge? Freedom. Even a happy soul needs depth, contrast, the full spectrum. Music lets you dip into every emotion without drowning—like walking through a storm knowing the sky is still yours.

In the end, music is more than sound. It's a current. And a happy soul doesn't just hear it—

it rides it.



TO CONNECT WITH BRIAN:

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



REV. NANCY R ROUSE

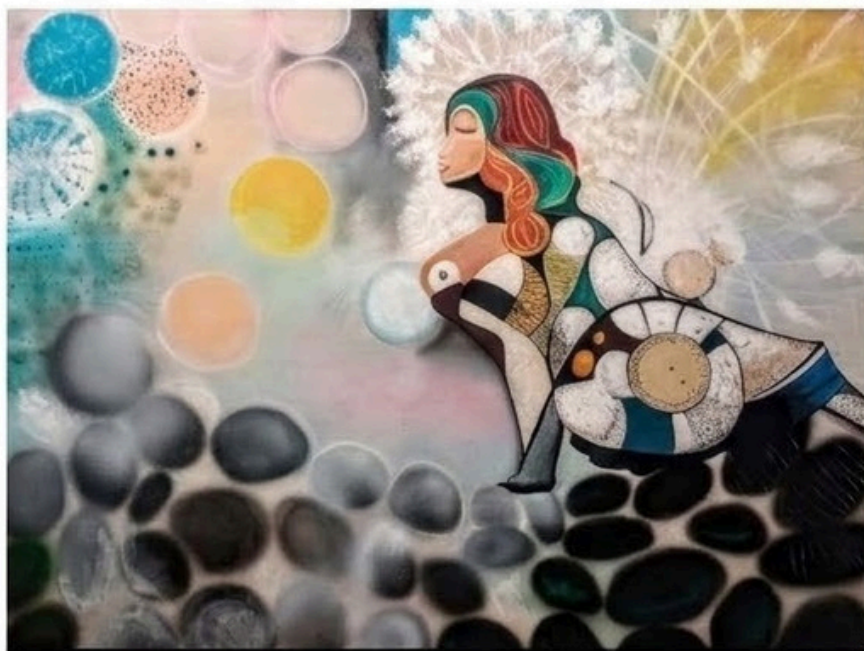




I. THE CLOAK OF INSTINCT

The journey opens in shadow and sharp angles. Reclining against a lattice of fractured planes, the central silhouette wears a pelt of speckled leopard textures, bound by heavy heavy graphic contours. Her hood—a singular shock of deep vermillion—cuts through the monochrome geometry like a beacon of latent power. Below her, smooth, dark stones lie submerged in mist, evoking the quiet patience of an ancient riverbed waiting for light to penetrate the surface.

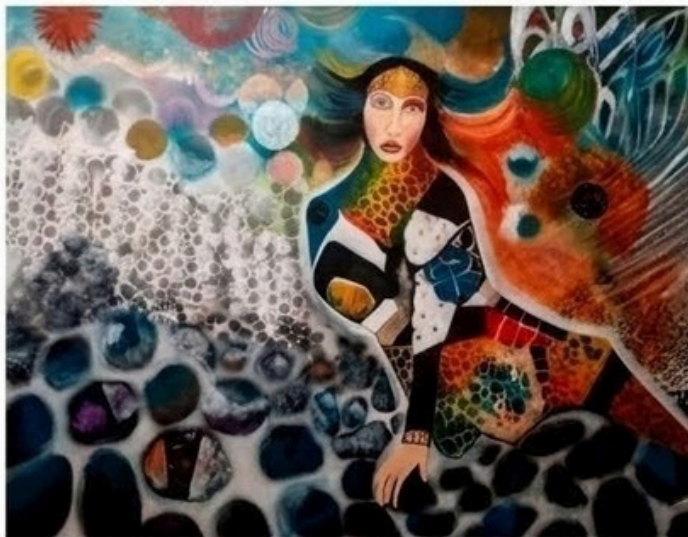
“Her figures do not escape the earth; they gather strength from its darkest depths before breaking into bloom.”



REV. NANCY R. ROUSE

BETWEEN STONE AND LIGHT. The Luminous Metamorphosis in Rev. Nancy R. Rouse's Mixed-Media Vision.

There is a tactile gravity in the paintings of Rev. Nancy R. Rouse—a weight rooted deep within riverbeds and volcanic bedrock, countered only by an unrelenting pull toward illumination. In her compelling three-part visual narrative, Rouse presents an archetypal journey of the feminine spirit navigating confinement, emergence, and eventual grace.



