

SUPERSTAR WOMEN ENTREPRENEURS

**SWE**

**THE  
SOUL ALCHEMY  
ISSUE**

SPIRITUAL HEALER  
Dr. Joy Pedersen

# THE SOUL ALCHEMY ISSUE



**W**elcome to THE SOUL ALCHEMY ISSUE. This edition is dedicated to individuals seeking to expand their spiritual growth and personal development, transforming their inner world to create a life of abundance and fulfillment.

Within these pages, we provide actionable solutions and valuable content in one convenient place to help entrepreneurs like you save time and focus on what you do best. Explore techniques, tools, tips, and resources that elevate both your spiritual practice and your daily life, with holistic well-being practices, and the transformative power of connecting with your true essence.

Discover the remarkable individuals who have embraced their spiritual journeys, uncovering their true potential and sharing wisdom that transcends the ordinary. Their transformative practices, will inspire and encourage deep, meaningful change.

Whether you're just beginning your spiritual journey or looking to deepen your practice, THE SOUL ALCHEMY ISSUE is your ultimate guide. Explore the depths of your soul, harness your inner power, and forge a path of enlightenment and success.

**Where Entrepreneurs Thrive!**

**JOIE GHARRITY**  
*Editor-in-Chief*



# TRANSFORM YOUR LIFE WITH SPIRITUAL HEALER DR. JOY PEDERSEN



We are thrilled to spotlight our cover girl, Dr. Joy Pedersen, a remarkable individual who has dedicated her life to unraveling the mysteries that block our paths to true success and fulfillment. Starting her journey in Hollywood in 1981, Dr. Joy embarked on a mission to help individuals overcome unseen barriers in their lives.

With a global clientele, she identifies and releases hidden causes of challenges affecting business, finances, relationships, mindset, health, and well-being. As a master in clearing darkness, healing past lives, and addressing trauma, Dr. Joy's teachings are of paramount importance in today's world. Her ability to address and heal the root causes of our struggles offers a beacon of hope.

By tapping into the Divine, she empowers individuals to transform their lives, fostering a deeper connection with their true selves and the universe. As an international best-selling author and a channel for messages from God, angels, and ascended masters, Dr. Joy brings forth wisdom that transcends the ordinary.

Holding prestigious titles such as *Doctor of Divinity* and *Licensed Spiritual Healer and Coach*, Dr. Joy is recognized not just as a healer but as a guide toward enlightenment. Named the *Business Spiritual Healing Specialist* for 2023 and 2024, her influence in spiritual alchemy is unparalleled.

For those eager to embark on a journey of profound transformation, Dr. Joy Pedersen is not just a guide

but a catalyst for alchemical change. Through her healing and teachings, she elevates our understanding of spiritual alchemy, revealing the path to unlocking our highest potential.

For more information, visit Joy Pedersen's Website <https://joypedersen.com> today!





# SUPERCHARGE YOUR INNER GAME AND CREATE A PROSPEROUS LIFE

In *Being Your Own Superstar: How To Expand Your Love Capacity*, Joie Gharrity shares a transformative daily habit system designed to supercharge your inner game and create a prosperous life. This book shows how expanding your “love capacity” can help you shine brighter and receive more love and success from the world.

## The Power of Love Capacity

The size of your Love Capacity is a reflection of your ability to welcome your dreams and desires into your life. Dreams, desires, money, awards, and material things all are wonderful gifts of love in various shapes and sizes. Getting what you want is all about embracing, receiving, and celebrating love. If your dreams and desires are overflowing, you have a high Love Capacity that matches them.

## Joie’s Journey and Daily Habits System

Joie shares her personal journey and her signature *Expand Your Love Capacity Daily Habits System* in her book. These habits will help you break through barriers, replace overwhelm with focus, and become the superstar of your own life. Designed as a practical play guide, this book will help you manifest your dreams and desires quickly and easily.

## The Impact of Morning Habits

Incorporating positive daily habits into your morning routine can set the tone for the entire day. Morning habits are powerful because they influence your mindset and energy levels, creating a strong foundation for the rest of the day. By starting your day with intentional practices, you can expand your love capacity and create a prosperous life.

