

Intensify Life

EDITION #9 || APRIL 2022

PROBLEM IS LIKE A GAME

Play It!!



"Rising
through my
ashes.."

Marriage - A
beautiful journey
with conscious
effort

Fitness - Your best
friend

The Miracle
Fruit

Simple robust ways
for career growth

PERSONAL GROWTH || LIFESTYLE || BUSINESS



EDITOR'S NOTE

Dear Readers,

Intensify Life Magazine is designed for you to bring out the best stories, experiences, expressions of simple human beings from various walks of life.

In our busy schedule, we forget to take a moment and experience what really matters to us.

To help us find ourselves, every single day, we have a lot to love, experience, learn, share & give back.

So many people suffer because they have they have to deal with problems. The fundamental of problems are people. And there are ways by which your problem will not look like a problem anymore rather just a game to play. And this is what we have decided to bring forward in this edition.

Read on to dive in the new outlook of your own world.

Intensify Life. Intensify Humanity.

Sam



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PAIN - A BLESSING IN DISGUISE

SOMDUTTA SARKAR

VISIONARY | ENTREPRENEUR | AUTHOUR | MENTOR

He - "Standing here today, what do you regret in your life?"

Me - "Nothing"

He - "Nothing??"

Me - "Nothing"

He - "Is there anything you wish to go back and change?"

Me - "Nothing"

He - "But why is that so? I mean when given a chance to go back in time and change anything, people would love to grab that opportunity and they want to change something in their past"

Me - "Well, I am grateful for the entire life I have lived till date. If not for the pain, challenges, struggles, I wouldn't have been the person who I am today. But that does not also define my future.

He - "Means?"

...CONTD...

Me - "My present is the only thing that decides my tomorrow. Not my past."

I'm sure you might have heard this many times 'you cannot run away from your past'.

It's somewhat true depending on situations BUT that does not have anything to do with how you would like to shape your tomorrow.

And funnily the biggest turning points in your life, milestones, achievements might have come from the effect of the most painful moments and challenges you encountered.

Think about it - If you would not have gone through the challenges would you have ever...

- identified who your real friends and well-wishers are and who is hiding behind the mask
- explored and utilized your hidden potentials
- done things that you never thought you could do
- met a 'new you'?

...CONTD...

PAIN - Pushes All and Induces Limitlessness

Over the last few years my life has gone a spiked up-and-down way. And one thing which I was supposed to learn (which life was trying to teach me all along) is that there is always a hidden meaning behind every pain.

Not just that but also these things -

- 0 8 -

- every situation is telling us something
- every consequence is our making (because the actions and inactions are ours! Means Karma)
- till the time you learn the lesson life is trying to teach you, you will keep repeating the same things over and over again

Here are some unconventional things you must remember to make your life better -

- 1) Choose your own problems and instead of running away from it, face it
- 2) Understand the hidden meaning behind every challenge or problem. It is there to teach you something
- 3) If you are ready to own up your success and happiness, the problems also need to be owned up

...CONTD...

Once you start seeing all the challenges, pains and frictions in life as an opportunity, you will start seeing the solutions as well.

Here's a simple technique.

Be it personal or professional life, problems means...anything to do with people.

People means any form of relationship.

Means your sense of sensitivity and responsiveness.

If there is any challenge in your life right now, just pause, take a moment and ask yourself - what is it that I need to change in me?

Once you genuinely ask this question to yourself, the answers will start pouring in. Have faith.



Just for laughs!!



Teacher: what do you learn at school?

Student: school has taught me how to look extremely busy while doing nothing at all!



WORDS

Words when spoken
heals or gives pain
touches the soul or goes in vain
gives happiness or roll down tears
They are in the air..
Unseen..but powerful
We can just hear them....
Words are powerful weapon
To calm.. To vex..
A war can be frozen..
A war can be provoked..
The day we realize the power of the
words.. We'll either create or destroy...



Use it for goodness
Use it for blessings
Use it for brotherhood
Use it for comforting
Use them to give hope
Use them to share love
Use them to show care
Use them to show gratitude
Once you speak... you show the
original YOU!



One should know how to use the language to express the feelings and mould the proper words to convey the thoughts..