II. AWAKENING IN FULL SPECTRUM. In the pivotal central canvas, the figure turns to meet our gaze directly. Microcosms, and gild gilded inlays form a vibrant mosaic across her torso.

Atmospheric Tempest: The background dissolves into foaming planetary spheres, and warm fiery washes that ripple with kinetic energy. **Grounding Connection:** A single pale hand reaches downward into the water-worn pebbles, anchoring this transcendent explosion of color to tangible reality.

III. THE RADIANCE OF SOLITUDE

The final movement breathes ease into the canvas. Facing left in serene contemplation, the figure's locks flow with rich turquoise, amber, and mahogany. Behind her crown, an expansive corona of white filamentous light unfurls like a bursting star. Floating pastel spheres—lemon yellow, soft peach, and translucent blue—replace the turbulent swirls of the previous scene. The river stones beneath her are smoothed, settled, and calm.

Rouse's work reminds us that spiritual awakening is rarely instantaneous. It requires enduring the sharp, fractured cold of the chrysalis before stepping into the blazing warmth of self-knowledge. Through her marriage of organic geometry and sacred symbolism, Rev. Rouse crafts not merely paintings, but altars to the enduring power of human renewal.



Venus Retrograde 2026:

Love, Money, Worth & Relationships Under Review

By Rev. Dr. Joanne Angel BarryColon

A powerful time to reflect, reassess and realign your relationships, finances, self-worth and what you truly value.

KEY THEMES

- ♥ Love & Relationships
- ♥ Money & Financial Choices
- ♥ Self-Worth & Boundaries
- ♥ Deep Healing & Transformation
- ♥ Letting Go & Moving Forward

“What are you no longer willing to sacrifice in order to be loved?”

This is your invitation to reflect, release and reconnect with your value.

*Reflect
Realign
Reclaim*

Astrology
Wisdom
Healing
Empowerment
Purpose



To Connect With Rev. Dr. Joanne



Healingwithin76@gmail.com



www.wholisticfitnessny.com

Guidance
for a More
Aligned You



LOVE • BALANCE • TRUTH • TRANSFORMATION



LOVE
MONEY
WORTH
RELATIONSHIPS
BEAUTY
VALUES

Venus Retrograde 2026:

Love, Money, Worth & Relationships Under Review

By Rev. Dr. Joanne Angel BarryColon

Venus entered its pre-retrograde shadow on August 31 at about 22°52' Libra and does not fully clear that shadow until December 15 at about 8°29' Scorpio. Venus entered Scorpio September 10, stations retrograde October 3 at 8°29' Scorpio, backs into Libra October 25, and stations direct late November 13 Eastern Time at about 22°52' Libra (November 14 in some time zones). It re-enters Scorpio December 4 and remains there until January 7, 2027.

This is a significant Venus cycle because Venus is spending months traveling back and forth between Libra and Scorpio. Astrologically, Venus represents love, relationships, attraction, pleasure, money, values, beauty and self-worth. Libra asks, "Is this relationship balanced?" Scorpio asks, "But is it real, intimate and emotionally honest?" So collectively, this period can feel like a major relationship-and-value audit.

Reflect
Realign
Reclaim

September 10 – October 3: Venus in Scorpio

Venus entering Scorpio takes relationships beneath the surface. Scorpio isn't especially interested in polite appearances. It wants to know what is really happening underneath them.

Themes involving trust, intimacy, loyalty, jealousy, vulnerability, sexuality, emotional attachment, shared finances, power and control can become more noticeable.

People may begin asking:

- Who do I truly trust?
- Where am I giving away my power?
- Am I emotionally safe here?
- Is this relationship intimate—or merely familiar?
- What am I afraid to lose?
- What am I holding onto because I'm afraid to let go?

And because Venus also rules money, this isn't limited to romance. Debt, investments, shared accounts, business partnerships, financial dependency and what we believe we're worth can come into the conversation.

October 3 – October 25: Venus Retrograde in Scorpio

Now the energy turns inward.

Venus retrograde traditionally represents a period of reassessment around relationships, money and personal values rather than simply charging forward.

Scorpio makes that review deeper.

Something you thought you had healed could come back for another look. An old relationship could resurface. A financial situation could require attention. Old resentment, betrayal, abandonment, jealousy or trust issues could become visible.

But something returning doesn't automatically mean it belongs in your future. Sometimes the return is the opportunity to finally understand why it happened.

