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# *Dear* READERS

I'm so hopeful that our first issue of 2022 finds you well. Create the time to curl up with your coffee, tea, or cosmo and really engage with Be Well Magazine this year; I invite and encourage you to [provide feedback](#) as much as possible.

Our contributors have so much to offer, and all are committed to informing you, inspiring you and connecting with you.

**Without a doubt, 2021 delivered some real gut punches, suffocating losses, and paralyzing lessons for many of us.**

However, I can honestly say through each one I found subtle gifts and whispers from God's grace which emphasized, 'this too shall pass.' These whispers helped me to cultivate my focus and mission for 2022; **"Surrender and Soar"** resonated in my spirit. Yes, this year is all about taking inventory of the things we have control over, and praying over the things that we don't. Releasing physical and emotional baggage will allow me and you to soar. I can see us now being intentional, simplifying, and taking nothing for granted.

Be Well Magazine is committed to helping you soar by organizing our 2022 Issues in the following categories.

## "SPICES of Life for Women Entrepreneurs"

- Spiritual Practice
- Physical Well-being
- Intellectual Stimulation
- Emotional Well-being
- Creative Expression
- Social Engagement with WeMerge Media

## LETTER FROM THE PUBLISHER



*Carmen Ray*

FOUNDER AND PUBLISHER



In addition to our **Be Well Marketplace**, look forward to **Spotlight Entrepreneurs** featuring up and coming new faces offering unique and thought provoking perspectives and messages.

## MORE THAT'S NEW FOR YOU!

- Be Well Traveled
- Souls of My Sisters Booklist
- My Brother's Keeper - Relationships, marriage, dating and single life.

I'm excited about 2022 and navigating life, business, and purpose with each of you.

Ready? Of course you are. Let's surrender and soar!!!

Happy New Year!

*Carmen Ray*

BE WELL   
*Magazine*

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# BE WELL

## *Magazine*

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## WINTER 2022 ISSUE ACKNOWLEDGEMENTS

# *Thank You*

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**SHARE YOUR**  
*Thoughts*

**Readers, we're building something AMAZING here with Be Well Magazine!**

We need YOU to assure we're building a publication and a brand that's adding value to you personally, AND to your business! Each quarter, we invite you to provide feedback. We commit to hearing you and considering your critique and suggestions. Thank you!

Submit your feedback at [www.bewellforwomen.com/feedback.html](http://www.bewellforwomen.com/feedback.html)



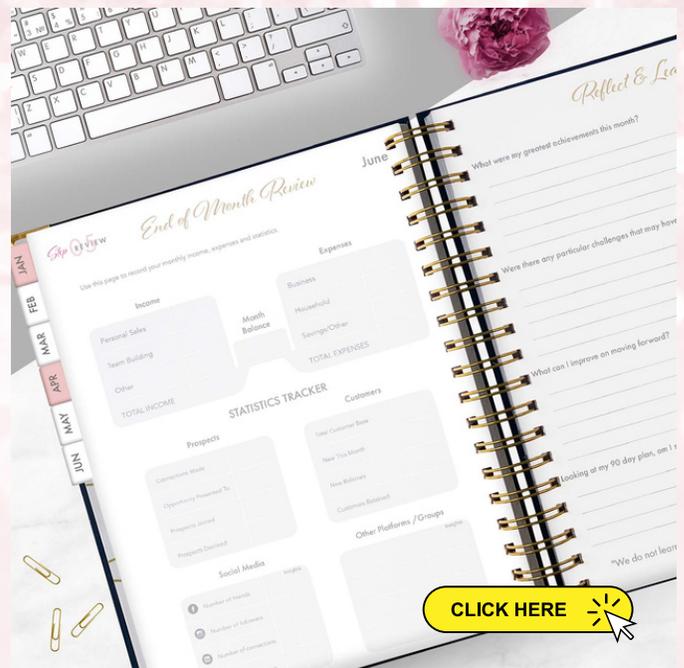
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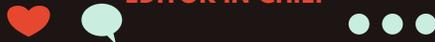


LETTER FROM THE PUBLISHER



*Crystal Thompson*

EDITOR IN CHIEF



# *Flip* THAT CALENDAR ON PURPOSE

**WE'RE BAAACCKK, BE WELL FAMILY! And, we are ON. A. MISSION.**

If you're anything like me you will mistakenly write 2021 for the next 2 weeks. Or, when someone talks about the Covid-19 pandemic, you will have to ask yourself, "Was it during the beginning of Covid or was it during the Delta variant?"

Sometimes the past couple of years feel as though they have all melted together. Often, it takes incredible focus for me to distinguish one month or one traumatic event from the next.

This lead-off issue of Be Well Magazine is our syllabus. Our impressive team of writers, editors, advertisers, administrators, and publishers woke up each day with an attitude to compile creative content—on purpose. This issue is not here by accident. It is the result of mental boot camp and grinding—and THAT is what will be necessary for all of us to make our living worthwhile in 2022!

Readers, as you uncover your purpose, use Be Well magazine 2022 as YOUR syllabus. Study the gentle but giant entrepreneurs featured on each vibrant page. See yourselves in their journeys—which might mimic yours in so many ways. Be encouraged by their contrasts, too, and don't ever hesitate to contact a contributor to learn more about their services, or to gain insight and inspiration.

A new year of chances and opportunities doesn't just happen because we tune in to New Year's Rockin' Eve; resolutions do not simply come to pass because we blow horns or attend Watch Night at church. The newness we desire will not fall upon us by accident; it must be sought after emphatically. Daily. ON PURPOSE.