DEEPA AVUDIAPPAN



SIMPLE ROBUST WAYS FOR CAREER GROWTH

SUMESH VM

CO-FOUNDER AT 3X YOUR SALES

Psychology Plays A Major Role In Sales And Career Growth.

Growing up with humble beginnings, born in a village and studied at a non-English medium school, my father was a driver and his mother was a housewife, which meant that the corporate life was foreign to me, and I had no one to guide me. Throughout my career, I understood that being coachable and open to learning is a never-ending process. I am currently pursuing my Post-Graduate studies in Psychology and aims to integrate psychological principles within my sales career.

One famous quote that I live by is, "If I only had an hour to chop down a tree, I would spend the first 45 minutes sharpening my axe." – Abraham Lincoln.

Without a steady stream of income, as well as a plan to increase income over time, every person will struggle to maintain a good lifestyle. 3x Your Sales is co-founded by me , I am a recognized sales professional with 17 years of experience in various multinational companies. I started my career as a Medical representative, reaching the level of Vice President of Sales and Marketing in a US Based Multinational Corporation. I have achieved a 4,000% increase in my salary over the span of his 15-year long career.

I am able to achieve this level of success by applying a set of specific principles and processes throughout my sales career. As a result, I am now making it as my mission to pass on these key secrets to entry-level salespeople to 3x their income.

...CONTD

By having the routine discipline to spend the first waking hour of each day with conscious awareness, one is able to set their entire day up for success. Compounded, this leads to weeks, years, and decades of success which many underestimate the power of.

I believe that one of the biggest challenges that people face today is a lack of focus. "At some point in their life, every man and women will have a big dream they want to achieve. Unfortunately, the majority cannot stay on track to achieve their dream, as they allow the small things in life to drag them down. The solution is to have discipline."

3 Key Areas to focus on a daily basis To Grow In Your Career And 3x Your Income

1) A high level of awareness about where you are standing and where exactly you want to reach. You must have a clear idea on what need to be learned or executed in order to reach there. And do that regularly. Nothing else no distractions.

2) Find out a mentor who has already achieved what you want. Follow him/her and be committed to do all the task given to you.

3) Build a community which supports you to grow to the place where you want to be. In other words cut short all relations which is pulling you down with immediate effect. Don't be the smartest person in the room.

...CONTD

The moment I started living by the above 3 principles, I am able to grow from the role of a Sales Executive to Vice President of Sales and Marketing. I was also able to significantly multiply my income.

I strongly believe that the world will one day become a place where only love, peace, and happiness exist, where every person is getting what they want in life in a simple and peaceful way. "Currently people are struggling to get what they want because of all of the negativity in the world," . With the right guidance and help from mentors, men can tap into their highest potential and be part of this revolutionary change.





Just for laughs!!




**Apne pas har cheez
ka solution hai,**



**Bas problem dusron ki
honi chahiye...**



SOURCE : PINTEREST



**If you do not like
to spend time with
yourself alone,
why should someone
else be... spending
time alone is the
best way to explore
yourself in life**

SOMDUTTA SARKAR

PROBLEM IS LIKE A GAME...PLAY IT

SOMDUTTA SARKAR

VISIONARY | ENTREPRENEUR | AUTHOR | MENTOR

Have you played any game?

Ah! What a silly question you must be thinking. But here it is - have you played any game in life yet?

If the answer is 'yes' then it will be easy enough for you to understand the following few lines here.

Good news - It's very simple to understand for anyone and everyone who is a human being.

Bad news - It's a very difficult for who does not implement or rather do not consciously understand this.

Let's take the example of a video game or any game for that matter.

When you start a game, what happens?

" We are our own problems. We are the solution to our problems as well "



...CONTD

There is some kind of obstacle or challenge in front of you. Only after passing/ solving that challenge you can go to the next level.

In some games, if you are unable to solve the challenge or make the same mistake (repeat pattern) in the next step as well, then you are pulled down to the bottom level.

In short, if you are not paying attention or not alert enough to understand what the solution is, then you can't move to the next level.

So, similar thing with life.

It's just that we have made it so complex because of so many strings being pulled by our minds that we forget that the easiest solutions to the complex problems come when you actually take a pause and see the problem as an opportunity or a game instead of panicking.