This is an important distinction with Venus retrograde: review before you recommit.

Deeper Truths
Stronger Connections

The Collective Message

I would summarize this entire Venus journey with one question:

"What are you no longer willing to sacrifice in order to be loved?"

October 25 – November 13/14: Venus Retrograde Returns to Libra

This is where the question changes.

Scorpio asked: "What is underneath this relationship?"

Libra asks: "Is this relationship actually equal?"

Libra rules partnership, cooperation, compromise, fairness and reciprocity. Venus is also the traditional ruler of Libra.

This can bring attention to relationships in which one person has been:

- overgiving • people-pleasing • keeping the peace
- accepting less than they deserve • carrying the emotional labor
- or compromising themselves to maintain the relationship.

And this doesn't only mean marriages or romantic partnerships. It can involve friendships, business partnerships, collaborations and professional relationships. Some relationships may be renegotiated. Some may become stronger.

Some may finally receive closure. And others may reveal that maintaining peace has come at the expense of someone's self-worth.

November 13/14: Venus Stations Direct at 22°52' Libra

Now comes clarity—but not necessarily instant resolution.

Venus begins moving forward again, allowing the questions raised during the retrograde to gradually produce decisions.

- What do I value now?
- Who belongs beside me now?
- What does reciprocity look like now?
- What am I willing—and unwilling—to accept?

The important word is now.

Because sometimes Venus retrograde doesn't bring the old relationship back. It reveals that you are no longer the person who chose it.

December 4 – January 7: Venus Returns to Scorpio

This may be one of the most interesting pieces of the entire transit.

Venus comes back to Scorpio direct. We entered Scorpio once. We went backward. We returned to Libra. Then Venus walks through Scorpio again.

Symbolically, that can feel like: Experience → Review → Recalibration → Embodiment. Venus also clears the specific retrograde shadow on December 15, when it passes 8°29' Scorpio again.

So the December-January Scorpio passage can be less about discovering what's hidden and more about acting differently because of what you've discovered.

Relationships can become deeper because vulnerability is genuine rather than forced. Financial decisions may come from greater awareness of worth. Boundaries can become clearer. And intimacy may shift from "I need you so I feel secure" toward "I choose you without abandoning myself."

From September through January, Venus repeatedly takes us between two relationship classrooms:

LIBRA:

How do we relate to one another?
Libra teaches balance, reciprocity and partnership.

SCORPIO:

How deeply do we trust one another?
Scorpio teaches truth, intimacy, vulnerability and transformation.

Together they can expose an important distinction: **Keeping a relationship and having a healthy relationship are not necessarily the same thing.**

And because Venus also represents money and self-worth, the same lesson can apply to careers, businesses and finances: Where have I been accepting less because I forgot my value?

For many people, this four-month Venus story may ultimately be less about finding somebody new and much more about developing a new relationship with themselves—and allowing their relationships, money and choices to reflect that new value.

Those with natal planets or angles between roughly 22°-29° Libra or 0°-8° Scorpio may experience the cycle especially personally because Venus crosses that portion of the zodiac three times. And there's another fascinating layer: a very similar Venus retrograde pattern occurred in October-November 2018, so looking back at relationship, money, self-worth and partnership themes from that period may reveal an eight-year storyline resurfacing for review.

Every adventure
begins with a walk.

Every story
begins on the
OLD CROOKED TRAIL.

Join Nana, Papa, and Sadie
as we wander off the beaten path
to discover the magic in
ordinary places and the
adventures waiting just
around the next bend.



COFFEE
• LAUGHS •
ADVENTURES

*Life is better on
the crooked path.*



OLD
CROOKED
TRAIL

A
HEARTWARMING
ADVENTURE
FOR YOUNG
READERS AND
FAMILIES!



A
HEARTWARMING
ADVENTURE FOR
YOUNG READERS
AND FAMILIES!



A heartwarming
adventure for
YOUNG READERS
AND FAMILIES!



Serena Dassing

AUTHOR ♥ NATURE PHOTOGRAPHER ♥ HIKER ♥ STORYTELLER

Real trails. Real photos. Real adventures.
Stories that celebrate friendship, family,
laughter, and the wonder of nature.