Inhale and explore **Be Well** daily this year. On purpose. Do it, and watch your lives change for the better.

Love and wellness to you all,

*Crystal Thompson*

Editor in Chief

Be Well Magazine



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Magazine 2022 Contributors



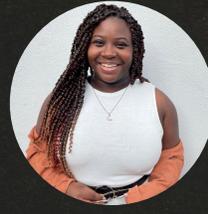
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.HAPPY.  
*New Year*

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## "HOPE" LASHES

Wispy and the perfect amount of volume

BY BEVERLY BROWN

# WHO ARE YOU IN 2022?

If you don't know the answer to that, then more than likely you still have not discovered your purpose.

My name is Beverly Brown and, immediately, if someone asks me, "Who are you?", my first thought before uttering the response is, "*I am The Dreamsteerer™*". I would state that as my immediate thought - not something I would have to think; because what you think first about yourself is truly what you believe- and that matters the most.

What instantly came to your mind when you saw the title of this article? If you can't recall what you thought, then recite it to yourself. "Who am I in 2022?" What was your first thought/response? That is the key.

Are you in the struggle of knowing who you want to be but afraid of and have consistently allowed yourself (and others) to talk you out of who you REALLY know you are? Or maybe you just don't really know.

## Are you an entrepreneur? Are you a business owner?

### Are you on a job with a title, or are you in the midst of finding out who you are?



Are you in the struggle of knowing who you want to be but afraid of and have consistently allowed yourself (and others) to talk you out of who you REALLY know you are? Or maybe you just don't really know.

I can proudly say and identify myself as *The Dreamsteerer™*, but it wasn't always so apparent. I never knew it when I was in high school, nor did I realize it when I was in college studying Business Administration and Marketing pursuing a degree. I didn't realize it when my first job out of college was working at Kmart as a cashier and never moving up to management as I had anticipated. I didn't realize it when I started working in corporate America and receiving numerous promotions and travel opportunities, but fulfilling other people's dreams. I didn't realize it— even in the years of network marketing after leaving corporate America to follow a glimmer of a Dream, then, starting my own business in consulting, that I would much later identify myself as *The Dreamsteerer™*.

I read the book *The Dream Giver* by Bruce Wilkinson over 15 years ago in my early 40's. It was then that I spiritually "discovered" (and later evolved) into *The Dreamsteerer™* – a person that "steers" you towards your goals, dreams and vision. It took MANY years of trials, errors, and tribulation to discover it, but what a revelation it was when I did. Talk about a moment of awakening! Still, it was also my moment of realization that I was chosen by God to become this person He had already ordained since the moment of my conception. [That's a pretty powerful statement...and how many of us can truly say that?]

I believe by now, some of you may relate to my experiences; or maybe not to any of them at all, but that doesn't matter. What matters is even though you may not know or recognize who you are in 2022 [yet] are you on the path to discovering it? If not in 2022, when?

Maybe this is your year. If you're reading this article, then I'm here to prophesy that it most certainly is! [As this article was only intended for the few and the very special that are ready to explore it]. You wouldn't be reading this far if it wasn't an unanswered question in your mind. Of course there are many of you that have answered the question and you certainly should be embracing yourself with a proud smile— shouting 'Hallelujah!', 'AMEN!', and 'Thank you, Jesus!', "I know who I am in 2022!! Praises!!!"

But for those that are still reading and questioning Who Am I in 2022, please let me help you to discover it. This is not a pitch for a sale, it's a genuine invitation to help you discover what God has purposed you to do in your life. Who are you in 2022? Let me fulfill my purpose to serve God by helping you to find out. I know MY ultimate purpose and I plan to fulfill it to its maximum in service to God, and in commitment to those who are not just called but are ready to take action to discover their purpose and are willing to do the same and help others in the process.

***Remember, someone else is waiting on you to fulfill your purpose in order for them to fulfill theirs.***

Visit my website at [www.creativeconsultingdreams.com](http://www.creativeconsultingdreams.com) as I am willing to send you a simple questionnaire to help you get started. After you visit the website, send your request via the Contact page and I will email it to you. If you choose to complete it and return it back to me, you will receive an invitation to chat with me for 30 minutes absolutely free. And the rest will be up to you.....

Blessings,  
*The Dreamsteerer™*

BY BEVERLY BROWN

# STRESS & DRAMA... *Free*

I have had the same New Year's resolution for the last 4 years and this year will not be any different. On December 31, 2021; when the countdown begins as we enter a brand-new year, I will again commit to the same exact New Year's resolution. My new year resolution, again this year, will be to remain stress and drama free throughout 2022 and as long as I am on this earth. I know you are saying to yourself, 'How are you going to do that? What about all the bad news and violence in the world? Isn't work stressful? Aren't we in the middle of a pandemic? Haven't you lost Loved Ones and aren't you grieving their loss? Are you struggling financially?' Yes, to all of these great questions, however I cannot control what happens in any of these situations; nor can I control anyone else's feelings, thoughts or behaviors. What I can do is simple...

## ***Three simple steps to living a stress and drama free life in 2022:***



**Step 1: Pray! And to be very specific, start each day with the Serenity Prayer.**

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

This prayer can be broken down even further to help get through another year. God- ask Him for what you want. Call His name and be very clear about what it is that you desire. Remember, you are not on this journey, called Life, alone. You can call on a higher power and use spirituality for guidance in personal relationships, business, and enhancing what skills and knowledge you have already achieved.