## Visualization Tool to Expand Your Love Capacity

An empowering daily habit exercise from Joie’s *Expand Your Love Capacity Daily Habits System* is a great tool to grow your Love Capacity. Traditionally, you might have visualized

yourself solo. Today, visualize a stadium full of fans who support you and cheer you on while sharing your dreams and desires with them. The cheering crowd will help you take ownership and accountability of your dreams and desires. Allowing thousands of fans to shower you with massive amounts of love will grow your Love Capacity. The cheering fans will help you to allow, receive, and accept love in various forms.

## Step-by-Step Guide: Expand Your Love Capacity with Cheering Crowd Visualization Tool

Set your timer for five minutes.

Close your eyes and visualize yourself standing in the middle of a large stadium full of cheering fans.

Look at all the fans that have shown up for you and are cheering for you. Open your arms and allow, receive, and accept the love they are outpouring on you.

Next, share one goal or desire with the crowd and visualize them cheering for you as you allow, receive, and accept your goal or desire.

By incorporating this visualization tool into your morning routine, you start the day empowered and focused. This simple yet powerful habit allows you to welcome more love and success into your life.

Expanding your love capacity is about embracing, receiving, and celebrating love in all its forms. Use the *Love Capacity Daily Habits System* to enhance your well-being and transform your life.

For more insights and the full *Love Capacity Daily Habits System*, grab a copy of *Being Your Own Superstar: How To Expand Your Love Capacity* on Benable here: <https://bit.ly/3YRDz57> and start your journey to becoming the superstar of your own life.

# A JOURNEY OF EMPATHY AND FOUNDATIONAL HEALTH WITH WELLNESS ADVOCATE LONA DERIEUX



**E**mpathy and natural wellness are the heartbeat of Lona DeRieux's practice, Happy Healing, Inc.

She shares knowledge and resources to make it easy for wellness seekers to embrace natural health solutions.

Since beginning her journey as a Wellness Advocate in 2011, Lona's core mission has been to work with individuals so they can achieve their health goals through foundational natural solutions.

A big part of the success of her practice is the love, passion, support, and enthusiasm she brings to each session. Lona's goal is to be of service and help you uplevel your personal and professional lifestyle in a way that aligns with your commitment to wellness.

Her passion for foundational natural health solutions and to teach the proper use of Essential Oils led her to transition from her accounting business, after facing health challenges.

As a certified Emotion, Body & Belief Code practitioner, she specializes in a revolutionary energy-releasing system that addresses both physical and emotional well-being.

### **Lona's Daily Practices to Enhance Well Being:**

Lona encourages incorporating simple yet impactful daily practices to enhance well-being:

- Start your day with a brief gratitude practice to set a positive tone for the day and cultivate a mindset of appreciation.
- Celebrate your achievements no matter how minor, to fosters a sense of daily progress and satisfaction.
- Keep a journal to reinforce a mindset of positivity by stating the future goal as if it were already achieved and the emotion you would feel.

### **Lona's Holistic Approach to Well-being**

Lona's approach to well-being is holistic, encompassing physical, mental, and emotional health.

She emphasizes:

- Prioritize whole foods, fruits, vegetables, and nuts in your diet to nourish your body.
- Engage in regular exercise to support overall health.
- Combat stress with mindfulness techniques such as deep breathing, meditation, yoga or Qigong.

For more insights from Lona DeRieux, tune in to her globally recognized video podcast show on YouTube, "Steps To Feel Good Daily With Lona" here <https://bit.ly/3qCs5Dm>. She shares tools, tips, and resources to help create a balanced and healthy lifestyle. Her mission is to make natural health solutions accessible and practical for everyone.

Learn more about Lona's services and products at Happy Healing, Inc. here: [www.happyhealing.me](http://www.happyhealing.me)





## DISCOVERING YOUR SOUL LANGUAGE WITH JENNIFER UREZZIO

A prominent figure in the field of personal development and spiritual growth, Jennifer Urezzio is a gifted intuitive, healer, and strategist devoted to helping others discover their unique Soul Language and embrace their true essence.

