

40 Fabulous

Volume 1

Issue 2

The Abundance Issue

10 Steps
to More Abundance

Raise your Belief
in Self through
Joy

Poems
Art

How to Attract Abundance

Interview with
Mel Carnegie
plus, a chance to
WIN a copy of
her new book:
I'm still Standing

Why we'll ALWAYS
be Biker Chicks!

An Abundance of
Masks, scrubs and
lotions

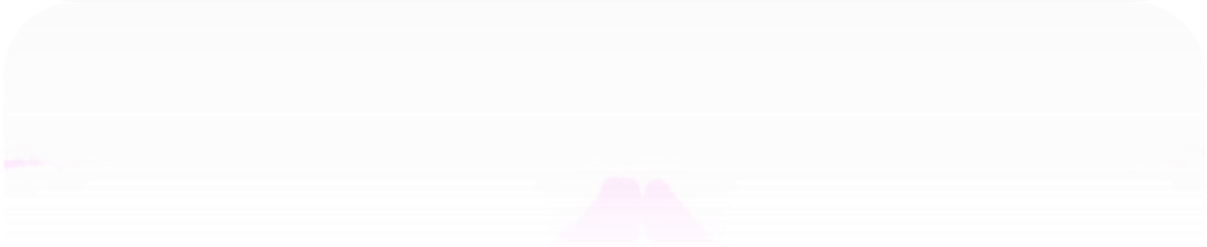
a·bun·dance

An extremely plentiful or oversufficient quantity or supply: *an abundance of grain.*

Overflowing fullness: *abundance of the heart.*

Affluence, wealth: *the enjoyment of abundance.*

Copiousness, Plenteousness, Generosity.



40 Fabulous

Editor's Note

Hello Gorgeous One,

I'm delighted you've joined us for the Abundance Issue of 40Fabulous magazine. We've got some real goodies for you in this issue, but first, isn't it a wonderful word: Abundance?! I even love saying it out loud; it has a lovely resonance, for me.

When we experience abundance in our lives it is just the most incredible experience. We feel loved, supported, vibrant, alive. This is what Abundance means to me at the moment: Grandchild, Blossom, Freedom, Chance, Opportunity, Family, Trust, New Beginnings. I feel very blessed to have so much abundance in my life right now. Have you made time recently to take note of the abundance in your own life?

To help you along we've got some wonderful articles to inspire you in this Issue of 40Fabulous. Mel Carnegie joins us and shares her incredible story with us; Chris Alexandria shows us how the Angels can help us find our joy, and an amazing group of women talk about what makes them Biker Chicks for life. Inspiring stuff! And there are more wonderful articles to inspire and encourage you, gorgeous quotes and affirmations, and some lovely poetry as well.

I have really enjoyed collating this issue, and I hope you will love it too.

Until next month, with much love and big hugs,

Misja xx





"Now, more than ever, the gifts we bring as strong, mature, wise women are both needed and slowly being recognized in the world and it is our mission to accompany and support you as you step into that power, and to inspire, encourage and entertain you".

Join us in celebrating our vibrant, vital, creative, funny, beautiful, wise and fabulous mature womanhood!

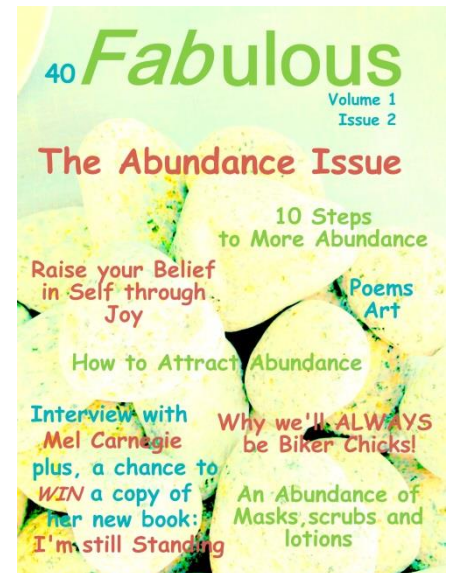
Come on over to 40fabulousmagazine.com , we're constantly adding more info, articles, stories and inspiration. You can also sign up for a free copy of our magazine, our inaugural Celebration Issue.

Did you know we are starting a community? Would you like to be part of it? White Crone Village will soon be opening its virtual arms in welcome and we'd love to have your input!

Find out more about White Crone Village [here](#).

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Contributors

The Fabulous **Mel Carnegie**

The Lovely **April Danann**

The Gorgeous **Rachel Awes**

The Delicious **Chris Alexandria**

The Incredible **Berni ni Sirideain**

The Beautiful **Jane Barry**

The Awesome Biker Chicks: **Anna Cullen, Brenda Cronin, Rosaleen Boyle, Helen Poli, Silver Dee, Tina Kilian, Eileen O'Connor and Angie Murray**

The Stunning **Roisin Sheridan**

The Scrumptious **Michelle Byrne**

*“Once we believe in ourselves we can risk curiosity, wonder,
spontaneous delight or any experience that reveals the human
spirit”*

e.e. cummings



10 Steps to More Abundance

Step 1

Start cultivating awareness. Begin to notice your feelings, your surroundings, your circumstances. This might seem obvious but, like the pictures on our walls, we often get so used to them that we stop *seeing* them. Make a list of the things you would like to change or attract in your life. It doesn't have to be a paper list, a mental checklist works fine too; the point is to start becoming more aware.

Step 2

It is surprising how easily negative wording can creep into our everyday language. Start noticing this and begin to change your wording and how you phrase things. For example, I never have enough money to pay the bills to I will need to budget some extra money this month. The house is always in a mess to I am going to spend an extra two hours this week to straighten the house properly. From 'you never x-y-z' to 'it would

really help me out if you x-y-z.' Practice this every day and it will soon become automatic.

Step 3

Develop your 'attitude of gratitude.' Practice being grateful. Notice the little, everyday things. We already have so much. Make a point of saying thank you. Make eye contact, acknowledge and appreciate others. Don't forget to thank yourself too! You are doing a wonderful job.

Step 4

"What you resist persists." Focusing on what we feel is lacking in our lives, actually tightens our grip on it. Acknowledge and accept the way things are. It is only from this place of acceptance that we can begin to let go of the things/situations etc. in our lives that we want to change.

Step 5

Forgive. This is the most important step of all. Forgive whatever situations, people, actions you need to forgive. This does not mean you are condoning any bad behaviour or action or situation, and you can do it on your own, in private. This act of forgiveness is purely about you. It means that you can begin to let go of the hurt and negativity around what/who you are forgiving. So that you can begin to heal, and make room. You cannot fill your life with wholeness, positivity and abundance if you are blocking it with a whole lot of anger, hurt and sadness. Forgiveness is never a fait accompli but is an on-going process. Keep forgiving. Do not forget to forgive yourself, also. Forgive yourself; you, too, did the best you could. Forgive, and let go.

Step 6

Start aligning with your passion. Begin to make decisions based on what truly feels 'right', nourishing and aligned with and on a soul level for you. Start living from the heart. Start acting upon your truest purpose and highest self.

Step 7

Create a vision board. This vision board can take any shape or form that suits you best. If you do not like cutting pictures out of magazines and pasting them onto a page or cardboard, then don't! Perhaps you prefer to make a collage out of favourite photographs on your computer, or you may love the idea of calligraphing beautiful inspiring words onto beautiful cardstock. Or you want to paint it. It doesn't matter, as long as you keep in mind that what you are creating is a vision of what

you would like to see/attract into your life in the next 1/3/6/12 months.

Step 8

Invitation. Now it is time to start inviting in Abundance! You've done the work in becoming aware, making room, and envisioning, so now let's invite in abundance, in whatever shape or form abundance takes for you. Don't be shy, and say it out loud; Universe (or God, or Creator, or Spirit, whatever feels right to you) I am ready to invite Abundance into my life right now.

Step 9

Affirmations. Affirmations really are a wonderful tool. Start using them every day to keep you focused on what you want to bring more of into your life. Here are some to get you started: 'I am worthy of having an abundant life' 'I am ready to receive financial abundance, now' 'I am good enough, right now'

Step 10

Smile! Smiling makes you feel better, and it makes others feel better too. Practice smiling, even if you don't 'feel' like it at first. It really does work!

AFFIRMATION

I am worthy, right now, of receiving
Abundance into my life

I attract Abundance everywhere I go



She's Still Standing, An Interview with Mel Carnegie.



I am delighted to welcome Mel Carnegie as a new contributor to our magazine. Mel is a leadership coach, motivational trainer, author, and all-round fabulous 40-something woman!

What struck me most about Mel and the work that she does is her vibrancy, big heartedness and love. She has been through so much and has lost so much, yet through it all her presence shines out and she oozes a sense of plenty and abundance. We decided the best way to introduce her to you was to ask a few questions...

So Mel, please tell us a little about who you are and how you came to join us?