Grant me the serenity to accept the things I cannot change- serenity is remaining at peace as you accept- do not challenge or resist what is about to happen. Things we have no control over will happen whether we worry or whether we choose to accept them and find a way to cope and get through it.

The courage to change the things I can- Courage is the opposite of fear and we all need courage to step out of our comfort zones and face the things which are causing confusion, fear or discomfort. Facing our fears directly with a plan to change how we do things in the future is gratifying and can relieve us from unnecessary settling and suffering. We can rise to the occasion and choose a better life and way of doing things to enhance our lives.

And lastly, the wisdom to know the difference- wisdom is being open-minded and non-judgmental of self; allowing experience to guide present decisions and trusting you will make the right decision. By knowing the difference, you will be able to identify when to act and when to remain still and let go of any negative thoughts or behavior patterns which cause worry or stress.

**Step 2: Me vs. Me Attitude-** Focus on being better than you were yesterday. Stop comparing yourself to anyone else and only work on you. You can be a better mother, friend, businesswoman, etc. each and every day. Imagine if you got just a little bit better each day for the entire 365 days of 2022. You will have reached many personal goals and celebrated many successes along the way.

**Step 3: GRATITUDE-** Remain humble. Be thankful for everything while appreciating each moment and each opportunity which we are given. Say “thank you” often and express your thankfulness with acknowledgement and praise. Do not take things for granted! Recognize all things big and small, monetary and intangible. Strengthen relationships, or, build new relationships and embrace the gratitude for how you feel or how you make others feel when in their presence. Give without expecting anything in return as a showing of gratitude for all the blessings you have received in life.

Happy New Year, and may you be blessed with love, peace, success, and a stress & drama free 2022!

BY CYRENA MARTIN

BY JACQUELYN DELANE

# Be WELCOME

Hello Be Well Community and welcome to 2022!

When you hear the word “welcome”, what thoughts immediately go through your mind? Do you see a friendly face, a warm greeting, a polite exchange, gladness, delight, or what? Well those are some of the things I see and hear when I think of the word **welcome**. As we leave behind all of 2021 with the lessons we learned and the experiences we had, let’s welcome 2022 with open arms and put into practice something we learned and cherished from those lessons.

**No matter what the lesson, let’s decide to share that friendly face as we encounter our neighbors, friends and family; be intentional and welcome them into our space.**



A warm greeting to a coworker, a person we ride the train with everyday, or a church member we see across the aisle every week—let’s brighten their day. A polite exchange to the person walking their dog or sitting on a park bench, can add value to their day. Being extra kind to the waiter at the restaurant or even the worker at the drive thru can bring gladness to their heart. My message is simple— the more we bring a warm welcome into the hearts and minds of others, the more life will **welcome** us!

Have a super-fantastic and unapologetic start to your 2022, and don’t forget to bring welcome inspiration to someone everyday!





Enjoy your passion and travel.



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JOJOPAHMARIA NSOROMA

## BECOMING THE BEST VERSION OF *You!* IN 2022

Recently, my Google News streamed me an article about the youngest self-made billionaire in America. He is currently 26 years old, and his estimated net worth is 3.2 billion dollars. Austin Russell's company, which he founded when he was 17 years old, designs laser-based radar sensors for self-driving cars. Reading the article, which was all about his newly acquired 83-million-dollar mansion, had me immediately respond with jealousy and judgment. Then my self-shaming talk showed up, and for about 5 minutes I consciously believed that there was something wrong with me for being three times his age and not as financially fit. After that momentary and most-human lapse of sanity, I came back to my right mind—and to the truth: Being successful in life has very little to do with how wealthy or how economically challenged you are.

Although most of us want to believe that being wealthy and financially fit is the best version of ourselves, this is an illusion. The accumulation of wealth as a determinant of who is valuable in life (and who is not) is a very old paradigm and dysfunctional social conditioning. Ancient war lords oppressed and ruled over farmers just as medieval monarchs did to peasants, and plantation owners and other captains of industry did to slaves and paid laborers. History, and our hearts and souls, tell us that materialism is not a true measure of human achievement.

And yes, we currently live in a global culture where economic intelligence is necessary for having your basic needs met, accessing educational and health resources, or being a successful entrepreneur. Despite all of that, being the best version of you is not just about what you have or what you do in life. Being your best is truly about how loving, kind, compassionate, supportive, and truthful you are to others; and to **yourSelf**. It is also about how you choose to respond to the unexpected and unrequested troubles and challenges of life. One of my favorite quotes from the 1939 movie, *The Wizard of Oz*, illustrates this beautifully. It is what the Wizard says to the Tin Man after he awards him a heart,

*And remember, my sentimental friend, a heart is not measured by how much you love, but by how much you are loved by others.*

The year 2022, from an indigenous wisdom perspective, is the third part of the radical evolutionary shift in human consciousness that was set off by the arrival of the 2020 global pandemic, the murder of George Floyd, and undeniable impact of climate change. In the second part of this current shift, 2021, we experienced even more disruption and upheaval to life as we knew it before 2020, and even more awakening to and accepting of the fact that there is no going back. Now in 2022, we have the opportunity to establish new ways of having, doing, and being that is respectfully responsive to our new situation. By taking on the challenge to consciously become the best of who we are, we will automatically be creating a new Earth experience that is centered in love, not fear.