Here are 3 simple rules of this game to solve any problem -

1) **Identification**

Identify if the problem is really a problem or just a perception of your mind. Sometimes people fuss over a simple issue a lot and later on they see that it's not a problem after all to bang the head for!

2) **Categorization**

Categorize if the problem is something 'you can really fix'. Means most of the time you try to fix the other person, thinking that he/she is the problem. However later on you figure out that the only person needed to be fixed is you!

...CONTD

3) **Solution**

Once you have identified that it is a real problem and something that you can fix, go ahead and get the solution and implement it.

Many times the first and second points get ignored and people directly jump to the third point.

Here is another small tip -

Whenever you face any such problem in your life, always look for the root cause of the problem instead of the symptoms.

Example - if you are always quarrelling in your personal relationship, what could be the root cause instead of the symptoms like 'he does not listen to me or she does not care for me, etc, etc'

If you are fired from a company which is well established and running pretty smooth, could the root cause be the enhancement of your skillset or as a team member or leadership capability?

There are many times when people fail to look for the root cause because majority of the times it is 'we who need to fix ourselves'.

It is 'we who are the problem of us. And we are the solution to our problems as well'.

Play it like a game and solve it instead of letting it play with you.

Think about it!

EMBRACE LIFE

POEM

*Embrace the grace of flow in life
to enter the space where U rejoice
not for a reason but just by
choice.*

*U can do it but I can't! Right U
are, when I you chant. Drop the
I, drop the can't; Just do it and
enchant.*

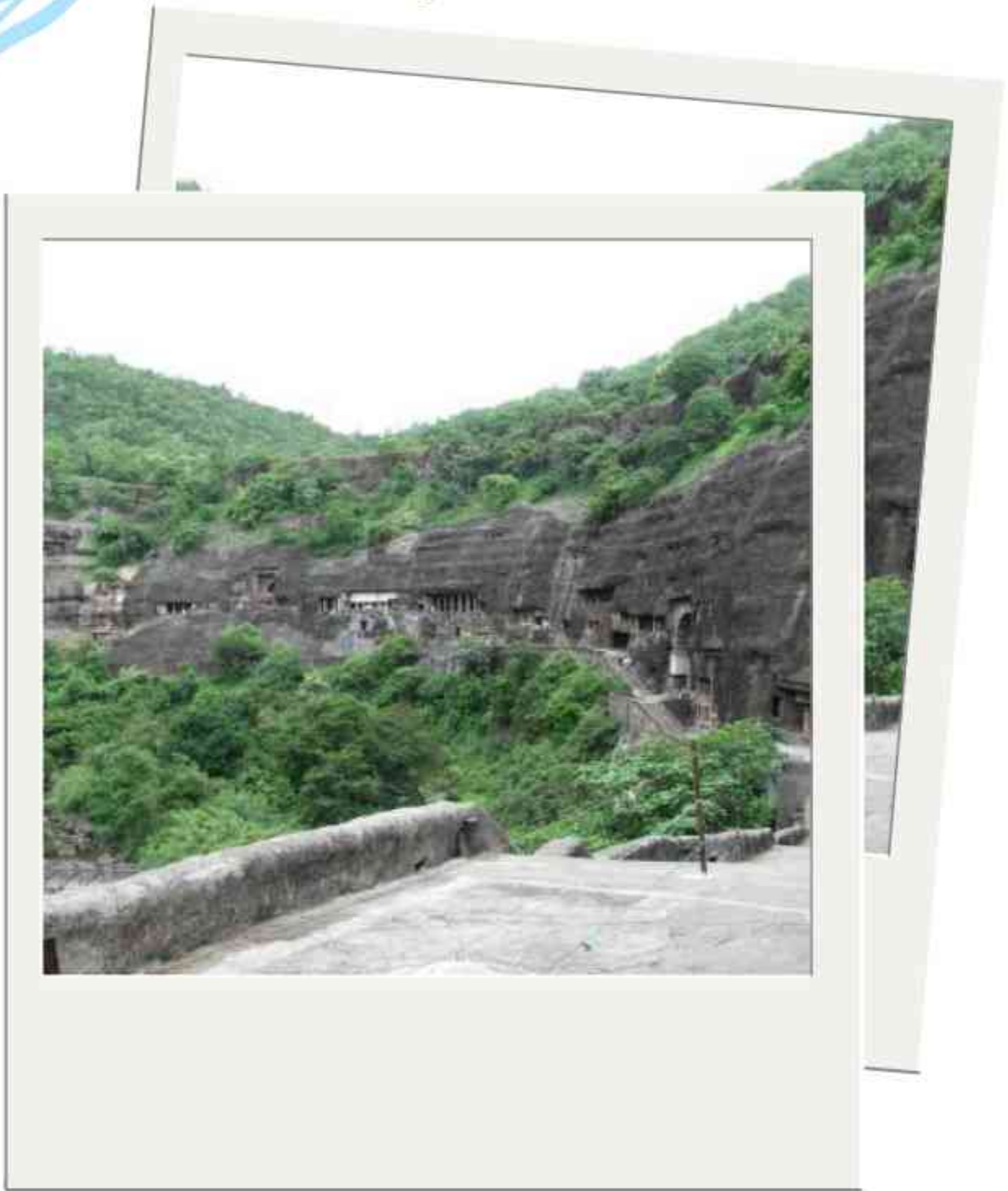
*Embrace the grace of what comes
to U. Move on with pace if
something leaves U.*