AVAILABLE ON
amazon
and Kindle Unlimited

Visit my Amazon Author Page:
amazon.com/author/serenadassing



OLD CROOKED TRAIL

Life is better on the crooked path. ♥

REAL TRAILS. REAL PHOTOS. REAL ADVENTURES. ♥ STORIES THAT CELEBRATE FRIENDSHIP, FAMILY, LAUGHTER, AND THE WONDER OF NATURE. 🌲



Mind. Body. Spirit. Lifestyle.
A Healthier, Happier You

WRITE
*Inspire
Empower*



*Your
Words
Can
Create
Change*

**Wholistic Healing Magazine is
ACTIVELY SEEKING CONTRIBUTING WRITERS**
to write on topics in the following categories:



BUSINESS



ENTREPRENEURSHIP



ART



**HEALTH &
WELLNESS**



**MENTAL HEALTH
AWARENESS**



POETRY



HEALING



FENG SHUI



MEN'S HEALTH

Share Your Expertise & Inspire Our Readers!



AMPLIFY YOUR VOICE
JOIN OUR COMMUNITY



REACH A DIVERSE AUDIENCE
GROW YOUR PORTFOLIO



MAKE A POSITIVE IMPACT
THROUGH YOUR WORDS

JOIN TODAY!

INTERESTED WRITERS

Send an email with your pitch or inquiry to:



Healingwithin76@gmail.com

EDUCATE
ENCOURAGE
EMPOWER
ELEVATE
♡

*Wellness
Through
Words* ♡

REAL PEOPLE | REAL STORIES | A HEALTHIER, HAPPIER WORLD



ALR INSIGHT, LLC

Doing things right the first time

Helping You Navigate Chemical Regulations with Confidence

From product development to global compliance, ALR Insight delivers practical, compliant solutions that reduce risk and keep your business moving forward.

OUR SERVICES



Safety Data Sheets (SDS)



GHS & OSHA Hazard Classification



DOT / IMDG / IATA Transportation Classification



Global Chemical Regulations & Market Access



Regulatory Compliance Reviews



Label Development & Review



Product Stewardship Consulting



Training & Customized Workshops



WHY ALR INSIGHT?



Deep regulatory knowledge with real-world experience



Practical, customized solutions for your business



Accurate, reliable and timely deliverables



Remote support for clients across the U.S. and globally



Partnering with you to keep your products compliant and your business protected



INDUSTRIES SERVED



Chemical Manufacturing



Industrial Products



Specialty Chemicals



Coatings & Adhesives



Cleaning Products



Consumer Products



Research & Development

Need Regulatory Guidance? Let's Work Together.

Contact ALR insight today to discuss how we can support your compliance goals and simplify your regulatory challenges.



angie.roda@alrinsight.com



www.alrinsight.com



(732) 787-8798 (w)/
(732) 687-3536 (c)