***To become the best version of you, especially in 2022, you will need more than financial strength.***

You will need to embark on an emotional, spiritual, and physical learning journey. Why? Because being your best is not just an intellectual process. In the Epilogue of her best-selling memoir, *Becoming*, Michelle Obama shares her deep understanding of what becoming the best version of you truly means:

*“For me, becoming isn’t about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. . . It’s all a process, steps along a path. Becoming requires equal parts patience and rigor. Becoming is never giving up on the idea that there’s more growing to be done.”*

(*Becoming*, Michelle Obama, Epilogue, pp.419-HC)

This journey of forward motion to which Michelle Obama alludes can also be understood as the natural evolutionary impulse of our Universe. We are here on this Earth to heal, grow, and transform. This also means that we will be given blocks to overcome, and which Michelle says we can overcome through patience, rigor, and a commitment to continuous learning.

I believe there are three universal blocks to our collective and individual forward motion, which are (1) ancestral wounds, (2) the dominance dynamic, and (3) stuck emotional pain. I also believe that 2022 brings a powerful energy to support us in the work we need to do to free ourselves from what was, so we can confidently, collectively, and healthily experience the best of who we are as humans. Below are my suggestions for how we can intend to move beyond each of these blocks:

**1 Healing ancestral wounds:** according to the science of epigenetics -- what we inherit non-physically from DNA, our individual wounds from our life experiences are rooted in the ancestral wounds that we carry. Unlike our ancestors, who had to focus solely on surviving through genocide, slavery, immigration, poverty, plagues, and centuries of war, we now have the luxury and the methods to consciously learn how to heal from those and any historical traumas.

**2 Growing beyond dominance dynamics:** the belief that only one group, one gender, one race, one country, one religion, one financial system, one living situation, or one perspective about life is more valuable than any other, has got to come to an end. We must dismantle this belief system that is detrimental and in direct opposition to societal well-being. We can consciously choose to grow and reprogram our minds to embrace the cosmic and spiritual truth that there are no disposable persons and that each one of us is here for a reason; and, too, that each one of us can ultimately contribute to making this beautiful planet a source of fulfillment for all.

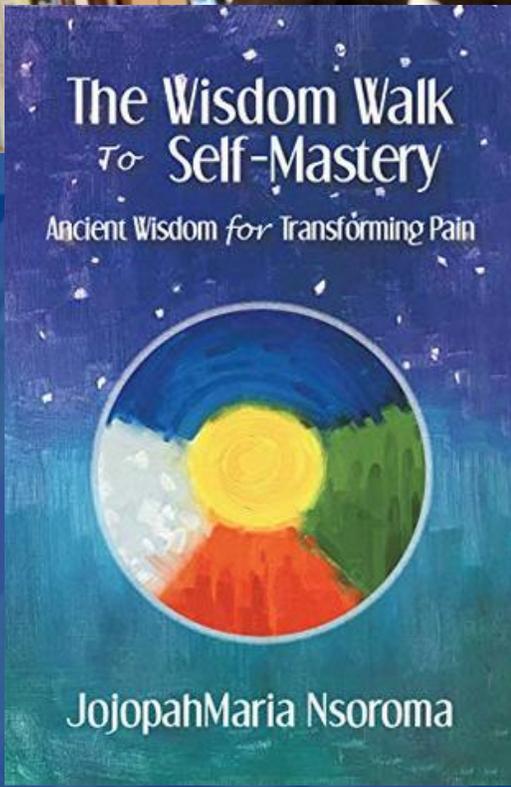
**3 Transforming stuck emotional pain:** transformation refers to the experience of becoming more of what is a true reflection of our souls and our divine selves. Our essential purpose in life is to love and be loved in return. Any negative, painful, upsetting, or unloving situation we experience from others, do to others, and to ourselves, is evidence of our *pain body* (read Chapter 5 in *A New Earth* by Eckhart Tolle). This stuck emotional pain lives in our subconscious mind and grows very fast, until we choose to accept that any pain not transformed is being transferred. Transformation of the pain body is always possible, just like the miraculous transformation of Ebenezer Scrooge in *A Christmas Carol*. We can uncover how adverse childhood experiences have informed our unconscious self-image, consider how what we think, say, and do affects others, and go beyond the limitations and unhealthy conditioning of materialism as the measure of our success in life.

Becoming the best version of you is not an easy task, but it is a necessary one. I will conclude with this quote from renowned teacher and bestselling author, Gary Zukav, from his latest book, ***Universal Human: Creating Authentic Power and the New Consciousness***:

*Change in the macro occurs in the micro. The world is the macro. You are the micro. If you want to change the world, you need to change yourself. Creating authentic power changes more than you. It changes every collective in which you participate from the smallest to the largest . . . It changes your family, city, country, and your world. (Zukav, Universal Human, pp.6 HC)*

### About Jojopahmaria Nsoroma

Jojopahmaria Nsoroma, owner and steward of Higher Expectations Consulting Collaborative, is a shamanic healer and innovator/influencer of human and organizational change. Since 1979, she has made significant contributions as a human services professional through a wide variety of educational and program leadership roles. In addition to her organizational and professional development work, Jojopah also provides spiritual coaching and guidance to individuals, broadcasts a weekly internet radio program (*Wisdom Walk Talk*), is a YouTube influencer (*Wisdom Walk to Self-Mastery*), and has published her first book, (*Wisdom Walk to Self-Mastery: ancient wisdom for transforming pain*). She currently resides in Santa Monica, CA where she can easily walk to the ocean, practice her skills as a classical pianist, and visit restored movie palaces in Hollywood.