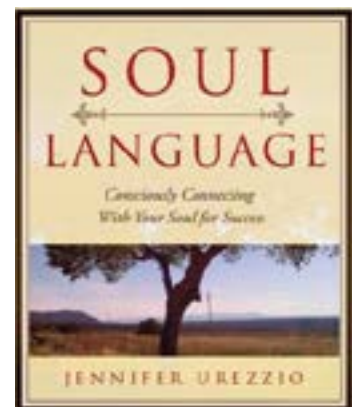
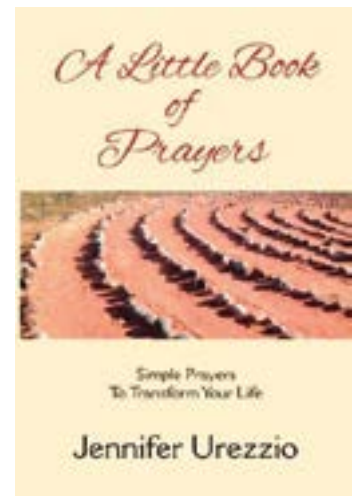
Her book, *Soul Language: Consciously Connecting Your Soul for Success*, provides readers with profound insights and practical tools to achieve their goals and connect with their true selves. By understanding your Soul Languages, you can listen more closely to your inner wisdom and expand your awareness.

In addition to this transformative book, she has also authored *A Little Book of Prayers*, a collection of prayers offering comfort and guidance for everyday challenges and spiritual growth. These prayers provide a powerful way to connect with the Divine and manifest your desires.

Emphasizing the importance of daily habits in her teachings, Jennifer believes that by consciously connecting with your soul each day, you can create a more fulfilling and prosperous life. Her daily practice involves setting intentions, visualizing success, and expressing gratitude for the love and support received.

These teachings have resonated with top healers, lifestyle coaches, and CEOs all over the world. Her paradigm of Soul Language provides guidance for understanding our true nature and accessing deeper levels of awareness. By joining the Soul Language community, you can gain clarity on your life purpose and live from a place of power and truth.

Learn more about Jennifer's transformative teachings and books here: <http://www.soullanguage.us>



CONSCIOUSLY CONNECTING  
WITH YOUR SOUL FOR SUCCESS

# SALLY ESTLIN'S GUIDE TO WELL-BEING AND SPIRITUAL GROWTH



Meet Sally Estlin, the founder of Self Empowered Lifestyles and Empowered Clothing. Sally is a beacon of holistic well-being, and her multifaceted journey weaves together a rich tapestry of roles that contribute to her mission. As a Holistically Fit Specialist, Sally guides you towards optimal well-being, helping you release limitations and step into your true self.

In her weekly video podcast, *Spiritual Teachings With Sally* <https://bit.ly/42NHL5T>, she and her featured guests discuss inner game practices for achieving optimal well-being. By releasing limitations and fostering inner empowerment through mindset shifts, self-reflection, and practical tools, Sally champions the idea that true success begins from within.

**TIP #1: Use Happiness as a Yardstick:** Instead of measuring success solely by external markers, consider your happiness as a crucial yardstick. Regularly assess your happiness meter. Are you fulfilled? Are you enjoying the process? If not, recalibrate.

Sally reminds us that success without joy is hollow, and true fulfillment comes from aligning with what makes you happy.

**TIP #2: Tune In to Your Personal Frequency:** Sally encourages you to reflect on your unique strengths,

passions, and values. What makes you come alive? What energizes you? Consider this your personal radio frequency. Tune into your inner wisdom through practices like meditation, visualization, or journaling to fine-tune your frequency and guide your decisions.

*When faced with decisions, listen to that inner voice. It's often your personal radio channel guiding you*  
-Sally Estlin

**TIP #3: Create Stability from Within:** Sally encourages you to create stability from within through daily practices that ground you. Whether it's a morning routine, exercise, or spending time in nature, stability doesn't mean rigidity, it means having an anchor amidst the daily grind.

Sally's journey and insights remind



us that well-being and spiritual growth are ongoing processes that require intention and practice. Embrace these tips to enhance your well-being and spiritual growth, and watch as they transform your personal and professional life.