New Jersey, USA



MOVE ~ STRETCH ~ BREATHE ~ ALIGN ~ BE YOU



Yoga-Stretch CHAKRA MEDITATION

Mind
Body
Spirit
In Harmony
♡



BALANCE YOUR BODY ♦ CALM YOUR MIND
ALIGN YOUR ENERGY ♦ ELEVATE YOUR LIFE



Meets on
Thursdays



7 pm EST



Zoom



6 Weeks / \$150



First class
meet Oct 1st

STRETCH
RELEASE
REALIGN
MEDITATE
RESET

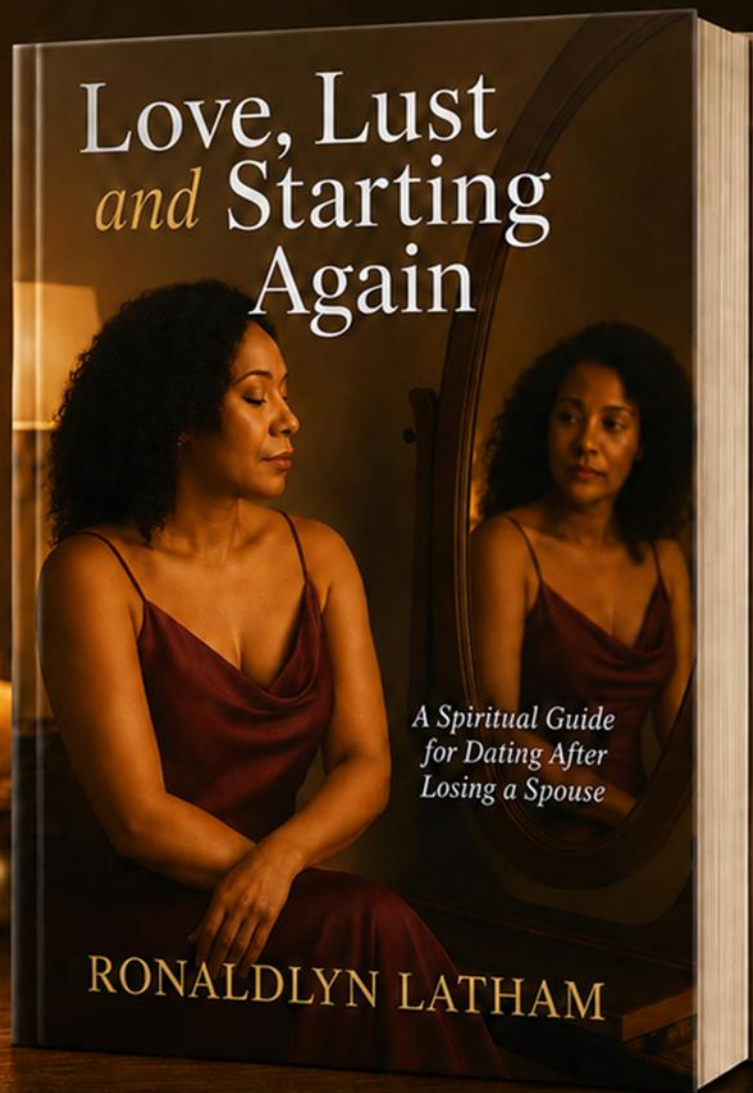


A Stronger, Calmer, More Aligned You ♡

YOGA | STRETCH | CHAKRA | MEDITATION | COMMUNITY

Love, Lust *and* Starting Again

A SPIRITUAL GUIDE FOR DATING AFTER LOSING A SPOUSE



*Healing. Rediscovery.
New Beginnings.*

Losing a spouse changes everything. *Love, Lust, and Starting Again* is your companion for navigating the emotional, spiritual, and practical journey of opening your heart again.



Heal with Purpose

Find peace and clarity after profound loss.



Navigate Dating

Rebuild confidence and embrace new relationships with intention.



Spiritual Guidance

Deepen your connection with yourself and your higher purpose.



Empower Your Future

Create a life filled with love, joy, and fulfillment.



TO PURCHASE COPIES

[https://www.amazon.com/s?
k=love%2C+lust+and+starting+again&ref=nb_sb_noss](https://www.amazon.com/s?k=love%2C+lust+and+starting+again&ref=nb_sb_noss)

*Connect Ronaldlyn
For Interviews:*



author@ronniespeaks.com

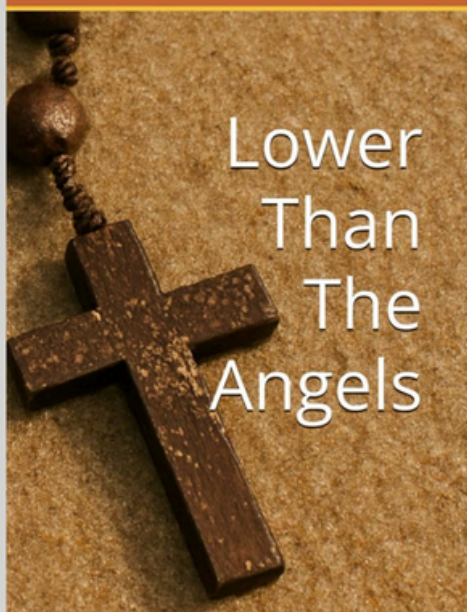
Nick Rafter present...

LOWER THAN THE ANGELS

The debut novel...

*"It will leave you
speechless."*

Nick Rafter



On New York's remote Rockaway Peninsula is a working-class community where Faith, Family and God appear to be deeply held values.

But beneath that facade lies a den of ugly and sordid secrets that can no longer remain hidden.

Can this close-knit community survive the shocking truths they have desperately tried to bury for decades?

Available now exclusively on Amazon.com

Click here to buy:





"IF NOT NOW,
THEN WHEN?"

Photography by Donna C Barry

Rev. Nancy R. Rouse: A POWERFUL NEW VOICE

AT THE INTERSECTION OF HERITAGE AND HEARTACHE

“Rev. Nancy R. Rouse's music is a powerful blend of heritage, faith, and the blues, providing a spiritual bedrock.”