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Facebook Group: [Wisdom Walk Community](#)



# IT'S A BEAUTIFUL LIFE – LIVE IT WITH 100% RESPONSIBILITY

## Remembering Who You Are!

You are not a mistake. You are fearfully and wonderfully made, knitted together in your mother's womb by the Creator of Creation, who brought you forth on the day you were born.

Regardless of where your relationship stands with your earthly mother, the Heavenly Father, the Creator of Creation knows everything about you. He is not distant or angry; rather, He is the Complete Expression of Love, lavishing it on you and through you. His thoughts toward you are as countless as the sand on the seashore. His plans for your future have always been filled with Hope, because He loves you with an everlasting love. He rejoices over you with singing!



What are you doing with all of that love? How are you living the life you have been birthed to live?

What a phenomenal opportunity to take time at the beginning of this New Year to review where you are, where you desire to be and making the needed adjustments.

Are you taking care of your **health**, your **business**, your **family**, and your **future**?

Are you eating to sustain your body and brain to the maximum potential, or are you haphazardly tossing substandard, non-nutritional junk into the supreme vessel that you are gifted to steward? Are you exercising and moving your body and your brain to keep it flexible and in supreme condition to handle the weight of the beauty your life is designed for – which often comes wrapped in sandpaper?

Are you displaying your gifts, talents and abilities to their full degree? Have you stepped into faith and courage to fulfill the creative assignments and purpose for your life, unique to your fingerprint and DNA, being blessed by the blessing you are to your world? Have you found a need and filled it, or a hurt and healed it within your sphere of influence with the divine intelligence, creative genius and channel of love and compassion you have been made to be?

Are you spending time encouraging, praying for and uplifting the souls that are in your immediate circle, whether blood or covenant? Are you honoring the elders with respect, love, dignity, and a portion of your time to just sit and allow them to experience the joy of your presence?

Do you spend one night a week planning out the next? Are you wisely investing a portion of your time, talent, and resources into the future, and are you making S.M.A.R.T. goals and planning for 1, 5, 10 and even 20 years from now, yet living and trusting the Creator of Creation as if you have only today?

One of my favorite songs is by Norman Connors, sung by Phyllis Hyman, which simply says, *“There’s no one like you; no one quite as special. You’ve got all that you need. Take care of yourself, make your magic happen, make life the best it can be. And when the clouds of doubt catch you off your guard, just remember who you are.”* Invaluable encouragement.

Grant Cardone, the author of *“The 10X Rule: The Only Difference Between Success and Failure”* shares this related wisdom which I believe is essential for us to implement: *“Regardless of the goal you are striving to accomplish, you will be required to think differently, embrace a die-hard level of commitment, and take massive amounts of action at 10 times the levels you think necessary – followed by more actions. Almost every problem people face in their careers, and other aspects of their lives – such as failed diets, marriages, and financial problems are all the result of not taking enough action.”*

We must take 100% responsibility for our part, using what the Creator of Creation – God – has gifted to us. It has been said God's gift to us is life. What we make of it is our gift to Him. Live your life to the fullest, precious one. Be IN Courage.

# YOUR PEOPLE CONNECTIONS

## *Pit or Palace Mentality*

A new research study supports that only 8% of the world's population achieve their long term goals. With so many dreams being put on back burners, when you think about the goals you want to achieve in your new season, you will have to be very strategic to make success happen. Achieving big goals requires stepping out of your comfort zone, being bold in pursuing your desires, and doing some things very differently than before, including who you allow in your inner circle.



***When you set big goals and seek to do a new thing in your life, you will get both positive and negative responses from those around you.***

The bigger the goal, the more likely the negative responses. Sometimes those closest to you will be the most unsupportive. However, if you don't want to be among the 92% who fail in goal-achievement, you can't allow the lack of support to impact your determination to make the goal happen.

So, next to assessing your internal beliefs related to your capacity to achieve your goals, you must critically assess those in your inner circle. The question is 'do those around you have a pit or palace mentality when it comes to goal pursuits and achievement'? Allow me to explain. Those with the ***pit-mentality*** are comfortable where they are and have no drive to move. They tend to constantly focus on the negative and generally can't think outside the box. Because of their limited mindset, these individuals can't help you get to your next level. Individuals with a ***palace-mentality*** are forward thinkers. They know that God has planted something great in each of us and will strongly support efforts to take goals to the next level. These individuals generally reject negativity and seek to push you forward rather than hold you back.

People with a ***pit-mentality*** can't be happy when you begin to soar into your greatness. Your movement is a threat to their comfort zone. The response you'll likely get from them when you try to move from the pit to the palace is challenge, discouragement, and reasons why you can't do what you want to do. Individuals with a ***palace-mentality*** will be happy for you when they see you pursuing your destiny.

They will support you and if they're really good, they won't let you settle or quit.

As you assess your inner circle, be sure to assess yourself as well. What is your mentality and outlook on life? If you have a pit-mentality, you have likely surrounded yourself with a pit-mentality posse. With that mentality, you can never elevate to the palace and see your goals manifest. If you continually align with pit-mentality folk, you will find yourself stuck in the pit with them. It takes a palace-mentality to fight with the boldness it's going to take to make your goals your reality.

As you strive to achieve your set goals, be cautious of the people you allow in your inner circle. Birds of a feather truly do flock together. If there are connections that you need to eliminate or interactions you need to minimize, seek God's guidance and make it happen. Realize that the more you strive to elevate from the pit to the palace, the more you will encounter those who just don't understand your path... and they don't have to. God has given you everything you need to achieve anything you have ever desired. He promised that you can do all things through Christ who strengthens you. Tap into that strength, reject negativity, watch the company you entertain, and go make your dreams your reality.

