

BELLA *mia*

ISSUE 8 FEBRUARY 2016

VALENTINE'S
ISSUE

5 ROMANTIC
WAYS TO
BURN CALORIES

A TWIST
ON YOUR
JOURNEY TO
LOVE

BELLASCOPE

TAKING MATTERS OF
PLEASURE
INTO MY OWN HANDS

ROMANCE
IN ROME

RECIPES

Romance in Rome

Thanks for joining us for our Valentine's edition of BellaMia. We are adding a little visual Romance this month! As you explore the pages of BellMia you can discover our beautiful visual tour of Romantic Rome. So, take a deep breath, un-pack your mental baggage, and enjoy the journey.

BELLA *mia* MAGAZINE

The mission is to change the lives of every person open to discovering their souls purpose and living a life they didn't know was possible for them on an individual level.

At BellaMia, we believe every woman is beautiful.

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BELLA *mia*

January 2016

*Q&A with
Gisele Lubsen*

-36-

*Q&A with
Lisa Sanders*

-96-

*Q&A with
Cat Palmer*

-44-

*Q&A with
Victoria Wynn*
-32-



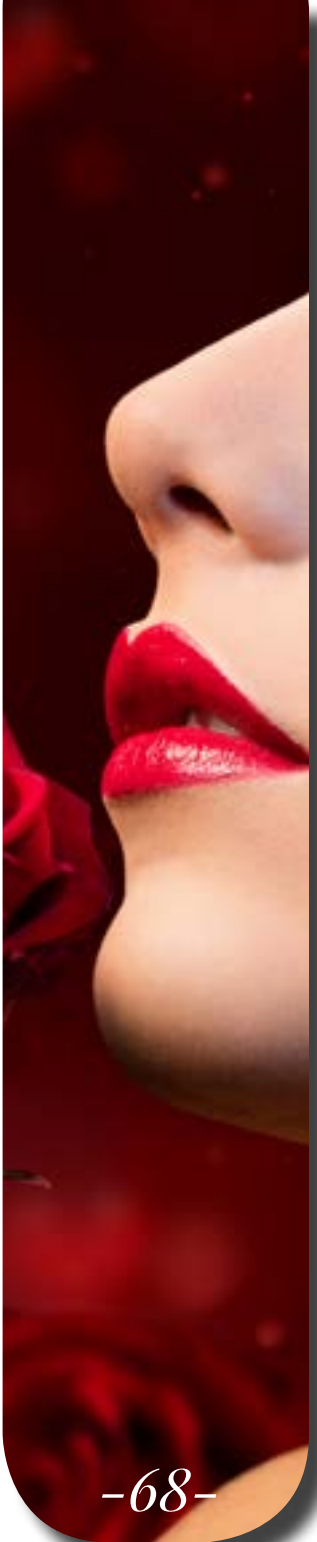
-21-
*Loving
yourself fully
is the key*



-56-
*Easy Steps to a
Healthy Office*



-62-
*Your
Wardrobe of
Shoes*



-68-
*Love Your Body
More*

On the Cover
Model:
Victoria Wynn

Photographer:
Cat Palmer

Dear BellaMia Readers,

Love is in the air. Whether you are in a loving relationship or not, you can enjoy Valentine's if you want to. Valentine's is not based on whether we are in a relationship or not. It is on the calendar and is happening. This is why we enjoyed creating this magazine issue for you. With all sorts of little treats and tools to create the best day ever.

Learn about Self love, Body Love and Sexual Wellness in our Me Section. In Lifestyles enjoy what makes your home and personal space great. This issue has a delicious Valentine's Red Velvet Cake recipe just for you along with a very delicious Buddha Bowl. The New Paradigm adds more content to bring you ease as you work through your everyday and business day life. Be sure to catch our BellaScope as these channeled horoscope readings are spot on.

We are happy to answer any of your questions and even publish them in the magazine. Let us know if you would like the SOS section of ASK to return.

We appreciate your readership and would love to bring you more content that you might like. Just let us know by writing me, Mia the Editor-in-Chief at BellaMiaMagazine@gmail.com.

Blessings and Love,

Mia

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Make it a Great Day

By Jennifer Jimbere

Health is not just the absence of a disease. It's an inner joyfulness that should be ours all the time; a state of positive well-being. — Deepak Chopra

You are ready to increase your optimism, gratitude, flow, values in action and authentic happiness. Ready to learn a new way of thinking to increase the opportunities and possibilities before you.

I believe that you are creative, capable, wise and good. What each of us needs to flourish is different as are each of our journeys. In positive psychology, we look at the strengths that are present and spur on a journey towards even greater knowing to help people thrive and flourish.

I've adapted some practices from bestselling books on the topic and hundreds of hours studying the field of positive psychology. I have practiced and learned some exercises taught by great teachers in the discipline such as Barbara Fredrickson, Sonja Lyubomirsky, Martin

Seligman among others and am happy to share 3 with you to support your journey towards living a life greater than you thought possible.

One of the key techniques that has been proven to work wonders is called savoring. It is one of my favorites because it can involve anything you already love but don't take enough time to enjoy regularly. It is easy to commit to and has amazing bang for your buck factor, which is great in a busy schedule. It also allows you to quickly hit the reset button at a time when you might need it most.

A few times a week I make sure that I am not looking at emails or distracted by anything else in the quiet of the morning and savor a pot of steeped tea. It makes a huge difference when I start my day like this. I actually get more done because my brain starts from this un-frazzled place.

External influences or occurrences only affect us if we allow them to.

I invite you to try it!

Starting today take 5 minutes to enjoy something that you usually hurry through. Schedule time for this activity in your day planner if you need to.

What would you want to start savoring today?

You are ready to start to choose your mindset- happiness!

A mindset is something that is learned, acquired and put into practice. External influences or occurrences only affect us if we allow them to. Use your Emotional Intelligence to help you become self-aware, assess the situation and find a solution. There is a great book that I read several years ago that still resonates with me as a professional coach. It is called The Art of Possibility by Benjamin Zander. I invite you to practice the art of possibility.

Happiness is derived from simply being and loving yourself!

When I took Positive Psychology through the University of North Carolina at Chapel Hill, Dr. Barbara Fredrickson shared some amazing exercises with us. Using meditation teaches people skills for self generating positive emotions. Loving kindness meditation, shown by research has a particular ability to warm people up to connect more with others. There is a lot of different kinds of meditation practice, this one relies on phrases.

There are 4 classic phrases for loving kindness meditation, they are:

- ☺ May you feel safe
- ☺ May you feel happy
- ☺ May you feel healthy
- ☺ May you live with ease

This sounds very easy, however takes practice over several weeks for it to flow. Ancient teachings remind us to start with ourselves and then build out towards others. Sincerity really matters here, it is not about saying the words, it's about using the words as a springboard for a genuine feeling.

If you'd like to try, start today by practicing the loving kindness meditation. Set an intention before starting that you would like to feel these positive emotions. Start with the 4 classic phrases for yourself and then expand that out to your inner circle by placing their names into the phrases.

I am confident that the positive psychology tips I have shared with you will assist your ability to adopt a positive approach and increase your optimism. Here's to your ability to choose to make it a great day!

- Jennifer Jimbere
<http://jimberecoachingandconsulting.com>

Bella People