Thank you Misja, I'm very happy to be here. Who am I? Well I guess like most of us I have evolved in to being many things. These days I work as a leadership development specialist, helping business leaders and their teams to be the best they can, and I absolutely love it! Recently I have become an author, and on top of that I am just about to launch DeNA – the inside-out training and development programme that changes people's lives for the better.

I am also a mother and find myself now much closer to 50 than to 40, and I don't understand how on earth that happened, because inside I am still 23 and probably always will be! I had connected with 40fabulousmagazine on Twitter, and when I took a closer look at what you were doing, I felt compelled to make contact and ask whether there was anything I could contribute to what I believe is a courageous, energetic and inspirational project.

Thank you so much Mel! It's been great getting to know you too. Can you tell us a little about your life story? You've lived through some hugely challenging experiences...

Sure. It's fair to say that my life has been a bit of a roller coaster, that's for certain! From an early age I learned how to cope with adversity. Since I was a child, my life has been peppered with a series of life-changing events, starting with the sudden death of my father when I was four years old (the same time as my little sister was born), which immediately catapulted me in to a different world. My mother died equally suddenly

when I was 16 and my sister just 11 – my world changed again, and once again I had to learn to adapt to a whole new set of rules in order to survive. But that was just the beginning!

You might think that the death of both parents would be enough for anyone to deal with, but for some reason the ‘hits’ kept coming – and I kept adapting as a result. My new book *“I’m Still Standing”* tells my story about overcoming adversity – not just once but many times over. My personal message is that if I can come through all that I have, then so can others. This is why I am so passionate about sharing what I’ve learned.

You seem to enjoy working with people. What inspired you to follow that path?

I suppose that I’ve always been looking for answers since childhood. I remember mum always telling us that ‘the world is your oyster’ – so when my world came crashing down around my ears, I began to search for things that might bring me some answers and comfort.

But my real love affair with self-development really came in to being 16 years ago just after my son turned one year old. I had just become a single mother, and was browsing in a bookshop for some inspiration when Louise L Hay’s book *“You Can Heal Your Life”* quite literally fell off the shelf and on to my feet. I bought it, took it home, and devoured it in one sitting. A couple of days later I spotted an advert the size of a postage stamp at the back of a Big Issue magazine, inviting people to enrol on a course to become trainers of Louise Hay’s methodology. I called immediately and booked my place.

The course absolutely blew me out of the water, and I came straight back home and resigned from my well-paid job in an advertising agency, announcing that I was *“going off to help heal the world!”* Of course my actions raised a few eyebrows, as you can imagine! But from that moment forward I have never looked back. I immediately started offering weekend workshops sharing the teachings of Louise Hay. I found the experience both empowering and humbling – it was a magical time, and it was through these workshops that I discovered my love for helping others to free themselves from limitations.

Within the space of 18 months I studied all manner of therapies and self-help methodologies, and achieved qualifications in NLP, Reiki and also as a Certified Fire-walking Instructor!

It was on the Fire-walking course that you met the man you called your soul mate. Can you tell us what happened from there?

It was August 1998 and I’d signed up for the fire-walking course in order to bring something extra to my Louise Hay workshops. A few months earlier, I had been fascinated to watch a man at a Mind Body Soul exhibition walk barefoot over broken glass – it was really quite surreal! He explained that the power of the mind can allow us to do extraordinary things (which tied in with my teaching) and said he was going to be running a Firewalking Instructors Course that summer. I knew I had to be there, so I booked my place as soon as the dates were confirmed. There I met and fell in love with my soul mate. I wasn’t too sure about the concept of love at first sight, but that was pretty much what happened to us – and it was mind-blowingly amazing! I felt

that all my dreams had come true at once, and I kept pinching myself to check that I wasn't dreaming.

We moved in together and started a training company, combining his skills as a corporate trainer, and my experiences in self-development. It quickly became very successful, attracting blue-chip clients who spread the word that what we were doing was unique, fun, and most importantly – it worked. It seemed to me that I had the perfect life. Married to the man I loved, working together in a successful business that changed people's lives for the better. I couldn't have been happier!

It does sound idyllic, and I know from your story that you enjoyed that lifestyle for a number of years. But then something changed didn't it?

Yes – you can say that again! Four years ago I made the devastating discovery that the man I called my soul-mate was actually a sociopath – although I had never heard of that term before, let alone begin to understand what it meant! It was an email trail that led me to the truth that behind my back my husband had systematically deceived and betrayed me in the most terrible of ways. Our marriage had been nothing but a sham for his greed and manipulation.

Despite all the traumas I'd already overcome in my life, this one hit me the hardest. The shock itself was almost enough to kill me – but the battle back to reclaiming my life was something else entirely. Left emotionally, physically and financially on my knees I knew I had to fight for myself and for my son (who was 13 at the time, and had just lost his step-father of ten years). So I fell back on all the

life-skills I'd fine-tuned since early childhood and I fought my way back to sanity and ultimately to freedom. I honestly believe that had I not been so well equipped, I may never have pulled through...

You've made an extraordinary comeback since then – in only four years you've rebuilt your business, you've published a book, you've created a new training programme, and you're about to appear in a movie! Where do you find your abundance when living through such challenging times?

I learned long ago that when your world collapses, it's about really focusing on what you *can* influence while all around you turns to quicksand. I remember after discovering the truth about my ex-husband, there were days when I literally thought I could not get out of bed. I was at rock bottom, and it felt that everything had dissolved – I had nothing at all that I could grab on to. So I turned within. And I began to recognize what I could control myself, regardless of what was going on outside. It was tricky at first, but as I focused on 'what *is* within my control' I began to make a list. Lying there in bed I realized I could control my breathing – so first of all I breathed more deeply, then I decided to hold my breath until I felt I might pop. That made me laugh, and I realized I could also control my voice... and the list went on. And with each new recognition I felt just a little bit better – and a little bit more capable.

It was actually that morning that I started my 'thank-you walk'... because after the laughter and a smile (despite my dire circumstances) I decided that I would list in my head all the things I could be grateful for. And I gave myself a challenge, that I could only get out of

bed when I'd named three things, and then I could only walk over to the bathroom taking one step each time I found another thing to be grateful for – and I would have to say it out loud. It was clumsy, awkward, and as I wobbled across the room, balancing on one foot while I thought of another 'thank you' my mood lifted. As my mood lifted, my confidence grew. As my confidence grew I knew I could face the day and fight for my son, no matter what new horrors I might find. By the time I got to my bathroom mirror I actually had a smile on my face – and I looked at my reflection, winked at myself and said "thank you Mel"...

What is the ONE thing that kept you sane?

Honestly? In each case it's been love. As a child it was the love for my little sister that kept me strong and determined to fight for what is right, and as an adult it's been the love I have for my son. Both of them, actually, have been responsible for pulling me through some of the worst times of my life – without them I may not have made it. They taught me the importance of holding on and taking just one more step even when I thought I couldn't... and little by little that love has given me this wonderful life of adventures that I am enjoying today. And I know it's not a dream this time – it's for real. I feel deeply blessed and ready to do all I can to make a positive difference in this world.

Mel, thank you so much, it's been lovely chatting with you!

We'll be talking more to Mel over the next issues. In the meantime you can find her at www.melcarnegie.com, and also on [Facebook](#) and [Twitter](#).

Please write in with any questions you'd like to ask her and we'll feature them over coming interviews!

COMPETITION!

We are offering one lucky reader the chance to win a signed copy of Mel's new book "I'm Still Standing"

How to Enter:

All you need to do to be in with a chance is to email us using the word 'Competition' in the subject line to:

40fabulousmagazine@gmail.com

We'll draw a winner on the 31st of May 2013



Mel's book is also available at:

amazon.co.uk

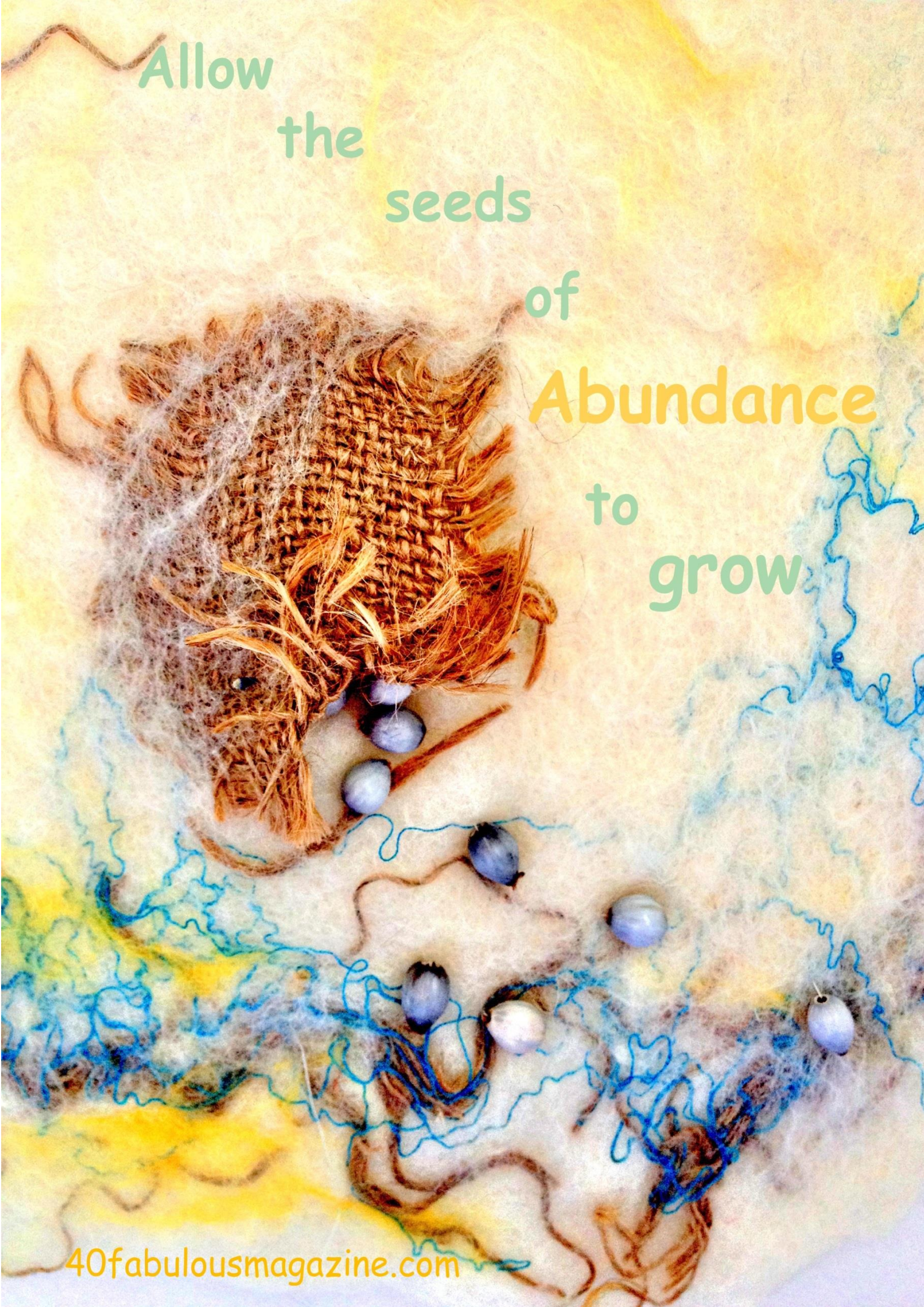
melcarnegie.com

"Gripping" "A compelling read"

"Compelling, heartrending, inspirational"

Allow
the
seeds

of
Abundance
to
grow



Life in Abundance

by April Danann

A-bun-dance. Such an interesting word and I hardly know where to begin with it...except to say how difficult a topic this used to be for me. I remember a time when I would carefully consider all that I had and wonder why I was not living in 'abundance'.

But then – the recession changed everything – my priorities, my lifestyle and along with it my expectations from life. For good or bad – I am still sorting that one out – however I am different and the world I now live in has changed.

As it has for everybody.

This word, abundance, which derives from abound, by the way, means to be supplied in great quantities – but it also relates back to an older meaning, derived from a French word: 'abundare' part of which, curiously, means wave.

Already my intuitive mind is working away on that one, trying to link these two concepts together while figuring out how this fits into my present reality. I am quite sure it does and on each and every level of my existence!

These days, my idea of abundance centres around having enough good, wholesome, organic food. Food we have grown and raised

ourselves. Feeding our children meals I have prepared – using as much from our own garden and produce as possible.

For those of you familiar with farming and keeping animals, as well as maintaining a family garden, we know there are cycles, seasons and patterns to life. Patterns to which all creatures are bound. There are times of the year when we have no milk or eggs of our own – then entire seasons of plenty.

Life comes in waves of plenty – when we put aside excess food for later in the year, and then times of little – when we need to dip into these stores. All the while, when paid attention to, we can enjoy the bounty from our labours.



Springtime, the more obvious time of year for this wave to begin - when birthing of young is taking place, eggs are being laid, there is fresh milk to be had. There is an abundance of food from our well-tended animals.

However, the garden is still sprouting and in some cases lying dormant; waiting for the warmer weather and sunshine to awaken little roots, shoots and seedlings from their hibernation. The bounty from the garden comes after we have poured time, energy and love into the soil.

This past week I have been busy making nettle soups, picking dandelion leaves for stir-fry and salads and gathering other little nibbles from the hedgerows. There is an abundance of life growing around us – much of which we have forgotten about.

Making my soups and stews this week with loads of fresh greens from the fields around me, reminded me of how much there is to be had, if we take the time to look. It took a small effort to prepare and cost me nothing to grow...yet into my food went something so rich and nourishing.

An abundance of iron, calcium and many other minerals can be found in these and quite a few other herbs at this time of year.

All this making one thing quite clear to me – abundance is there for us to find and reconnect with, if we are willing to receive.



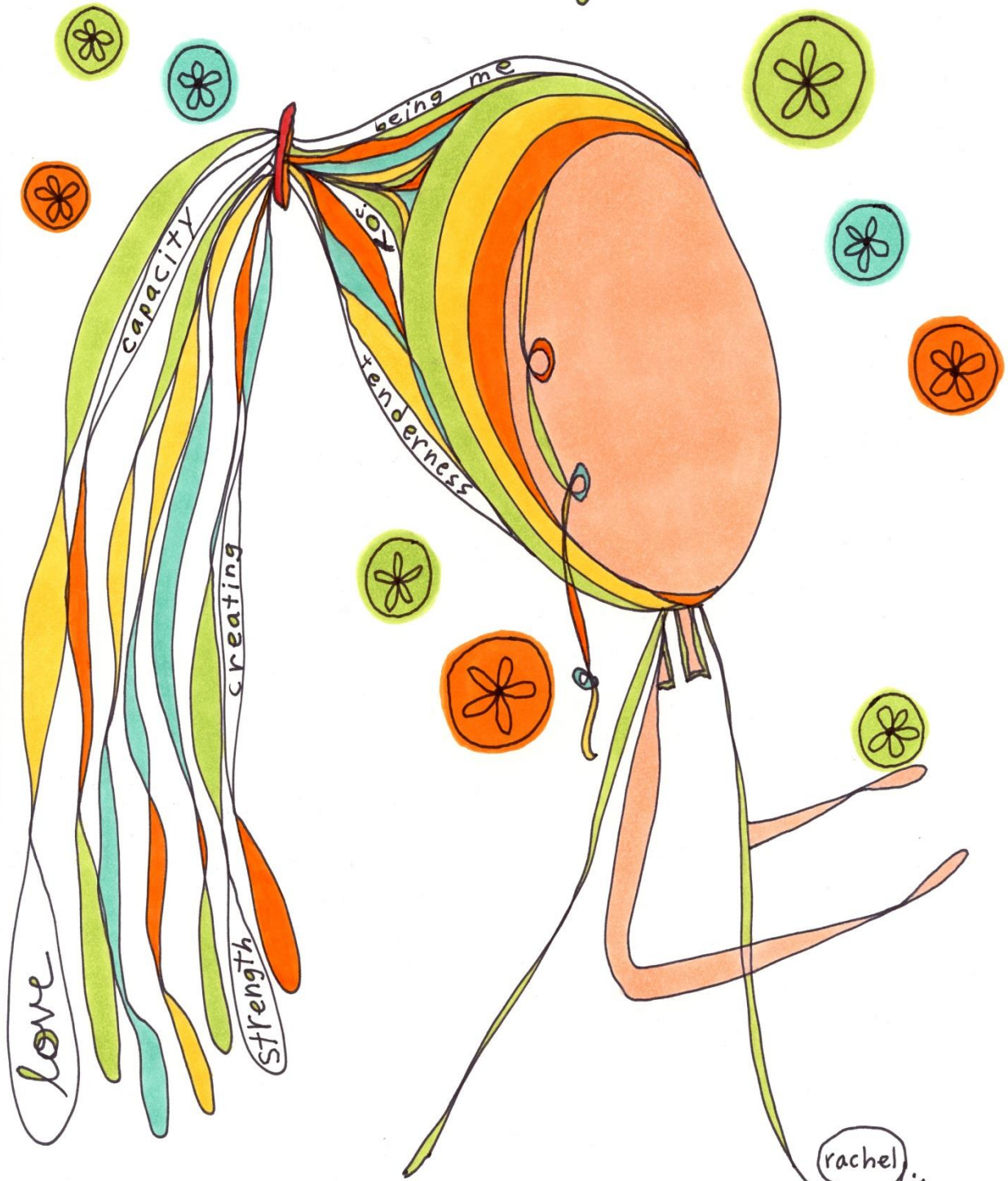
April Danann, author of *The Pagan Diet – Food, Fast & Feast* – is a Medical Intuitive, Clinical Nutritionist and practitioner of Energy Medicine who has long been exploring our ancient spiritual relationship with food, health and healing. She lives in West Cork with her family, some unruly animals and is a hopeful beekeeper.