DR. KESHIA TATE

# GET THE BAG & Keep the Balance

Just when we thought 2020 was the year that dealt us insurmountable losses, a plethora of challenges, an array of surprises, and the unimaginables; 2021 has certainly taken us by storm!

## *Time Is Not Our Friend*

In many ways 2021 was the year that defined multitudes of people and ignited them to hone in on their passions and purpose; then, also, to pursue them. This year, people seem to be moving with a sense of urgency and with so much intention. It almost feels like people have come to the realization that time is really not on our side. In fact, Friday, October 15, 2021 was THE day that caused me to really grasp that fact. On that day my dear sister friend LaTachia Morrisette Harper suddenly passed away at the tender age of 46 years young. Tachia was the epitome of beauty, brains, compassion, happiness, love, and living a purpose-driven life. She was truly loved and adored by the masses. Her death really took my breath away. Over the past two months, I have been thinking about her life, my life, and the lives of so many women entrepreneurs. Many of us are working 9-5s, working on side hustles, raising children, married or in relationships, and in pursuit of purpose, too. These things are great, but oftentimes we are so busy **being, doing, and becoming** that we neglect to truly take care of ourselves. I am certainly guilty of this. Are you guilty too? Tachia's transition reminded me that we are human and oh so fragile. Yes, all of those things are important, but we need more. "Self care Saturday" or a "Soul food Sunday" is simply not enough. We must be just as intentional about our health as we are about other things in our life. We MUST add OURselves DAILY to our calendar. We MUST listen to our bodies and care for ourselves like we care for others.

At some point in most of our lives we will be given lemons—situations that really are difficult to fully comprehend. Instead of allowing yourself to be consumed by it, take a step back to find the lessons and the blessings in each situation. This year, 2022, I am committed to allowing all of my lessons to be the catalyst for my growth and development. But I am also putting MYSELF at the top of my "To Do List."



*I am dedicating time for me on days that start with other letters than Ss. I am also giving myself permission to just be, be still, and to be balanced— YES, even as I Get the Bag!*

What about you? Let me help you!! WE are in this together!!

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Ask questions & make sure we are the right fit!

# Welcome to Be Well!

Monica Morgan has over fifteen years of Consulting, Training, Career Coaching and Workforce Development experience. She is a writer and an author who has co-written chapters in three book collaborations—“**After Him,**” “**Soul Cries,**” and “**Dreamsteerer;**” while going through breast cancer. Her first solo book project, “**The ABC’s of Racism & Reconciliation,**” is currently being released. She is the CEO of **Change Today LLC**, where she conducts **Heart to Heart Whispers: Nuggets for the Heart and Soul** workshops which consist of topics around racism and reconciliation, empowerment and family legacy planning, poems, writings, and care plans.

Monica’s mission through *Change Today* and *Heart to Heart Whispers* workshops focuses on providing tools, resources, and support to help corporations and individuals move forward in their careers and personal lives through tapping into their natural gifts and talents; to find success from the inside out. Monica is also Director of Grants and Community Partnerships for Community Grant Connectors, an organization providing Grant Writing and Fund Development strategic planning initiatives and support to local and national businesses and corporations.

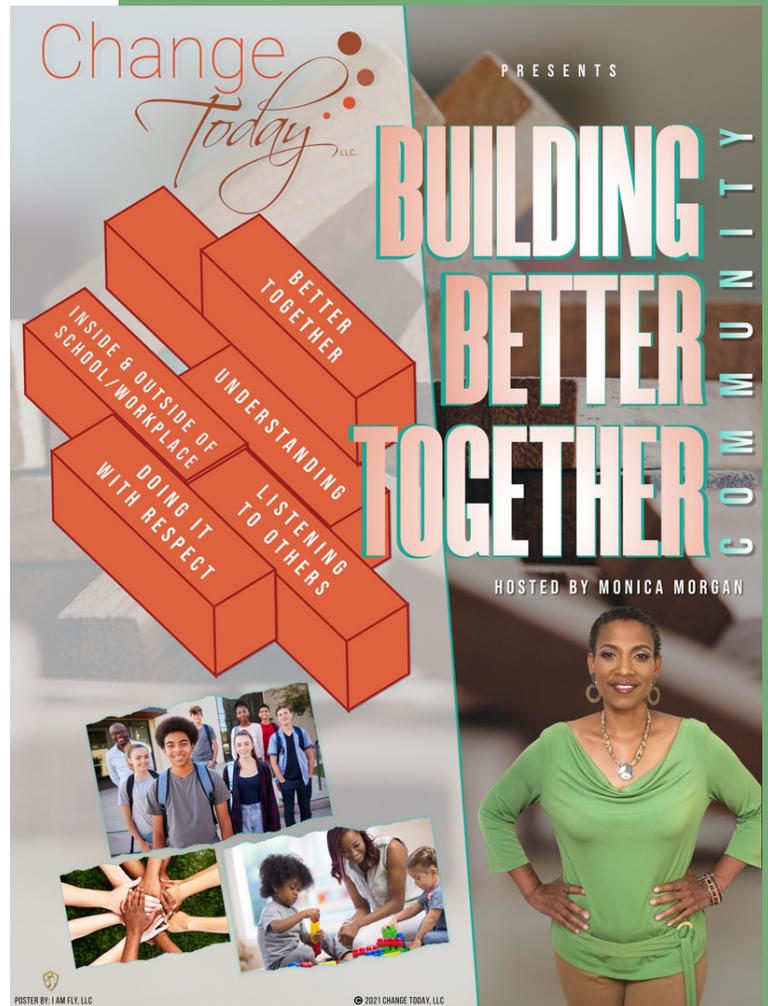
Through the “**Building Better Together**” workshops and training, students and staff collectively have the opportunity to assess external and environmental factors that may be barriers to students that impact learning and engagement. Through the workshops, grace, space, and room is extended to not be perfect as an educator or student, but courage and willingness to hear, engage, and understand at a heart and soul level of education.