*It comes, it goes; that will
continue. Minding this fact, keep
growing a new*

DEEPAK SHYAMKANT PARANJAPE



Ajanta Caves, India



*Photography by Somdutta
Sarkar*

RISING THROUGH MY ASHES

ANITA PANDA

FREELANCE WRITER - POET

2018 was my 'annus horribilis'! Everything fell apart and shattered like a house of glass around me. I left behind a long, dark, horrific past and a history of hurt, humiliation, abuse and co-dependence. I could never please him no matter how hard I tried!!



" Rising from the dust of her past to rekindle the spark of her future. She was a Phoenix, her own salvation, rebirthed, renewed, resurrected "

I was a devoted wife, mother, daughter and sister-in-law for twenty-seven long years investing my love, loyalty and soul into my marriage and ex-husband's family. Until he dropped the bomb-shell one day! He wanted a quick divorce on grounds of incompatibility. The word 'divorce' terrified me hailing from a conservative Hindu Brahmin family. My belief in marriage for keeps was shattered! I fought hard like a tigress pleading for our son's sake but failed to stop the tsunami. None from his family came to my rescue. The fairy-tale crashed. Fate had other plans.

CONTD...

My son in his second-year undergrad lost an academic semester with multiple health complications. My divorce came through on December 18th, 2019. He remarried within two months. I had failed to see the red flags.

An emotional fool!

Years of conditioning, fear of '*Log kya Kahenge*' and my son's emotional well-being never gave me the courage to stand up for myself or walk out of an abusive and co-dependent marriage for decades.

My brother Colonel Surya Panda in his super-annuation year then was diagnosed with lethal '*Malignant Melanoma*'. My life fell apart and became a mess leaving me floundering through this horrifying rollercoaster.

I could make no sense of life's cruel blows. All I did was cry and sucked into a downwards spiral of depression and grief. Like a wounded animal.

Mine has been a rollercoaster journey through hell and back. From trauma to triumph. From victim to victor. A story of courage and hope, strength and resilience.

CONTD...

Of healing, growth, acceptance and reinventing myself. My past is a profound lesson of how I have risen through my ashes and created a fresh new narrative through my struggle, survival and revival. I have dreams, plans and a mission today. I have reclaimed my life three-sixty degrees!

A story of resilience and resurrection, confidence, courage and dignity. I have risen like the Phoenix through my ashes battling anger, shock, denial, depression and crushing grief past four years through my divorce, my brother's brave battle with cancer and estranged from my only child.

Holding my head high. Bent but not broken!

With little time to grieve post my divorce, I plunged myself into Nichiren Buddhism, fervent chanting and praying to focus on my brother's valiant war with cancer. Surrendering to the universe. A test of both spirituality and science for our entire family battling these life changing events.

