

And just like that....2023 is behind us.

As we move into the new year, we embrace a sense of hope and excitement for what's to come. In the midst of a constantly changing world, we aim to find a sense of "normal" once again. With the unsteady economy, our renewed perspective offers a brighter future for all.

"As someone who has struggled with anxiety and depression, I understand the importance of living in the present. Inspired by spiritual guru Ram DASS, his mission was to help others find peace and joy in every moment.

When you are living in the moment, it's not just about taking chances. It's about truly being in the present. Even if its standing in a still position, for a fleeting moment. Turning the "mind noise" down and allow All of your senses to become heightened. You find notice yourself becoming more hyper aware of everything from Scents to the tiniest sounds around you. Just making a conscious effort of being the present, This is an easy way to ground yourself.

Remember, When depression starts to creep into your psyche, that is our human selves, looking behind us, into our past. Then, On the opposite end, when anxiety bubbles, you have pivoted and now worry over the future.

So rather than live with the looming Depression and Anxiety. Be in the Now, Stay in the present. AS Ram Dass said- "[Be Here Now.](#)"

There are only 2 Tuesday's left to book in for your Reiki Session with me before I make my trek across the world!! Book online www.wellphoria.ca or you can email me directly barb@wellphoria.ca I have some spaces left for my Chakra Healing Sessions. As a Holistic Health Coach as well, we can work on perpetual chakra balancing. Book today and lets start your journey towards mindfulness and spiritual well-being."

I will be heading out on my journey to Bali, Indonesia January 20 and Returning Mid February. Bali is a beautiful and wonderfully spiritual place to go for any kind of self healing or retreat. I will be doing regular vlogs to bring you along with me. Follow me on my travels via [Instagram.com/wellphoria](https://www.instagram.com/wellphoria) [TikTok.com/wellphoria](https://www.tiktok.com/wellphoria)

Discover new events with Well-Phoria, including our Candle Workshops where you can learn the art of candle making and leave with your own scented creation. Broaden your knowledge while indulging in a hands-on experience. Join us for a truly unique and enjoyable time.