The “**Building Better Together**” workshops and training are also available for non profit and corporate leadership and staff retreats.

IN THE BE WELL

# Spotlight

MONICA MORGAN



For more information,  
send an email to Monica:  
[changetoday4u@gmail.com](mailto:changetoday4u@gmail.com)

# Explore You, Explore Us.

## STARTING THE JOURNEY FROM WITHIN PART 2

Have you ever heard of the Mirror Self-Recognition Test performed by American psychologist, Gordon Gallup Jr? According to research, this test helps to determine whether an animal possesses the ability of visual self-recognition. The MSR test is the traditional method for attempting to measure physiological and cognitive self-awareness which may include songs and scents.



In this test, the animal checks its reflection to verify if self-recognition takes place after a mark or symbol is placed on its body. In education and self-building exercises, this concept has been enhanced to determine a seven day to 2 week process. Do you know who you are? Can you recognize yourself inside and out as well as a connection to the world as a whole? In other words, do you create your own space with solid self-recognition or is your ability to recognize the self influenced by all of your experiences, songs, and scents?

The following is a combination approach to self-development on a person's intrapersonal and historical content. It involves defining who you are by connecting with your entire being. Through introspection you will grow skills of self-development.

This process will involve looking into the mirror each day and noting what you see. Write what you see daily. After two weeks, you will begin to see a different you and relationship to the world.

- 1. Day one**—look in the mirror and describe what you see. This is usually the face and outward appearance.
- 2. Day two**— describe the image from a full length mirror.
- 3. Day three**—using only the vanity mirror, stare into your eyes and describe what you notice. Ask yourself, "What do you see?"

**4. Day four**—Using the head mirror, stare into your eyes and begin a deeper look describing your view of the inside. Notice your pupils will enlarge.

**5. Day five**—Continue staring into the eyes and begin studying the insides.

### *Here's where it grows deeper with your mirror study:*

Each day thereafter, you describe what you see. This now turns into your inner being, intelligence, drive, feelings, and persona.

Continue by working to trace and connect to your background. Notice, you will start with your name and that of your parents, and continue down bloodlines.

Eventually you will describe your level of self-awareness, identifying your strengths and weaknesses.

Relate that to your community and world.

Begin exploring those parts of yourself and culture.

Continue your journey from within; looking and studying beyond the scripted days by Exploring You as you Exploreus.

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# THE CHOICE SHOULD BE *Yours*

In this day and time, confidence and beauty don't seem to go together. At least that's how the media and society portrays it. We are always being told that if we are not this size or this shape then there is something wrong with us. Our skin must look this way. Any sign of aging must be stopped at all costs. Eternal youth is the goal. What is a woman to do?

Now I am all for taking care of yourself and doing what you can to hold off the aging process, but I don't think we should be bullied into getting these treatments and procedures to look beautiful. I am not against anything a woman wants to do to feel better about herself.

But I don't like it when a woman feels like she **HAS** to do these beauty processes to compete. I don't like when women become depressed because they don't look like what the media plasters before us as the ultimate way to look; when women are made to feel that they just don't measure up. When they feel forced to go under the knife looking for beauty.

*Beauty is a mind thing.*



I know some very beautiful women who don't even think that they are pretty—let alone beautiful. They are not sure of their looks and are always focused on their flaws; most of which are in their heads. Then, I know some women who don't fit the standard that society deems as pretty, and they are self-assured and satisfied. This is their confidence.

And that is what it all boils down to. It's a confidence thing. When you feel good about yourself you move differently. There is a distinctive air about you. You don't feel the need to compete and compare. You know that beauty trends come and go. What is **IN** today will be **OUT** tomorrow. You learn how to work with what you have. You make the best of what you have been blessed with.

The things you can change, you change. The things you can't, you learn to love. It comes down to choices. Don't worry yourself searching for that perfect body. Don't become depressed and upset about that wrinkle, or that your breasts are not as firm; your butt not as high. Find something about your body that you love, be grateful for what you have. Remember that what you don't like, another woman may love to have. Beauty is in the eye of the beholder.

And if a little nip here and tuck there is what you want to do, then do it. Remember, it's about choices.

**JUST LET THE CHOICE BE YOURS, SIS.**



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# RESTORATION ME, *Restoration You!*

Raising children on my own seemed like something that was inevitable for me. It seemed to be passed down from generation to generation on my mother's side. Most single parents know the struggle of raising children, maintaining a household, keeping the kids happy, and losing yourself in the process. So what happens once your kids are grown and out in the world living on their own? What do you do with yourself?

I knew I always wanted to be a business owner, but that dream felt a little far-fetched after I divorced my husband of 9 ½ years and found myself raising two girls without the support of the father that helped create these beautiful children. I told myself after they graduated high school I would pursue my dreams of becoming a business owner. I initially thought that I would open a restaurant since that was my background, and my daughters love to cook. But once I started looking into what it would take for me to open a restaurant, I adjusted my dreams to opening a food truck instead because that seemed more feasible. Even in downsizing my dreams, they still felt out of reach. But why was that? So many single mothers were starting businesses and creating the lifestyle they wanted to lead. How was it that they were able to do that and I was not?