I lost my braveheart brother to cancer on 9th January, 2021, completely devastated. He was cremated with full military honours and a three rifle salute by the Indian Army having fought cancer the way he had fought for India! I am the proudest sister with a recently launched fund-raiser in his name to keep his legacy alive and support cancer patients.

CONTD...

With superhuman strength, I plunged into work to keep my sanity intact through these tragedies- featured in the 'Fit and Fab at Fifty' article in eShe magazine, clinching a cover page interview of a top female entrepreneur, invited to share my story of courage and resilience on empowering women's platforms, successfully compiling and editing Surya's collection of poems into a book 'GENESIS' published on Amazon India, U.K., U.S.A. & Canada in September 2021 as my ode to an exceptional Warrior.

I gave my first live U-tube interview on my long-distance care giving journey as a sister for Surya.



CONTD...

In September 2020, I joined the dynamic 'Mumbai Lean In Network' of women professionals and was featured in their 'List of Achievers' in September 2021 for my accomplishment- my book 'GENESIS' dedicated to my brother.

Today, I am proudly 'Single and Strong' with my own small eponymously named divorce support group for women. Free of the labels of a wife and daughter-in-law. Liberated from a painful past of betrayal, deceit and trauma. And a proud member of India's first and only urban community of 74.1 million single Indian women. In charge of my life, emotions and decisions. I live life on my own terms now. Free of a toxic marriage, happy in my own space and empowering fellow women.

I have resurrected my life with exceptional courage and dignity. Mine has been an incredible life journey with a departure from my painful past and endless new possibilities. My comeback has been stronger than my setback. I am the queen of my life!

I am a freelance writer, poet and aspiring Bollywood lyricist with a slew of articles published for Toi, Mumbai Mirror, Dna, Atelier, Better Interiors, & New Woman. My first movie review ('Thappad') and empowering women's stories are featured in eShe. Vidya Balan and Boman Irani are amongst my prized celeb interviews I have clinched.

Domestic Violence, gender bias, misogyny in any form make me angry and pained. My mission is to fight and banish these evils and empower women.

CONTD...

I envision a gender equal, progressive and safe universe for women worldwide. Smashing patriarchy, gender barriers and empowering women to break free of toxic marriages is my passion.

I dream of being an IIFA award winning lyricist, a TED-x speaker and aspire to establish an NGO someday to empower women. I am working on my own book to be published soon.

Scuba diving, sky diving and travelling the world solo are on my wish list. I have left behind a traumatic past but proudly own my life today. Alone but not lonely!

I am free of my chains and fears, soaring like an eagle and empowered. Single, confident, independent and strong. A rebirth for me in many ways. Relationships and situations have radically changed for me. I have moved on and emerged through the storm undaunted.

My message for women is- "Never regard marriage as an achievement. It is a choice you make! Break free of a toxic marriage before it kills you!" It is your life and ONE life!

In a patriarchy like ours, it takes courage to stand 'Single and Strong'. Be fearless. Break outdated norms. Rise like a Phoenix through your ashes. I even thank my Ex for setting me free of a miserable marriage! I AM WHO I AM today! My journey has just begun. 'Single and Strong. 'Abhi toh iss baaz ki udaan baaki hai'!



*When the Sun sets to
rise again...*

ARPITA GOYAL

ARTIST

MARRIAGE - A BEAUTIFUL JOURNEY WITH CONSCIOUS EFFORT

SACHIN CHAWLA

WORKING PROFESSIONAL

Every Human being is Unique, everyone has different thoughts, perceptions, understanding. No one is identical in any way. There are few terms for which there is no universal definition, everyone has defined their definitions, Like...

Beautiful- There is no universal definition of beautiful- For some female Celebrities are most beautiful as they are eye-candy, for some their life partner is most beautiful, for some their sister or mother is most beautiful and for some, their friend is most beautiful. For some physical appearance decides to be beautiful and for some Inner beauty defines being beautiful.

Success- For some earning lot of money is called Success and for some Mental Peace is Success. For some Recognition is Success and for some always ahead in life is Success. For some running a Marathon is success and for some who can't even walk- walking is Success.

CONTD...

