

a publication of Raven International Media

# Amazing WOMEN magazine

BUSINESS

EMPOWERMENT

LIFESTYLE

ENTERTAINMENT

MLK'S SISTER-IN-LAW AND  
NIECE SHARE THEIR

**MEMORIES**  
OF THE TURBULENT 60'S

**TALK'N IT UP**  
WITH COMEDIAN SINBAD

**LJ JACKSON**  
SPENDING TIME  
**WITH FAMILY**  
YOU DREAD

*Special*  
**EDITION**

**ABUSIVE BEHAVIOR  
IN RELATIONSHIPS**

BY NORVA SEMOY ABIONA

OCTOBER 2015  
VOLUME 2 ISSUE 5

NAOMI & DR. ALVEDA KING





# Amazing WOMEN

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Published by **Raven Blair Glover, Raven Intl. Media Productions**

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## PTSD & Suicide

**By Reggie A. Lacina**

Just a thought, regarding Military Suicide, PTSD, Politics, Government injected medical values, the second leading cause of death in youth and young adults between the ages of 10 & 25 is suicide and taxes, these are my thoughts after recently hearing a radio program about how the US military has a higher suicide rate from returning soldiers than lost in combat warfare calling it the root cause of PTSD while the rest of society lives it equally in their own back yards at home since the war began in the Mideast. Additionally, the suicide rate among our young adults was released show a steady increase.

So, where are we today?

A very controversial observation when neither side is telling the truth between reality and actuality in its entirety and while both sides are piggy backing off each other's success's and drawbacks including those of previous administrations (politically speaking). Or was the spending on warfare necessary to create a new world order that holds everyone victim of governmental injected values separating even greater the philanthropist from the alchemist while dissolving the middle class and still making them pay for the debts of our nations decisions based on what it believes is best for everyone.

The good news is the wars of the past took more lives in a single day than over the past 15 years of war, meanwhile the PTSD phenomenon and climbing suicide rate observation is a by-product of socially corrupted values of the mainstream attempting to dictate and inject their values into what social dogma wants everyone to believe in.

Being the by-product of parental suicide at age 5 and just like back in the medieval times when all civilizations were at continuous war to create societies of religious belief systems to govern the law of the one to many, PTSD is contrasted in everyone's daily life equally at the threshold and tolerance to pain and the pleasure they seek in life.