Instead of asking the proverbial “why” question over and over, I decided to get **M.A.D., I Made A Decision**. It was time for me to be who I was created to be. I was more than the Girls’ Mom; more than an employee; More than everyone else's "yes" girl. So who is Wendy?



I'm having so much fun **learning who I am**, and what I like and don't like; what makes me happy. What clothes I like to wear; Where I want to travel. How I want to serve in my church; what kind of men I like. (Watch out now!!) While I've been on this journey of Restoration Wendy I've learned a few things that kept me on my path.

The windshield is bigger than the rear view mirror for a reason. The whole world is ahead of you, and it requires a big window so your view isn't obstructed. You don't want to miss anything. Don't spend time constantly looking in the rear view mirror at what's behind you. It's distracting and you will end up off course.

Create your mission statement. Build your goals, purpose, dreams, and direction so when distractions come you will have a guide to get back on track.

What others think of me is none of my business. Not everyone is for you, and that's ok. Find those that are. It's important to surround yourself with like-minded people. If you can't change people, change people.

Live life on your terms. Don't allow the expectations of others to determine your direction. Remember your mission statement. Stay in pursuit of your dreams, your passions, and your goals. And, do it your way so it becomes uniquely yours.

My journey to Restoration Wendy has been amazing so far. God makes all things new. Every day brings new mercies. You are more than your past. Bring out the YOU that is itching to get out. Restore you.

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# REBOOT IN 2022

This year has indeed been a year fought with so many challenges.. On a global scale, while still reeling from the impact of the COVID-19 Pandemic there is now the Omicron Variant. This variant at the time of this publication is expected to see cases spike drastically in the next few months in the US and global markets like never before; and with no end in sight!

Indeed, adjusting to this “new normal” has definitely had an impact on how individuals today are forced to operate inside of schools, places of worship, and in other organizations and businesses—businesses which are also forced to operate.

However, with all that being said, it is more important than ever before that YOU take time away from all of the distractions to jumpstart your action plan NOW for 2022 in the following areas listed below:

## FINANCES \$\$\$:

Money is a major source of stress for many Americans today. A study by Pew Research revealed that half of the surveyed non-retired adults stated that the pandemic will make it even more difficult for them to reach their financial goals. Sadly, statistics reveal that in 2019, prior to the COVID-19 pandemic, the 2019 national Black poverty rate was more than double the white poverty rate in the U.S. Needless to say, when White people catch a cold, Black people catch pneumonia! Examine the amount of money coming into your household and what your expenses are. Look at ways you can cut or eliminate your expenses.

### Here are just a few questions to help get you started on the right track:

- Do you have a savings as well as a checking account?
- Do you check them regularly to make sure the information being provided is accurate? Consider creating a savings goal this year.
- Do you have credit cards? You may want to consider using a debit card/and or cash when making major purchases. Also, do your research when changing jobs and/or getting a second part-time job also known as a side hustle.
- Do you know your credit score? Monitor your credit score at least once a month and at a minimum once a year.

## HEALTH:

If you haven't heard it already, “Your health is your wealth.” So many health issues are impacting women overall, especially women of color. As a result, it is important that we all take time this year to set goals for our health and wellness. Here are a few things to consider when examining your health and wellness.

- Get annual physical check-ups
- Get annual mammograms
- Make sure you are getting adequate rest
- Be sure to drink an average of 64 ounces of water daily.
- Be sure to get some type of moderate aerobic activity for 30 minutes, 5 days a week

## MENTAL HEALTH AND WELLNESS

A brisk walk during your lunch break or 2-3 times per week when you get home is a great way to unwind from a busy work day, and transition to focusing on your duties on the homefront. Remember, exercise does not only benefit you physically, but it also helps your state of mind!

## SPIRITUAL WELLNESS

The pandemic has shed light on how important mental health is to our total wellness. The unusual amount of isolation individuals impacted by COVID-19 have had to endure has certainly had a negative impact on mental health. Sadly, the rate of suicides and depression have also increased as a result of this prolonged period of isolation and quarantine. Your spiritual wellness is important. It is an important part of who you are. It is the true essence of who you are as an individual and is an intrinsic part of your core values. Make sure to include this aspect of wellness in your health and wellness plans as you create your overall goals for 2022 to TRULY BE WELL!



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# *Take a Deep Breath*

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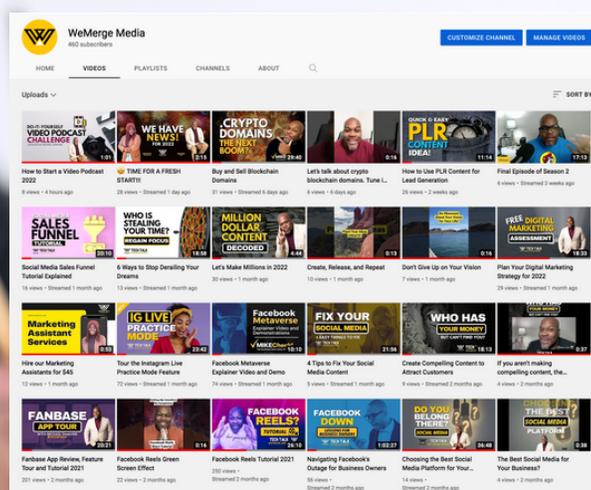
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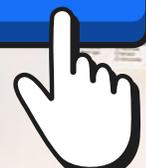
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