Perfect -There is no definition of being Perfect, it's all about improving every day, it's all about being better than yesterday. Similarly, there is no universal definition of Marriage. Everyone has their definition depending upon their own experience and though process and expectations.

My Definition of Marriage

Marriage is not about tying knots of just 2 physical bodies, its tying strong knot of 2 beautiful souls.

Marriage is all about when 2 beautiful souls from different cultures, different backgrounds, different upbringings, different mindsets, different values, different programming in the subconscious accept each other uniting forever with an open heart.

Marriage is not about ME, it's all about WE

Marriage is all about Giving respect and Taking respect and not vice versa.

Marriage is not about YOU first or I first, it's all about WE BOTH are equal always

CONTD...

Marriage is not about YOU ahead and ME behind, it's all about being TOGETHER always

Marriage is not about walking OWN paths separately, it's all about walking paths TOGETHER even if it's different.

Marriage is not about what YOU do or I do, it's all about to let's do it TOGETHER.

Marriage is not about YOUR money or MY money, it is all about OUR money

Marriage is not about YOUR family or MY family, it's all about OUR family.

Marriage is not about YOUR growth or MY growth, it's all about OUR Growth

Marriage is not about YOU are superior, or I am superior, it's all about EQUALITY

Marriage is not about YOUR success or MY success, it's all about OUR Success

Marriage is not about YOUR pain or MY pain, it's all about OUR pain

CONTD...

Marriage is not about FIGHTS and ARGUMENTS, it's all about HEALTHY FRUITFUL DISCUSSIONS for better-desired output.

Marriage is not about SAAT PHERE or SAAT VACHAN or SAAT JANAM, it's all about making THIS LIFE BEAUTIFUL for each other.



POETRY : AN INSIGHT INTO LIFE

ANUJA RANDIVE

AUTHOR

I believe poetry can be found within every individual in one form or another.

The things that we experience as we grow up, the changes we grow through, the times when we share our most ecstatic and the most heart-breaking moments - no matter what life throws at us, everything stays in us and finds a way to reveal itself in different ways. Poetry is one of those ways, an experience or a feeling flowing out of a person in lyrical connotations.

My Relationship with Poetry

I discovered my love for writing and poetry about six years while I was randomly scribbling some lines depicting the impact of nature on our soul. That's when I learned how poetry follows its own rules and decided to delve deeper into its beauty.

Soon enough I realized there are so many things that I could speak and feel through poetry. As I started writing more poems, I became more aware of the lessons that everything around me was trying to teach me, of which I would have been completely ignorant otherwise.

CONTD...

"Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundations for a future of change, a bridge across our fears of what has never been before" - Audre Lorde

My Journey as an Author

In May 2020, I came across this wonderful opportunity of having some of my poems published into a book. Thus began my journey as an upcoming author, and after six months of a strenuous yet rewarding process, my debut poetry book 'Tinted Symphonies' was published worldwide in December 2020.

'Tinted Symphonies' is an amalgamation of poetry and prose and talks about healing yourself from the wounds of suffering and failures, and rising stronger from the ashes.

It's a book dedicated to all those who are afraid of speaking their minds out, to those who are working towards becoming a better version of themselves and to those holding fierce determination to take control of their life.

CONTD...

It speaks of hope as a powerful anchor guarding our uncertain minds and how it instils composure within us. Furthermore, it talks about how valuable lessons can be taken even from the most difficult times.

This book is for everyone to read, enjoy and keep a part of it with them.

*For billions of years,
she has stood up high in all her glory,
as a dazzling crystal
throwing her lights on the eerie streets;
or as an arc
camouflaging in her cosmic aura.*

*She continues to gleam in all her phases,
despite how she is perceived
and I think you and I
should try doing the same.*

- A snippet from 'Tinted Symphonies'

CONTD...

Just the Beginning

Curating my poems in a book has always been a dream, and having accomplished that, my journey has just begun. In the year ahead, I wish to continue writing poems and narrating stories that people can relate to and that will leave a lasting impact on anyone who read them.

'Tinted Symphonies' is available for purchase in the Paperback version on Amazon and Flipkart.