The musical world is about to experience a truly unique and compelling voice with the emergence of Appalachian hearing-impaired artist, Rev. Nancy R. Rouse. Combining a deep-seated reverence for her Appalachian heritage with the smoky, soulful influence of old-style New Orleans blues, Reverend Rouse crafts music that is as authentic as it is heartbreaking, as raw as it is resilient. This convergence of styles creates a sound that is both hauntingly familiar and fresh.

Rouse's artistry is intimately connected to her personal journey. As a hearing-impaired musician, she possesses a heightened sensitivity to vibration, rhythm, and the emotional resonance of sound, which shines through in her deeply textured arrangements. Her faith and her Appalachian roots provide a spiritual and cultural bedrock, while the influence of New Orleans blues—with its emphasis on grit, resilience, and the exploration of life's darker corners—injects her work with a profound, smoky depth.

This remarkable fusion is perfectly captured in the three singles we highlight today: "Wounded Healer," "A Pound of Flesh," and "Wayward Traveler."

“This track serves as a centerpiece of Rev. Rouse's artistic identity. It opens with a lone, mournful slide guitar, reminiscent of both a delta blues lick and a traditional Appalachian mountain ballad.”

WOUNDED HEALER

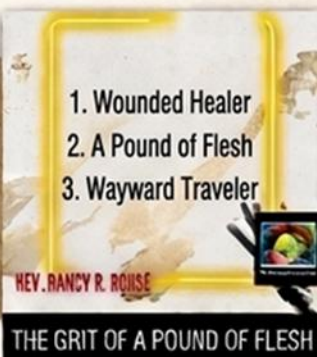
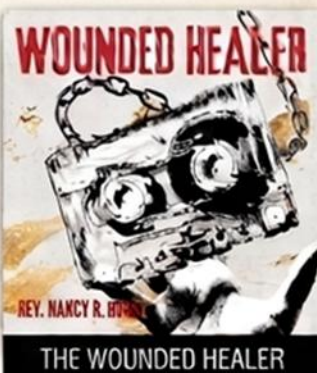


This track serves as a centerpiece of Rev. Rouse's artistic identity. It opens with a lone, mournful slide guitar, reminiscent of both a delta blues lick and a traditional Appalachian mountain ballad. Her voice, a rich and resonant instrument, delivers lyrics that are both poignant and defiant. The chorus, "They call me a Wounded Healer / But I'm still standing tall / For every scar has made me stronger / And I'll rise, through it all," is an anthem for anyone who has found power in their pain. The song beautifully balances the vulnerability of the "wounded" with the quiet, triumphant power of the "healer."

A Pound of Flesh



Where "Wounded Healer" is resilient, "A Pound of Flesh" is fiery and confrontational. This track features a driving, rhythmic bassline and a distorted, slightly gritty guitar that feels straight out of a Bourbon Street blues club. Rev. Rouse's vocals take on a growling, blues-infused edge as she sings, "You took my heart and tore it all apart / Left me bleeding, alone, right from the start / But I won't break, I won't surrender, not a bit / This is my life, my story, and I'm telling it!" The track is an visceral exploration of loss and betrayal, a defiant roar of self-preservation.



WAYWARD TRAVELER



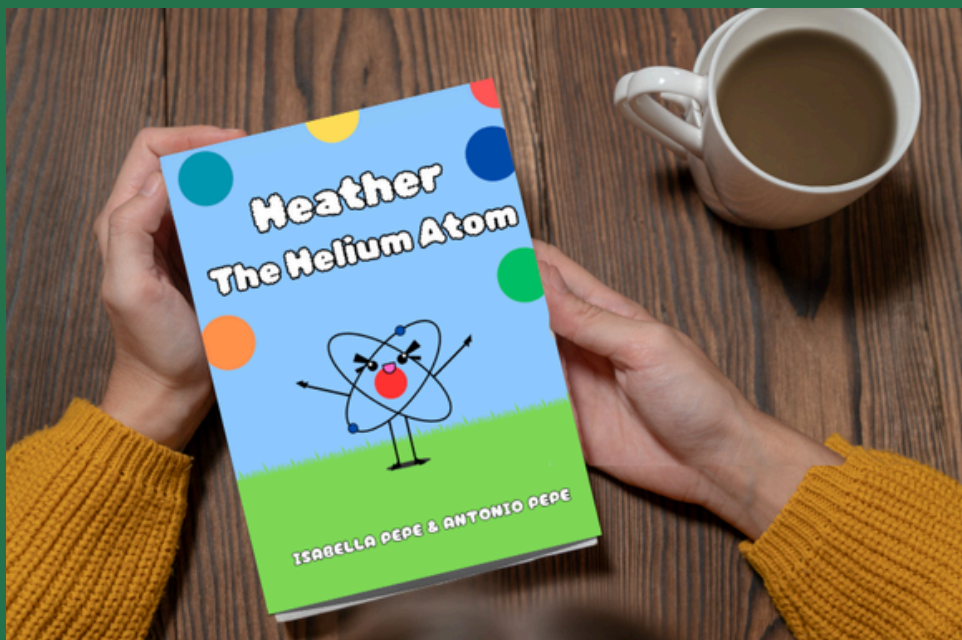
This song is a return to a more reflective, melancholic tone, blending a traditional Appalachian folk melody with a bluesy, harmonica-led progression. It's a song about wandering, seeking, and the perpetual search for home and purpose. The imagery is rich and evocative: "I'm a wayward traveler, on a dusty road / No map to guide me, no heavy load / Just the open road, the sky so blue / And a burning desire, to find something true." This is a song about the human condition itself, the universal longing for connection and meaning.