. <http://www.angelfiles-thetruthisinhere.blogspot.ie/>

“Abundance is there for us to find and reconnect with”



taking in my full garden



sending love

to my feet
that have walked through the woods of my backyard
+ found forts + solitude + sanctuary
at age 9

to my legs
that have traveled into many places
+ carried me through lands of many faces
of womb + wonder + worry + wild
at age beforeness + since then + still

to my hips
that have swayed full sexy
+ found flirt + fancy + tremble
at age teen + twenties + tugging now

to my middle
that holds my everything
of secrets + raws + tenderings
at age cumulative

to my throat
that is learning to tell this story
+ to my face
that is learning to hold a gaze
+ to my crown
that is shining full of thank you
at age 46

to my all.

* * * * *

i picked up one of my son's books a couple weeks ago. the characters in those pages had powers of mythological proportion. i was hooked. i had, again, forgotten about how real my imagination was. i had forgotten about the realm of the boundless.

a few nights later i had a flying dream. i approached a wild tortoise + laid on his back + he lifted off + we flew together. now this was more like it.

yes, i know there are limitations in life...but i've put in enough time on this thought. i think that amazing things pour in when we open our arms wide. call it magic, blessings, gifts, karma, or kindness. all i know is that my arms want to be open to all of it. to swing from the sun. to receive all the goodness this world wants to give me + i am ready to say *thank you*.

all with love, Rachel

rachel awes is a psychologist, author, + art playgroundist ~ who listens to the beauty + strength in peoples real stories. She is the author of 'all I did was listen' a 232 page fullcolour, illustrated gift book

Check out Rachel's beautiful works here:

<http://allididwaslisten.com>

<http://rachelawes.com>

<https://www.facebook.com/pages/all-i-did-was-listen/110783468961315>

<http://pinterest.com/rachelawes/rachel-awes-art/>

<https://twitter.com/allididwasliste>





swinging from the Sun + clouds
+ stars + rainbows + all that
this world wants to offer me.

rachel.

Raise Your Belief in Self Through Joy

By Chris Alexandria

Believe is such a *funny* word. You believed in Santa Claus as a child, or perhaps still do (like me). You believe in gravity. You believe that when you place an order at a restaurant, your order comes exactly as requested.

Right?

What's so different in those beliefs than the belief in self and the 'gang' as I call the angelic realm?

Nothing.

Why do we put limits on ourselves and what we are worthy of having, receiving, living? Why do we think angels are only for those that deserve to chat with them? Why does our belief seem to waffle when it gets more personal?

hmmmm....

Let's play.

Allow me to introduce you to Archangel Jophiel. She is not as well-known as some others, but boy, does she help to raise your sense of belief in self through joy! For example, think about any time you were simply hanging out with friends or family and just laughed. Really laughed. At that exact moment you were thoroughly empowered and believed completely in yourself.

You had not a care or worry in the world. You were fully present in that very powerful moment of now. This is you empowered.

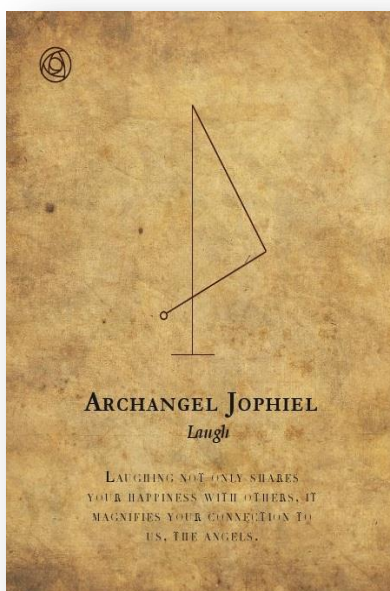
That's Jophiel's way - get you into your power through the back door; through joy. No hard work. Simply being in joy gets you to your desired goals quicker than anything else out there. Let's put it in a different perspective; the water doesn't boil faster if you stare at the pot. Paint doesn't dry faster if you keep checking on it. Dreams don't materialize quicker if you micro-manage them. (trust me, I know this for a fact!)

Being in joy raises your belief in self and raises your child-like qualities in the sense that you know you *are* capable of anything and everything you truly desire. Not what you think you are supposed to have, do, or be; but truly desire at a heart level.

You believe you can live life on your terms.

*And more importantly, **KNOW** you deserve it.*

Aren't you worth it all? Aren't you worth living a life you adore? It's easier when your joy barometer has risen. The very things you desire most seem to flow



directly in your path and are handed to you on a silver platter. Aren't you worth living a life that is filled with your definition of beauty, abundance, love and more?

Here is your Call To Action for this month. Ask this daily:

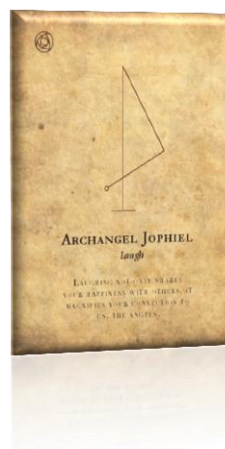
“Why is it so easy for me to find joy in life?”

By stating this Askfirmation™ daily, the angels respond to your question. Part of the Askfirmations™'s beauty is that you don't need to search for the answer.

The gang answers, supports and shows you joy in all sorts of marvelous places. Yes really. It becomes a magical ride. Eyes become clearer and you simply begin to notice the beauty and joy that is already there, but now you *see* it and *embrace* it. Your cup begins to fill and overflow thereby raising your belief in self.

Think of it as the blossoming of a beautiful rose. It opens and shares its beauty all in good time. No rushing it. No micro-managing it. Each step is as glorious as the last and future ones. This is you as you unfurl your wings, look the world in the eye and can shout,

I believe completely in me!



Chris Alexandria is Your Transformational Coach with Angelic Insight. She loves empowering people through her programs, sessions and products. All angelically infused and designed to support you joyfully along your life's path. She lives at the beach with her honey of 27+ years, two dogs, two cats and a partridge in a pear tree.

www.angelchatter.com

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“As long as we remain vigilant at building our internal abundance—an abundance of integrity, an abundance of forgiveness, an abundance of service, an abundance of love—then external lack is bound to be temporary.”

Marianne Williamson

“Abundance is not something we acquire, it is something we tune into”

Wayne Dyer

“Today expect something good to happen to you no matter what occurred yesterday. Realize the past no longer holds you captive. It can only continue to hurt you if you hold on to it. Let the past go. A simply abundant world awaits.”

Sarah Breathnach

“Plant seeds of happiness, hope, success and love; it will all come back to you in abundance. This is the Law of Nature”

Steve Maraboni

Nature vs Institutions – a poem

The buildings bursting at the seams
With intellect which makes me scream
We, masochists we scan the books
Incessantly we chase the truth

Try Hermeneutics, Puritanics
Dialectics, Schizophrenics
Dianetics, Anorexics
Positivism, Social Schism
Judaism, 3 D Prisms
Then add a million -ologies
Some physics and psychology

Herds of professors dressed in cords
Sit masturbating mega words
So laid back , like lumps of lead
They preach the theories of the dead
And students, shackled, all in chains
Attempting to abort their brains
for here your views are second rate
So listen and regurgitate
But mounds of quotes and reference
Will not produce a strong defence
To issues that attack our lives
Like nightmares sprouting from the night

And yet, in spite of sanity
This thirst for nous is killing me
Raw instinct drives me to the lake
Where ducks are ducks and drakes are drakes
Their movements strike a chord in me
Their simple peace, their liberty
To hell with lectures , burn the books
Head for the lake and learn from ducks.

By Berni Ni Sirideain



The Abundant Life is Free

by Jane Barry

Abundance: affluence, ampleness, fortune, myriad, opulence, plenitude, plenty, plethora, profusion, prosperity, riches, thriving, wealth

As I was thinking about the theme of abundance for this month I realised that life has always felt curiously abundant to me. I say curiously because abundance tends to be associated with money and wealth and I've never had that, not yet anyway. There's still time I suppose. Like most things my feeling of abundance which has stayed with me through thick and thin started in childhood when it was expertly and without their knowledge transmuted to me by my parents who certainly didn't have any money. So I had to think how did they do it then?

I figured they did it in a few different ways the first being through books and stories and a strong sense of identity of where we came from.

My Dad is the second oldest of nine children. When he was nine he had to leave school to go to work. Growing up he remembers he always liked to read so he read whatever he could get his hands on mostly school books, detective stories and westerns. When he was sixteen he went to London to work where the first book he read was John Steinbeck's 'Of Mice and Men'. It changed his life he said. He's read a thousand books since then but Steinbeck's still a favourite.