FITNESS – YOUR BEST FRIEND

MINAKSHI SAINI

HOMEMAKER & A FITNESS ENTHUSIAST

I am a dedicated full time home maker. Pandemic has made me realize the importance of physical fitness in daily life. So with time I have started my fitness routine with my everyday household work on regular basis. This has really helped in keeping healthy weight, improve stamina and increase flexibility.

I believe, every homemaker must make fitness as their best friend. They should take out time and keep a track of their physical fitness on regular basis to enjoy your overall quality of life. It is the fitness that instantly help you to be more productive and make you feel good about yourself.

I believe, kids, youngsters and adults of all ages must involve themselves in regular physical activity. If someone is not physically fit, he/she cannot experience the amusement of several fun activities due to fitness limitations.

Playing with kids, walking or going for an outing with family/friends also become challenging for those who neglect physical activity. Being having fitness as your friend means that it's easier to stay active and energetic as you get older.

CONTD...

I consider physical fitness as an investment in myself rather an expense. Moreover engaging in systematic physical activity reduces the risk for several health issues that might result in costly medical care. Living a healthy lifestyle is always cost saving, but many of us ignore it.

My regular fitness schedule allows me to do things that I usually may not otherwise be able to do. Ever since I have scheduled a time to exercise daily it has brought me to good eating habits, work management and improved concentration.

Presently, through my fitness center in Panchkula I am helping several home makers to get into a right fitness schedule to order to increase stamina and improve lifestyle.



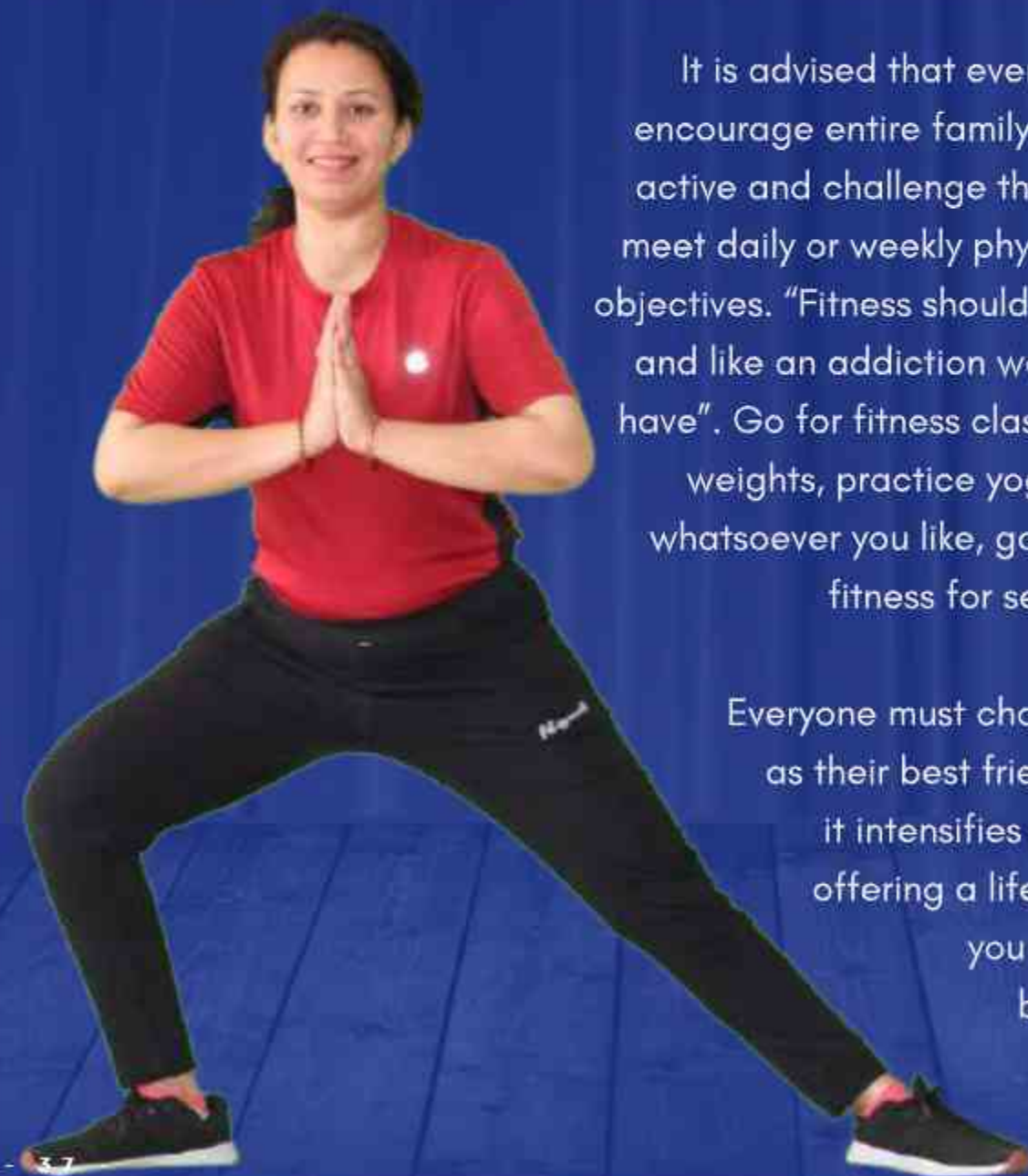
CONTD...