MUSIC AVAILABLE & CONTACT INFO

www.rousehouseart.com

Email: rousehouseart@gmail.com





Heather the Helium Atom is a delightful and educational adventure that introduces young readers to the exciting world of chemistry. Through fun storytelling and vibrant illustrations, children learn about atoms, molecules, and how everything around us is built from tiny building blocks. With Heather as their guide, kids explore key science concepts like attraction, repulsion, and chemical bonding in a way that's easy to understand and fun to follow. Designed for early learners ages 5–10, this book supports STEM learning and encourages curiosity about the world. Whether in the classroom, at home, or as a bedtime favorite, Heather the Helium Atom makes science magical, meaningful, and memorable. Get ready to spark a love of chemistry—one atom at a time!

<https://a.co/d/id37BnF>



Isabella Pepe



Antonio Pepe

Wholistic Healing Magazine

Order Now

CHAKRA BALANCE NUMEROLOGY
COSMIC ENERGY FORECAST
DECK

[HTTPS://A.CO/D/AHOXG4Q](https://a.co/d/AHOXG4Q)



Card Readings and
Workshops Available



Available on Deckible

<https://www.deckible.com/card-decks/Ko-chakra-balance-numerology-cosmic-energy-forecast-deck-reset-your-energy-provide-clarity-raise-your-vibration-joanne-angel-barry-colon>



Reiki

Tipsy Tuesday **TRIVIA NIGHT**



EVERY TUESDAY @7:30PM
497 GREENE AVE. BROOKLYN, NY

TO ADVERTISE
EMAIL:
HEALINGWITHIN76@GMAIL.COM



POST STRENGTH TRAINING
100 DAYS
BODY & SOUL TRANSFORMATION

LIFT WITH PURPOSE

Rev. Dr. Joanne Angel
BarryColon

Empowering Women By
Releasing Weight Without
Dieting

healingwithin76@gmail.com
www.wholisticfitnessny.com





WHOLISTIC FITNESS NY

LIFT WITH PURPOSE

*Heal. Transform.
Rise into You.*

A 6-MONTH WHOLISTIC STRENGTH & HORMONE RESET EXPERIENCE

Reclaim your body. Rewire your energy.

Reignite your feminine power.

This is your time.



For Women in Mid-Life

WHO ARE READY TO FEEL LIKE
THEMSELVES AGAIN—AND MORE.



HEALING

Release what no longer serves you and create space for deep renewal.



TRANSFORMATION

Build strength, mobility, and confidence from the inside out.



FEMININE REACTIVATION

Reconnect with your body, your cycles, your power, your purpose.



NERVOUS SYSTEM + ENERGETIC ALIGNMENT

Calm your stress, balance your energy, and feel grounded, clear, and alive.

WHAT'S INCLUDED

- ✓ Small, intimate group (3–6 women max)
- ✓ 2 Live Training Sessions per Week (Zoom)
- ✓ Nervous System + Recovery Guidance
- ✓ Nutrition Direction (aligned with mid-life body)
- ✓ Chakra / Energy Alignment (our signature edge)
- ✓ Ongoing Accountability (check-ins, messaging & support)
- ✓ Clear, Transformational Results (strength, mobility, confidence, energy)

**6 MONTHS
OF YOU.**

*Your body.
Your energy.
Your life.*



*You don't have to do
this alone.*
You just have to say
YES to YOU.