"The greatest gift is a passion for reading. It is cheap, it consoles, it distracts, it excites, it gives you knowledge of the world and experience of a wide kind. It is a moral illumination"

Elizabeth Hardwick

My mother grew up in the house of a storyteller where from all around people would come to

listen. She listened and learned a thousand stories and poems from him and she never forgot them.

When she was twelve she read Charlotte Bronte's 'Jane Eyre' and decided there and then if she ever had a little girl she'd call her Jane. She was always telling us stories, singing songs and reciting poems. We'd beg for our favourites over and over again. The memories of her childhood were the best. Like most people of the time they were poor growing up but to us it sounded like the most abundant life on earth. It still does and I think she felt that too.

It's not hard to imagine the kind of house I grew up in then. A house abundant in books and stories from which we gained so much that gave us a feeling of richness and abundance we could call on, dip into time and again.

Walking, I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say.

Watch and listen.

You are the result of the love of thousands.

Linda Hogan (b. 1947)

Native American writer

Another way I felt life's abundance from a young age was through food, or *plenty* you might call it. Because if I think of the word plenty I think of food, a full fridge, a well-stocked pantry. My mother always said we ate any money that came into the house and yes we always ate very well. I'm the same now. If I had to choose between a holiday and eating well I'd choose the food. Combine the holiday with books and food and well that's my idea of heaven. I believe in a fully stocked kitchen whatever the budget. To me nothing speaks abundance the way that food can.

It's a richness that's not free but is achievable and it was given to me as well.

"People who love to eat are always the best people" - Julia Child

The next thing they gave was the Holy Grail: an abundance of love and attention. It came through everything. Through the books and the food, from our parents parent's and how they were raised abundantly in adversity as well. We were always listened to at home. We were believed. We were given time and security and a myriad of other things that knew no limit.

It's really hard for parents struggling financially. You want to give your children everything, naturally, including all the things money can buy. Sometimes you don't know the value of what

you're already giving them. This was something I struggled with most as a single parent to my first child but like a child she often answered my worries well. I remember after a visit to a friend's beautiful house when I asked her what she thought of it she said all proud 'they don't have a red door like us' If you could have seen the place we were living in at the time you would really laugh. I didn't know we were in many ways already living abundantly. The child then knew better than me, but I *had* learned it well. I could give her abundance because it had been given to me.

The good thing is even if you have to start from scratch abundance can be fostered for free. It just takes the ability to know where the real riches are, to see and give time to these. Even in the darkest days that deep rooted feeling of abundance never really leaves which makes it the more reliable sort, of more value than the other. But don't get me wrong universe, I'd still like to be a millionaire. All kinds of abundance are welcomed by me!

Jane Barry lives in Co Leitrim with husband Adrian and three children, Shaylyn 17, Saoirse 4 and Sadhbh, 20 months. A former model and PR consultant, in 2000 she started The Shaylyn Group Irish Dance Company & Show, which ran for 11 years, established a traditional performing arts centre and designed three major back to back arts and community based projects. Jane has many passions that can be somewhat summed up by a dedication to mindful, creative and elevated living. She blogs at <http://www.thatcuriousloveofgreen.com> or find her on [facebook](#)



AFFIRMATION:

I open myself to receiving Abundance
from the Universe

40fabulousmagazine.com

40fabulousmagazine.com

Why we'll always be Biker Chicks

with Misja Weesjes

Have you ever wondered what attracts women to the rough and ready, macho world of motorbikes and motorcycle clubs? I have. I could never really see the attraction. Oh, I get the whole bad boy thing when you're young, the daring, the air of danger. I've been there myself, we nearly all go through that phase, right? But what keeps these women interested as they grow older and wiser, raise families, settle down? I thought it would be interesting to find out, so I got in touch with a few of these biker chicks and asked. What I found were a bunch of funny, wise, thoughtful and inspiring women. Here's what they had to say.

So girls, when did you first get into the whole bike thing?

Anna Cullen: I developed a love for bikes when I was 14 years old. My brother and his mates all had bikes and they were always at our house. There was always someone's bike that needed something done and they all worked away together until they solved the problem and got him back on the road. The joking and laughing was priceless, but what impressed me the most was the camaraderie. The way they all worked together like brothers. I wanted to be a part of that.

Brenda Cronin (pictured): I started riding a bike when I was 16 only because it was cheaper than a car! At the time I was probably one of the only women in my village (Clonmel, in Ireland) who rode a bike. Every time the cops stopped me they got such a fright to see a girl ride a bike and they always let me off!

I never had tax or insurance in those days; I wasn't sensible enough and didn't think I needed it. Luckily I never did, but I gave it up when I had my children in 1988. I still travelled on the back of my ex-husband's bike, though.



Tina Killian: I've been riding bikes since 1981 and still enjoy doing so.

Eileen O'Connor: I have been on the back of my husband's bike since I was 18 and in all those years no one ever suggested that I learn to ride a bike myself and it never entered my head either, but when I turned 40 my husband and kids bought me my first bike!

Silver Dee: I'm from The Netherlands and started with mopeds when I was 16. Bigger bikes came with bike lessons when I was around 18 years of age. Then life took a bit of a turn and I stopped biking for a long while, but I still tried to visit Dutch biker events, shows and fairs whenever I could, drooling over my favourite, the Harleys.

Rosaleen Boyle: I started way back in the 60's, being the passenger on my boyfriend's bike. Back then a helmet or gear was never heard of & the joys of biking, plus the scenery, always made the journey short. We got married in 1973 and had 3 kids; then it was harder to have the bike and a car, so for a few years we didn't have a bike.

Angie Murray: I've been riding my own bikes for 26 years, and have been a bike mechanic for 12! I have always loved bikes and the fun of biker rallies.



Rosaleen Doyle

Most of you have families, how has that impacted on you with regards to being a biker? And how do your kids feel about having a biker chick for a mum?

Brenda: Back when my kids were small it embarrassed them to see their father and me on a bike, they didn't like it at all. After splitting up from my husband, I went into hospital for something and I was recovering, wondering what I was going to do with my life, when a female friend who was working there came in and asked if I would ever get back into the biking. I hadn't ridden a bike in 17 years! She had a few bikes and loaned me one to get started again, so when I came out of hospital I used to go off on my own and just spin around for hours. It was a fantastic way to recover from my illness and get back my confidence. Both my son and daughter are very proud of their mother, they worry a lot whenever I go anywhere, but they are very proud of me and think it's great that I ride a bike at my age and they tell all their friends!

Anna: I married a biker. Our wedding day was definitely one to remember! For our honeymoon we were going to drive all along the south coast of Ireland on the bike and

camp along the way. My bag felt extra heavy but I put it down to just me being tired. When I went to my rucksack to sort out clothes, I discovered that the lads had got hold of it before we left and had tied knots in nearly all of my clothes including my knickers. They had put three flower pots of clay into the bottom of the rucksack to make it heavy! For ages after that the catch phrase was. 'Don't get your knickers in a knot Anna'.

I went on to have six children and I never pushed my biker lifestyle onto them. They have their own passions. Biking is my dream, not theirs. They are well used to me by now and have been very supportive. They are all looking forward to me having my trike on the road and I'm looking forward to giving my grandchildren the feeling of being on a bike. Who knows, maybe one of them might be bitten by the bug.

Helen Poli: If I ever have kids, it will probably be a big deal to keep the bike, but I want them to know what I like and why and how. Maybe they will enjoy the lifestyle, like camping, being out and about and making friends on the road. If so, it is important to give good example isn't it?

There is a perception of biking and bikers as being rough, macho and male oriented. What has been your experience around this?

Silver Dee: I do not believe it is a male dominated world per-sé, there are just not enough women who can understand or appreciate the pleasure of being on two wheels or who believe the biking world is too rough. And too many women care too much about their looks, to my mind. "Does this motorbike make my bum look big?" YES, but who cares! Or they have to take care of their children or don't like sleeping in a tent in all

sorts of weather. But for us it's: get on it every chance you get, because some day you might not be able to anymore...

Helen: Personally I feel there's a sense of equality between guys and girls, guys are being a lot nicer with us women since we are showing up at rallies more and more, and we have conversation too!! I would not be able to do what some guys do with their bikes! I have no problem crying for help if my nose is down a slope, for example, and I can't push the bike backwards.

I think your attitude is 99% of the experience; people respond nicely if you are cool and open to them and this is true not only about biking. People are curious about women on bikes, you get to talk to lots of strangers!

Brenda: like Helen said I would have no problem asking the guys to help out when I need it but I ride my own bike myself. The added bonus about being a woman is you can jump up on the back if you're not in the mood to drive!

Anna: A lot of people don't realise the good that bikers do. The amount of money they raise for different charities etc. So many clubs organise fund raisers, poker runs, rock nights, cross country runs and many, many more events. Personally I ran a poker run in our local area for twelve years. The funds we raised were donated to a local pre-school for children with special needs. I was very humbled the first time I went in there and saw the work that was being done and I felt a sense of joy at being a small contributor to such a fantastic body of people.