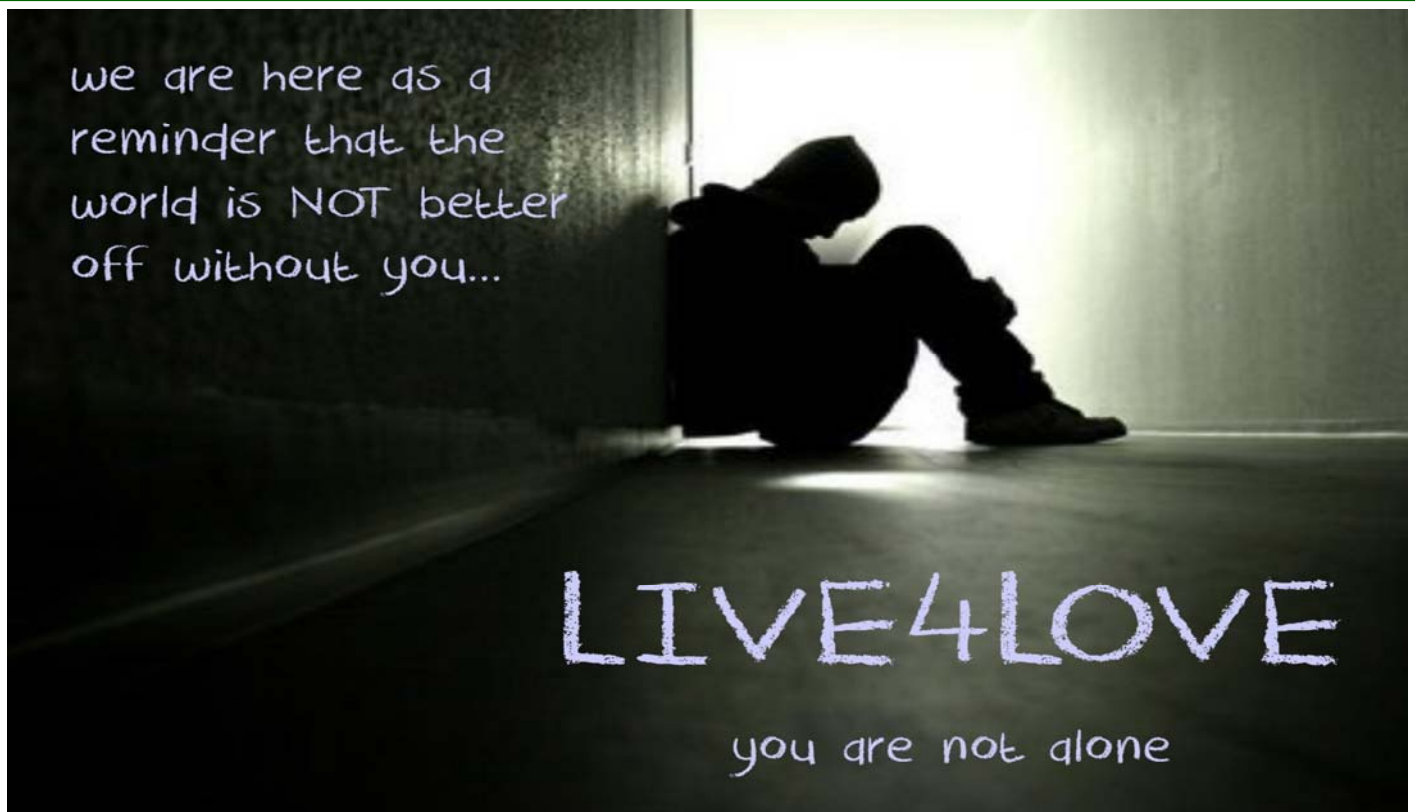


I went through this and turned my life around. Giving everyone credit where deserved, PTSD is not limited to just the soldiers returning from active duty and is not a justification for suicide because they could not get, receive or accept help because of fear, shame or guilt from some belief or ideology that caused them to give up.

This is crazy, because I have lived with this threshold of the outcome from my parent's actions which is no different than that of war and I have turned my life around.

If you're somewhere in between all of this because our social system does not recognize or teach, "that everyday life in the mainstream is just as brutal as a calculated war between countries."





We must understand that it is just another conflict between governments injecting the difference of values between them over monetary and social beliefs and gains to perpetuate societies.

Understanding the difference between the universal law of the one to many and fair exchange, wars are needed to empower and dis-empower all nations, at all social levels in order to sustain equilibrium in the world order.

The greater the gain is equal the pain of the challenge.

The PTSD is in 1.3 trillion + 230 billion's we all have to contribute and pay taxes because the good ol' USA is still the safest country.

What do I really know?

Military Suicide, PTSD, Politics, Government injected medical values and taxes.

If you know someone that needs help overcoming the challenges and thoughts of ending it all, it's time for them to hear my story and be inspired to live again.

Blessings, Love and gratitude to all!

### **The Story behind his life:**

When Reggie was 13 years old, he made a life changing decision that forever reshaped the destiny and outcome of his life. He was forever challenged from the events that took place at an earlier age when he was 5 years old, being witness to the destruction of his family when his father committed suicide in front of him and his mother, Reggie built the foundation of his life from this.... By age 15, leaving behind a life of poverty, welfare, mental and physical abuse, he tackled the challenges of life on his own, with few social resources.

Without high school and college, raising himself and now having 40 years of life's experience; he

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has overcome his 3rd-capital economic rescission, 4th-marriage, 2nd-bankruptcy, DUI, foreclosure and the most recently when the doctor stated he was not going to live much longer than a few more years!!! This was in 2008...

Reggie started a career in construction at 15 yrs. old as a laborer and is now one of 800 registered, Division of the State Architect Class-1 Building Inspectors to have passed the exam since 1997 as required by the California Education Code of 1933 for public safety. These are the same skills that have allowed him to become one of 3000 globally trained facilitators by the Demartini Institute in Houston Texas.

Being a veteran of the USMC, Reggie is also licensed with the International Code Council, The California Contractors Board and the California Emergency Management Administration...

Today, having been trained as a Facilitator for the Demartini Institute, Reggie brings the services Institute of Leadership and Transformative Development, working with people globally within the Institute, now practices these techniques to the principles in the Architect/Engineering/Contracting Industry and facilitates with confidence in getting to core issues while working with people that want to overcome and empower themselves to maximum potential and self-awareness no matter what the challenge. Guaranteed!!!

Solutions for those that want to get in touch with themselves and improve their relationships.

His technique will transform pain from stress into gratitude and being thankful through your leadership, organizing and bringing order into the chaos in all areas of your life.

Reggie has the unique ability to understand and work with people one-on-one, groups organized Companies/Corporations, Entrepreneurs, Business Owners while assisting leaders, managers & employees to maximize productivity, profitability and communication, thru inspiration.

Working with stress management, empowering leadership, self-transformation and other relationship challenges such as Divorce, Bankruptcy, Foreclosure, DUI, and Abandonment, the master building technique is how we overcome challenges as we peel thru the many layers and false perceptions of past events, re-building and reinforcing clarity towards the future you want and deserve. (Your life and dreams.)

Aside extensive training with Dr. John Demartini, Reggie has also trained with other industry professionals such as, Dr. Robert Bartlet, Dr. Cam Yuen, Dr. Hector Garcia in the world of matrix Energetics' and Reiki Master Kerstin Afrasiabi. And most recently, industry leading speaker author and trainer coaches, Bo Beason and Joel Bauer



Reggie's broad ranged background as a master builder in real-estate and development industry now combined with the human behavior, leadership empowerment and self development industry.

He has earned multiple licenses and now couple's many years life's work and experience of being a Master Builder, Businessman, Life Coach, Healer, Speaker, Demartini method facilitator, co-author in two books and he owns and operates an Independent Building inspection and Consulting business registered by the Division of the State Architect overseeing the requirements for state and public structures.