Learn about Sally's services and products here: [www.sallyestlin.com](http://www.sallyestlin.com)



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Sally Estlin

# FOUNDER JOIE GHARRITY REVEALS THE TRUE VALUE OF THE SUPERSTAR ENTREPRENEURS SWAG BAG



**D**rawing from my 20+ years in the Hollywood entertainment industry, I've always had a passion for swag. To me, swag has always been more than just free stuff. It's a symbol of appreciation, a token of encouragement, and a way to share valuable resources.

*You are valued, supported,  
and capable of achieving greatness.*

-Joie Gharrity

In Hollywood, swag bags are a staple, and I wanted to bring that same excitement and value to the *Superstar Entrepreneurs Swag Bag*. This swag bag is not just about the items inside; it's about the message it carries, that you are valued, supported, and capable of achieving greatness.

Curated by entrepreneurs for entrepreneurs, this swag bag is packed with incredible FREEBIES that

provide actionable solutions and valuable content in one convenient place, so you can focus on what you do best. From exclusive resources to empowering tools, each item has been thoughtfully selected to support and inspire you on your entrepreneurial journey.

Discover why the *Superstar Entrepreneur Swag Bag* is truly Where Entrepreneurs Thrive. Grab your swag bag full of FREEBIES here <https://bit.ly/4gUUI4m>





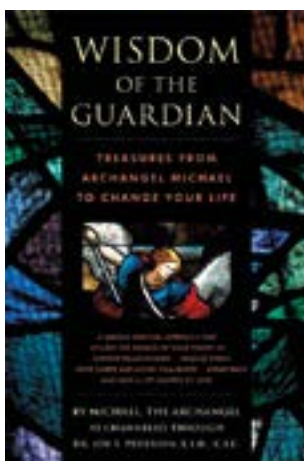
# THREE ESSENTIAL HEALING TECHNIQUES TO TRANSFORM YOUR LIFE WITH DR. JOY PEDERSEN



**Dr.** Joy Pedersen is dedicated to helping you live a purposeful life free from fears, negative emotions, and limiting beliefs. Here are three transformative healing techniques from her teachings:



**TECHNIQUE #1: Clearing Past Lives and Karma** Dr. Joy emphasizes the importance of clearing negative memories and karma from past lives. This practice helps release burdens that hold you back, allowing for a fresh start and new opportunities. She has the gift of seeing the hidden causes of challenges and clearing them from this life or previous ones by clearing energy or using spiritual healing.



**TECHNIQUE #2: Connecting with Divine Guidance** By tapping into divine guidance through meditation and prayer, you can receive direct insights and wisdom from higher realms. This connection provides clarity and direction in your life's journey. Dr. Joy will identify and clear any blocks to receiving that divine guidance.

**TECHNIQUE #3: Embracing Forgiveness** Forgiveness is a powerful tool for healing. Dr. Joy encourages practicing forgiveness to free yourself from past hurts and grievances. This act of letting go opens the door to peace and positive relationships. Sometimes, the blocks to complete forgiveness are stuck within the

subconscious, which she will help release.

*God can only fully heal what we can fully forgive.*

—Dr. Joy Pedersen

In addition to these transformative techniques, Dr. Joy has authored two influential books that dive deeper into her teachings and provide additional guidance for those seeking to transform their lives. Dr. Joy is a best-selling author of *Clear Your Past and Change Your Future*, where she shares her work with Archangel Michael to help others achieve effortless success. Learn the cause and effects of your problems and how to overcome them with significant guidance from God directly. Grab a copy of her book here: <https://joypedersen.com/products/>

Archangel Michael asked Dr. Joy to write his book, which became “Wisdom of the Guardian: Treasures from Archangel Michael to Change Your Life.” In it, Archangel Michael reveals how to improve your relationships, increase your income, find the right career, attain peace, and prepare for Heaven on Earth. Grab a copy of her book here: <https://joypedersen.com/products/> For more information on Dr. Joy’s services, visit Joy Pedersen’s Website here <https://joypedersen.com>

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Joie G<sup>™</sup>

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*Where Entrepreneurs Thrive!”*

- Joie Gharrity

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