Some people look at bikers and see scruffy people. We look at each other and see grandmas, grandpas, mums, dads, sons, daughters, brothers, and sisters. All part of someone's family and very dear to those people. Our odd looking clothes are necessary

to be protected on the bike. We see people who work hard and look after their families all week long and then they go out one night of the week and go to a bike rally where they will meet all their dear friends and extended family. I stand back sometimes at rallies and I watch everybody chatting and dancing and having a great time and I consider myself very privileged to be part of that.

Rosaleen: My husband and I have a business named Killybegs US imports, selling American Cruisers we bought in the United States. We started a Charity run in 2004 in Honour of our daughter Sandra who died from Leukaemia the day before she was 18 in 1991, and all the funds go to Our Ladies Hospital Crumlin (in Dublin, Ireland). I am doing a ride to Cork, Ireland, in May and doing the Sandra run In July 6th. I am the only lady Biker in this part and I ride every week with all the men for Charity runs.

Angie: Years ago rallies were so different, not so much politics, just a big bowl of stew when you arrived, some good fun, no stands and fancy tea and food trucks, hey sometimes no female loos either! Then the sing song at the bonfire, but it didn't go on till too late, you were lucky if you got until 1 am.



Helene Poli

Tell me what you love most about the lifestyle, am I right in saying travel and close friendships are a big part of it?

Tina: I travelled a good bit on the bike to France, Italy, Austria, Switzerland, England, Scotland, Wales. I enjoyed riding on my own; sometimes I joined up with bikers for a day or two and went my own way then. Some years I went to Ireland from the south of Germany, where I used to live, again all on my own. I learned to ride in a group, when I went to the US on a fundraiser. Then 5 years ago my friend Annemarie Gorman and I started to organize the 'Girlie Bike Runs'.

Eileen: I have been to the USA 3 times Canada, Norway, France, & Spain and this year we are heading for Germany Austria & Italy. I am the only lady rider with a group of men and have no bother keeping up with them.

Silver Dee: In January 2000 I came to live in Ireland and soon enough I was part of the Honda 50 runs scene covering the whole of Ireland. In May 2011 I was talked into going to a motorbike rally and I've never looked back since. I go to rally's every weekend but also to friend's weddings, birthday parties, shows and fun trips to Northern Ireland and abroad.

Brenda: my friend Catherine introduced me to the rally scene. I was 37 at the time and I've never looked back! I've met so many new friends since getting back into bikes and I've been to so many places, I often wonder why I didn't do it years ago!

Anna: A group of us formed a bike club: The Road Angels MCC. There were about forty of us in the club. I had to make every single cut-off for all the lads. It was one of the best times of my life! We all became a lot more

than just friends, we became one big family.

The amount of fantastic, amazing people that I have met along the way are countless at this stage. There is a unity amongst bikers that I don't see in any other branch of society

No chance of ever being too old to be biker chicks it sounds like! Any last words?

Helen: I don't feel that being a biker chick should be different with age. Of course it is always cool to feel sexy on a bike, but you know, the gear is not always too flattering, so I think it is easier to grow old gracefully on a bike; nobody sees your wrinkles under the visor!

Dee: Picking a bike in the shed (like a fashionista picks her shoes in the morning), loading it with camping gear and cocking a leg over it is the best thing in the world for me.

Brenda: Bikes have given me great pleasure, a great life and a wonderful partner. I wouldn't change it for the world! I truly hope I will be riding and meeting new friends for years to come.

Rosaleen: May I add that in life we are never too old to do anything we like, and I have proven it! Long may it last; the Biking years have been the best years of our lives.

Tina: Still, I love riding on my own the most. To be my own boss, just the road, the sun, wind and rain and my thoughts ... That's what I love.

Anna: I would never try to make someone become a biker. It has to be something inside the person. It has to be a love and a passion. I have been a biker for 37 years now and I have

loved every minute of it. I will be a biker until the day I die. Getting up on a bike is like therapy. The minute you take off, the worries of the world get left behind and for that short time you are a free spirit.



Anna Cullen

“Doing what you love is the corner-stone of having Abundance in your life”

Wayne Dyer



'And She Wore her Favourite

Dress'

A mixed-media Artwork

By Misja Weesjes

Eating Your Way to Radiant Skin

By Roisin Sheridan

Ladies, we all realise by now that what we eat affects our body and how we feel inside. But did you realise just how great the effect of our diet is on the appearance and condition of our skin? Instead of only concentrating on taking food out of your diet which is detrimental - junk food, highly processed foods, too much sugar etc., it is also really important to concentrate on what you need to add to your diet that you may not be eating now. In fact, I would say this is nearly more important. If you cannot (yet) face letting go of certain foods then at least start adding more of the good stuff.

That dull, dry, puffy, blotchy skin? The extra wrinkles? Those outbreaks that you thought were supposed to be a thing of the past once you hit your middle years? These are not just the results of ageing, genetics and bad luck. Our skin not only protects us, it also acts as a filter and it is very much part of the process of shedding toxins (this, for example, is also why you often get a little outbreak when you first start cutting out junk and eating more healthy, whole foods – these type of outbreaks only last a short while and are actually a really good sign your skin and body is clearing up).

Where to start

So what to do? It really is very simple. Simple, but not always easy .

Most importantly, cut out as much sugar as you can. Period. There is no easy way to do it other than just *do* it. Lay off the sweets and

biscuits as much as possible. Eat fruit if you must have a sugar fix (but beware, fruit and especially dried fruit is also full of sugar. Don't go overboard)

Reduce your salt intake. Less processed foods, less adding of salt to your meals. Try first without. Or add a little lemon juice or pepper.

Fats. Not all fats are bad; in fact we absolutely need them. But it is the type of fats we digest. So cut down on trans fats (diary spreads, cooking oils etc.). Using olive oil and a bit of real butter is healthier than lots of low fat highly processed diary spread.

Caffeine dehydrates the skin. Cut down on it. Drink herb or fruit teas instead.

Alcohol also has a dehydrating effect on the skin so don't overdo it

Sugar and salt – it bears repeating. Excess sugar is so, so bad for our skin, making it dull and wrinkled. It damages the proteins which keep the skin supple and flexible and dries it out, which means a more wrinkled appearance. Excess salt. Salt is not just the salt we add but that which is hidden in so many foods, especially processed ready-made food. It causes swelling and water retention, making our skin look puffy.

Please drink more water. Not drinking enough liquids has a big effect on our skin because water affects the elasticity of it. Properly hydrated skin is more flexible, dense and elastic. This supports the skin's biggest function, that of barrier, and helps it heal and repair itself. Not drinking enough water also

hinders the lymphatic system in doing its job (ie removing waste, bringing nutrients to our cells) which will lead to puffiness, dullness and a build-up of toxins in our bodies and our skin. So keep drinking lots of water!

Good foods to add to our diet

For dry, scaly and rough skin, add foods rich in Vitamin A such as dark greens, fruit and veg, egg yolks and dairy. Nuts, seeds and fatty fish (such as tuna and salmon) are rich in essential fatty acids, and oils such as olive, coconut, rapeseed etc. will also help and they are good for membrane health

Dry lifeless dull skin can be greatly improved by adding more greens to your diet. Kale, chard and spinach, for example.

To help protect skin from the effects of UV light, exposure to sun and pollution and to help it fight against those pesky free radicals that are part of modern day life, eat orange foods. Orange foods, such as carrots, sweet potatoes, apricots, mangos for example, are full of carotoids and antioxidants which are great at helping to protect our skin.

Berries are also great to help our skin stay protected against those free radicals and skin cell damage and degeneration. Eat plenty of

berries such as blackberries, blueberries, strawberries, plums.

Whole grains and nuts contain selenium, which is great for our skin, but beware of over-processed flour based foods such as white bread which are definitely not great for our skin – some studies even suggest a link between them and adult acne. Nuts are also a good source fatty acids of Omega 3 and 6, which helps skin stay supple and glowing.

So to recap: start cutting out and eliminating over-processed foods, sugar and salt. Go easy on the caffeinated drinks and alcohol. Start adding more fresh unprocessed foods. This will be a great start to getting you feeling better inside and out, and giving you younger looking, healthy glowing skin with less visible wrinkles and damage.



It sounds so simple, doesn't it, and it really is, but that doesn't mean that it is easy! If you are finding it hard to cut out foods from your diet, don't give yourself too much of a hard time. Concentrate on adding more fresh fruits greens and nuts etc. into your diet. It all helps, you will find after a while that you will naturally start eating less of the processed stuff, and before you know it you will be not just feeling, but *looking FABULOUS!*

An Abundance of Masks, Scrubs and Lotions

By Roisin Sheridan

It is surprisingly easy to make your own, home-made skin products. Masks, scrubs, lotions, they can all be made from products you've probably already got in your kitchen cupboard and if not, you can pick them up very cheaply the next time you pop to the shops. Beauty products really do not have to be expensive and it is a marketing myth (and haven't they done a good job!) that the older we get the more high-maintenance and expensive our skincare needs to become to keep us looking our best.