PAY-IN-FULL

\$2,888

BEST VALUE



MONTHLY INVESTMENT

\$528 × 6 MONTHS

TOTAL VALUE: \$3,168

*This is more than
fitness. It's your
comeback story.*



QUESTIONS?

Email me:
Healingwithin76@gmail.com

SIGN-UP:

www.wholisticfitnessny.com



STRONG BODY. CALM MIND. ALIGNED ENERGY. EMPOWERED YOU.



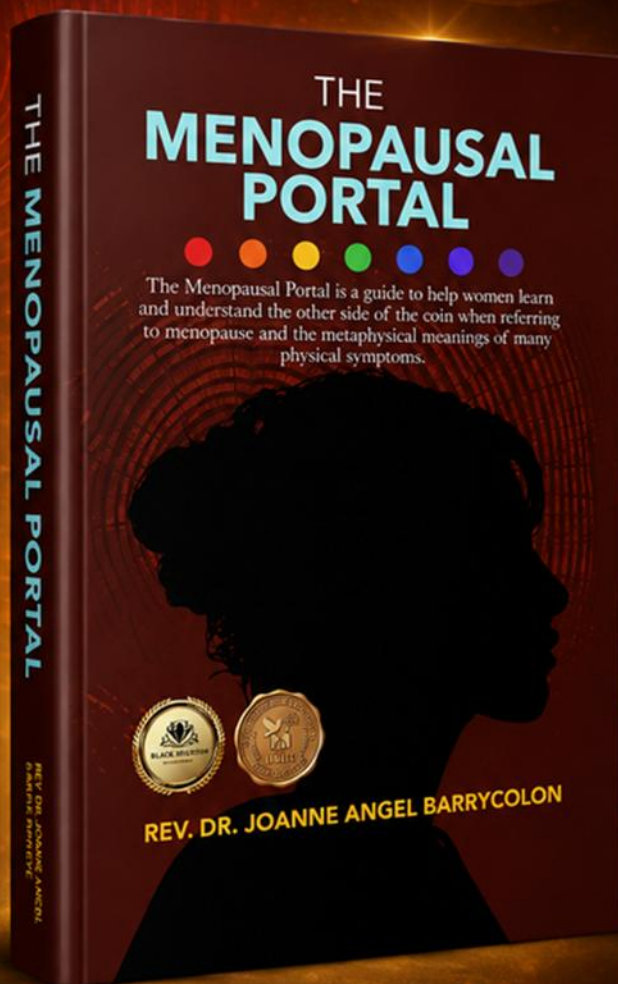
THE MENOPAUSAL PORTAL



*Get your
autograph
copies
today!*

\$30

(INCLUDES
SHIPPING)



To Order:



DM ME — *or* —



646.236.9155 (Text)

Rev. Dr. Joanne Angel
BarryColon



SCAN ME

TO LISTEN TO
MY SONG



Women's REIKI Circle



Meets the
3rd Sunday



1 pm - 2:30 pm



Fee: \$33



Paypal or Zelle



RSVP By
1st of Month



Location will be
provided upon reservation

646.236.9155



FOCUS ON YOUR BUSINESS,
I'LL HANDLE **YOUR SOCIAL MEDIA!**

SOCIAL MEDIA MANAGEMENT

STRATEGIC. CREATIVE. RESULTS DRIVEN.

I HELP BUSINESSES GROW ONLINE



with smart strategies, engaging content, and consistent management that turns followers into loyal customers.

MY SERVICES

- ✓ Content Creation & Design
- ✓ Post Scheduling & Management
- ✓ Account Growth & Engagement
- ✓ Reels & Video Editing
- ✓ Hashtag Research & Strategy
- ✓ Analytics & Performance Reports
- ✓ Brand Voice & Social Media Strategy

WHY WORK WITH ME?



BOOST
ENGAGEMENT
& VISIBILITY



BUILD
STRONGER
CONNECTIONS



DRIVE MORE
TRAFFIC &
SALES



SAVE TIME
FOCUS ON
YOUR BUSINESS

LET'S GET YOUR BRAND
NOTICED!

BOOK NOW ►

LIMITED SLOTS AVAILABLE.
SERIOUS GROWTH ONLY!



glorymitchy@gmail.com



glory mitchy



glorymitchell



Glory
MITCHY

**LET'S GROW
YOUR BRAND**
Together!

WHOLISTIC HEALING SPONSORS



WWW.WHOLISTICFITNESSNY.COM