The following recipes for masks, scrubs and lotions are great for the more mature skin. Try them out and see which ones you like. Remember that the skin renews itself every 28 days or so, so stick with your chosen recipes for at least that time to experience the full effects.

Gentle Scrub

This gentle scrub will clean and exfoliate, rejuvenating the mature skin. With its healing ingredients, it will nourish and soften.

You will need: Oats, about 200g; Sugar, 50g; Powdered milk or whole natural unsweetened yogurt, about 60g.

Blend these (except the yogurt, if using) in the blender until fine. Add water or the yogurt) to mix to a paste. You can also add essential oils if you like, to add to the healing effects (and to make the scrub smell divine!) The following are especially good for mature skin, use any or a combination to a total of ten drops: Lavender, Frankincense, Neroli,

Geranium, Rose.

Massage gently into face using circular motions and avoiding mouth and eyes. Rinse with warm water and pat dry.

If you like, you can sit back, relax and use this scrub as a mask as well. Leave on face for ten to fifteen minutes, then rinse off and pat dry.

Hint: this makes a good amount; you can blend the oats, sugar and powdered milk (not the yogurt) and keep it in a container to use as you go along. Mix the essential oil blend separately and you can combine a few drops with a little of the oat mix and a little warm water to make individual batches. You can also use a little oil (almond, coconut, jojoba) instead of the water if you prefer.



Skin tightening facial mask

This mask is great for tightening loose skin and reducing the appearance of wrinkles. The yogurt soothes and helps ease inflammation.

Simply mix two egg-whites, two spoons of whole, natural, unsweetened yogurt and a pinch of sugar together. Apply generously to face, avoiding mouth and eyes. Sit back and relax for at least fifteen minutes. Rinse with a warm wet cloth.

Facial mask for dry, mature skin

This mask is wonderful for mature and dry, flaky skin. It will soothe and rehydrate.

Mash together an avocado (skin and stone removed) with two tablespoons each of runny honey and natural unsweetened yogurt.

Apply to face, avoiding eyes and mouth, and leave for at least fifteen minutes. Rinse gently with warm water.

Sensitive skin facial mask

The soothing qualities of banana and honey, together with the astringency of lemon, makes this a lovely mask for sensitive skin.

Simply mash together a banana with a tablespoon of honey and the juice of half a lemon. Apply to face, avoiding eyes, and leave to work its magic for at least fifteen to twenty minutes. Rinse with warm water and a soft cloth.

Lotions

In last month's Celebration issue I gave you some tips on which essential oils to use in a carrier oil to make a simple and effective

moisturiser for the mature skin. As a quick recap: use a carrier oils such as jojoba, coconut or almond, and add your favourite blend of essential oils (about twenty drops per 200ml of oil).

Coconut oil on its own is also an extremely good all-over body lotion. Just use it as you would any moisturiser. Don't be afraid that it feels oily. It is absorbed quickly into the skin leaving it hydrated and smooth. Plus, you smell divine!

If you're feeling a little more adventurous, try this:



Simple, moisturising lotion

Mix together $\frac{3}{4}$ cup of pure oil (such as jojoba or sweet almond) with two tablespoons of pure, plain beeswax in a heat

resistant bowl.

Place in a saucepan filled to halfway up to the rim of the bowl with water (make sure the water can't bubble up over the rim and into the oil mixture in the bowl). Heat gently until the beeswax has melted and dissolved with the oil. Let cool slightly. It will begin to emulsify at this stage.

Place the rosewater in another bowl or, even better, in a blender and as you blend slowly add the oil mixture

Add essential oils of your choice. Lavender is a lovely one to start with, or use Neroli, Frankincense, Attar Rose or a combination.

Add a maximum of thirty drops to your

mixture.

Blend well and pour into a clean glass container. Voila!

This lotion will keep for about six months but make sure to store it in a cool place

Next Month: simple self-massage techniques

Note: please be sensible. Use good hygiene practice and if you are unsure about any ingredient, do a simple skin-test first



Roisin Sheridan is a nutrition and massage therapist based in Galway, Ireland.



Live from a place
of Abundance

The Well

Together we walked
Through the mud to the well,
Sacred and hidden in
Sun-dappled shade

It was quiet and peaceful.
Smilingly we let the water restore
My necklace an offering
A prayer we made.

I sang, and you sang too.
You sang to the spirits,
The flowers, the trees.
I sang,
But I sang just for you



How to attract abundance

By Misja Weesjes

When I was coming up to my 40th birthday, I decided it was high time I got into better shape so I could face the day at my fittest, healthiest, most fabulous best. And to keep me motivated - or so I thought - I also decided to blog about it. Ladies, I failed miserably. Not only at the blog, but also at getting fitter and healthier.

Still, never a girl to let one epic failure get in the way of another, I decided to have another go. I dusted off my running shoes, cut a lot of the junk out of my diet – again – and off I went. Now it is a couple of years later, and I have fallen and picked myself up any number of times since!

*“fall down seven times, stand up eight”
Japanese proverb*

My weight is still fluctuating at a level I'm not entirely comfortable with, I've started, and sometimes abandoned, two more blogs, and I started an online business. So what keeps me motivated? Why do I keep doing things I've 'failed' at in the past? Because since I've had my 'big B-day' and faced up to the fact that I am now in my fifth – FIFTH- decade here on earth, I've come to realise that this second half (or so!) of my life will be my best years yet.

My evidence? Well, first, I've become self-employed, and started my own business. This has been a long-time secret dream of mine –

to make a living for myself and my family as a writer and by using my creative abilities - and comes after years of low-paying, dead-end, part-time jobs, struggling to provide for my family as a single parent.

My three daughters are all adults now, and have grown into wonderful, spirited, capable young women, setting off on their own life journeys. I know I didn't do too badly, raising them, and I have loved and still love, every minute of being their mother. I am now also loving this new, freer phase in my life, in which I have more time and space to pursue my own interests.

My family (siblings, parents) and I have been in the wars, over the years, and yet we are close-knit, loving and supportive of each other. We lost my mum last year, but I gained a brand-new grandson, bringing a whole new, fabulous dimension to my motherhood. I am surrounded by loving friends. I feel truly blessed to have such an abundance of love and support available to me.

I am on track to getting fitter and stronger and healthier and am planning some amazing adventures and travels for the next couple of years.

The word I chose as a theme for the year ahead at the beginning of this year was Abundance, and I am experiencing it all around me. Yes, I am very lucky, but you know, I see luck not as a passive occurrence, but as an action. I played an active part in creating the abundance I am beginning to experience. I have stopped expecting – hoping

– for it to fall into my lap from somewhere. And that has made all the difference.

So how did I go about attracting abundance into my life?

First and most importantly I made some room in my life for abundance. I let go of some old patterns of belief and behaviour that just were not serving me. I forgave. I forgave a lot, and mostly myself.

I allowed the possibility of abundance. I started making a point of noticing all the beautiful parts of my life, and of life in general too and I practiced gratefulness for it all.

And I allowed myself to receive. To receive the abundance all around me. To receive all the good that life (the universe, god, spirit, source) has available to me.

I know that all of this sounds a bit woohoo, but bear with me. You see, doing all this – and by the way, I am by nature quite cynical and sceptical, and I still have days of dark, when I feel completely despondent and useless and

down and hit a wall of inactivity – but by doing all this, even when it feels a bit stupid, I subtly changed my mind-set from negative and hard to positive and happy on a subconscious level.

I started to believe that it is all possible. And that meant that I began, almost without thinking about it, to take small action steps towards living in a positive and abundant way. I began to take charge of my life; to start living it from the heart in a way that really resonates for me.

These little action steps really are small; sometimes it is as simple as noticing just what a beautiful, sunny day it is, other times it may be taking the plunge and registering as self-employed with the tax-man. But I have found that the more I do this, the more I take these small steps, then the more effortlessly abundant life becomes.

“Abundance is Effortless”



Yes

Yes to nurture, Yes to art
Yes to outside, Yes to trees
Yes to connection, abundance, friendship

Yes to outrageous laughter

Yes to the sacred feminine
Yes to the sacred male
Yes to long walks, Yes to play

Yes to making space for love

Yes to colour, dancing, kisses
Yes to strong and steadfast souls
Yes to embracing, Yes to the drum

Yes to the ocean on a sunny day

Yes to open, Yes to embrace
Yes to space, Yes to stillness
Yes to good company, good food and close pals

Yes to walking, Yes to running
Yes to tears, Yes to joy
Yes to the love of the dog at my feet

Yes to stillness, Yes to peace
Yes to Yes, Yes to no
Yes to connection, to wisdom, to spirit

Yes to seedlings, Yes to spring
Yes to goodness, Yes to trust
Yes to my lover's soft caress

Yes to forgiveness, Yes to let go
Yes to holding hands in the rain
Yes to bounty, smiles and cuddles
Yes to reading and Yes to books

Yes to people, tribes, and safety
Yes to me, and Yes to you
Yes to always living fully
Yes to promise Yes to true

Creating Sacred Space in the Home

By Michelle Byrne

Water trickling gently over weathered rocks in a private, walled garden, a profoundly silent church, a bedroom altar honouring the ancestors, a solitary, early morning walk by the sea, a quiet, peaceful meditation space.

We all require sacred time, a peaceful sanctuary, ritual in our lives. Whether or not we practice an organised religion, we need time to reflect, to reaffirm our place in the universe, and to re-connect with source.

To make space in our homes, no matter how small, to use as a sanctuary, is a fundamental part of having a healthy, nourishing, peaceful home. Like a Buddhist Zen-do it will provide a quiet, pure space for meditation and spiritual re-charging. For a little while we can leave behind the noise and distraction of our modern everyday life. It is comforting and healing.

In this space there is no place for phones, radios, computers or other electrical equipment. We leave them behind, along with our shoes, when we step through the door into this sanctuary.

There are no loud colours, or clutter. Everything is calm and peaceful. Some throws or cushions to sit on. A mandala, a nature scene, a sacred symbol or other pictures of spiritual significance hang on the wall. A green, flowering plant stands in a corner. One or two items of special significance have a special place here. Perhaps some incense burns, or a sound-bowl rings. A wind-chime tinkles.

There is space to breathe, to re-charge, to meditate. Using this home sanctuary regularly will heal and soothe, comfort and enhance. It will restore you to a place of loving-kindness, ready to re-embrace the world.



Fabulous Woman of the Month

Beryl Markham (1902-1986)

This month's Fabulous Woman is Beryl Markham. Beryl was the first woman pilot to fly solo across the Atlantic from east to west.

Born in England, but moving to Kenya with her family at four years old, Beryl was, by all accounts, a beautiful, impetuous, stubborn firebrand.

She became Kenya's first licenced female horse trainer, was friends with Out of Africa author Karen Blixen, and worked as a bush pilot.

Notoriously non-conformist, she married three times, and had numerous affairs, including one with the younger son of the King of England!

In 1936 she became the first female pilot to fly solo across the Atlantic in a westward direction, setting off from Abingdon in England and crash landing twenty hours later on Cape Breton Island, Nova Scotia, Canada.

She wrote a book about this and her many other adventures called 'West with the Night'. Ernest

Hemmingway thought it a "...bloody wonderful book." He also called her a "high-grade bitch"

A crater on the planet Venus bears her name.

"here are all kinds of silences and each of them means a different thing... There is the silence of emptiness, the silence of fear, the silence of doubt. There is a certain silence that can emanate from a lifeless object as from a chair lately used, or from a piano with old dust upon its keys, or from anything that has answered to the need of a man, for pleasure or for work. This kind of silence can speak. Its voice may be melancholy, but it is not always so; for the chair may have been left by a laughing child or the last notes of the piano may have been raucous and gay. Whatever the mood or the circumstance, the essence of its quality may linger in the silence that follows. It is a soundless echo." Beryl Markham



White Crone Village

Because Community Matters.

At 40Fabulous we are passionate about creating a gathering place, a village, where we can come together for connection, friendship, support, encouragement.

Where we can offer our wares and products on Market Days.

Where there is space for learning, and sharing our skills

A place filled with resources to teach and support us.

Where we can brainstorm and share our wisdom.

Where we can step into our power as wise, wild Elders

Because we are needed

A place to tell stories on bonfire night

A meeting place for summits and seminars

A heart-led, soul-centred community of fabulous women

This is White Crone Village

White Crone Village will be opening its virtual arms to you in invitation this August (2013)

In the meantime, if you have questions, suggestions or queries you can contact us here:

40fabulousmagazine@gmail.com

If you would like to stay updated on this and any other news and happenings, make sure to [join us](#) and receive a free copy of our Celebration Issue

40 Fabulous

The magazine for wise, wild, fabulous women who refuse to be defined by their age!

The next issue of 40Fabulous magazine, The Glorious Goddess Issue, will be available 3rd June 2013

Beautifully illustrated and featuring articles such as Get your Glorious Goddess on, artist's interviews, 5 self-massage techniques, Fabulous Woman of the month, Glorious Goddess Guide to Exercise, and much, much more.

In the meantime, why not join us over at 40fabulousmagazine.com or connect via

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Expect your every need to be met.
Expect the answer to every problem
Expect abundance on every level

Eileen Caddy

Submissions

Do you have a story to tell, an article to share, or artwork/poetry/photography etc. you would like to feature? Do you think you'd be a good subject to be interviewed by us?

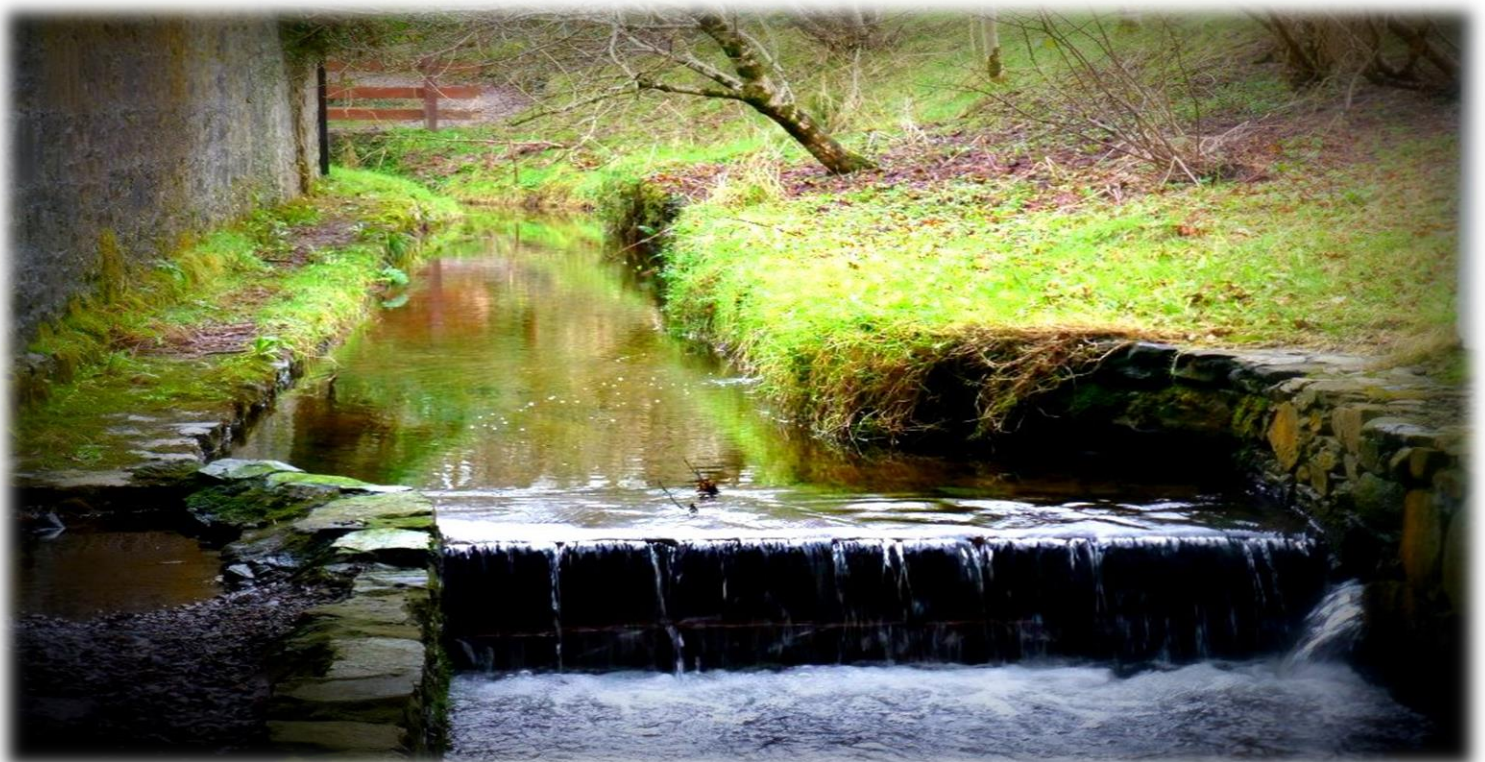
We'd love to hear from you!

Suggested categories:

Adventure/Travel, Community and Connection, Wellness, Spirituality and Healing, Work/Entrepreneurship, Lifestyle, Art, Crafts, Confessions of a Fabulous Woman

For more info, visit 40fabulousmagazine.com/submissions

Contact us directly at 40fabulousmagazine@gmail.com for queries and submissions





Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart.

Sarah Ban Breathnach