It is advised that everybody must encourage entire family to be more active and challenge themselves to meet daily or weekly physical fitness objectives. "Fitness should be a friend and like an addiction we all should have". Go for fitness classes, run, lift weights, practice yoga, do HIITs, whatsoever you like, go and adopt fitness for self-change.

Everyone must choose fitness as their best friend, so that it intensifies your life by offering a life style that you will always be proud of.

It is advised that everybody must encourage entire family to be more active and challenge themselves to meet daily or weekly physical fitness objectives. "Fitness should be a friend and like an addiction we all should have". Go for fitness classes, run, lift weights, practice yoga, do HIITs, whatsoever you like, go and adopt fitness for self-change.

Everyone must choose fitness as their best friend, so that it intensifies your life by offering a life style that you will always be proud of.





ASH GOURD

THE VERSATILE
MIRACLE FRUIT

Pranic food never fails you!

This is a personal experience.

It's just few years back that I have heard about '*safed petha*' or the ash gourd.

It just looks like a simple not-so-attractive item from the gourd family.

Never heard about how to eat it or the benefits of it.

However, when I was having generic 'lifestyle issues' (basically most of the ailments and diseases are man-made lifestyle issues in our health system), I came across this interesting pranic superfood.

Then one day I stumbled upon some insights on the platforms of yogic practices where the consumption and the benefits of this fruit is so well-described.

It intrigued my interest!

After all, when you get a magical thing within the budget which does practical positive changes in your system, then only a fool would not give it a try!





So in short, you need to make juice out of it and drink it in the morning on empty stomach condition to reap the benefits.

The only problem for me was to juice it out :(I did not have the juicer at that time, hence chose the manual path.

Nevertheless of taking the effort to get the juice manually and having it for over a week, I visibly started seeing and feeling the difference in my body!

The pain of the manual juicing went away with the higher weightage of the benefit it was doing to my system.

It's very simple -
Peel it off, take off the seeds and juice it.

Best to take as it is without any mixture.

Here are some of the benefits though I would like to mention -

- helps in better digestion
- gives a cooling effect to the body
- improves stomach and gut health





Apart from these there has been significant improvement of my energy levels.

You feel much lighter and more active.

Apart from these it also -

- relaxes the body
- contains anti-coagulant properties
- improves lung health
-and many more.

But don't have it just because I am saying so. Have it at your own experiential level. Have it yourself and see the difference in your system as well.

Needless to say our health is in our hands.

If we play with it, we pay the price.

So test it out yourself!

(You can also watch the videos on ash gourd by Sadhguru & Satvik Movement Youtube Channels)



Kailash Temple at Ellora, India



PHOTOGRAPHY BY
SOMDUTTA SARKAR

Thank You Readers!

This is the Ninth Edition of Intensify Life Magazine.

This Magazine is For You & By You.

The mission is to Intensify Life on this planet by spreading awareness, sharing real stories, etc.

If you want to contribute in any manner (*articles/ideas/photos/poems/stories, etc*)

**please write to us at
connect@somduttasarkar.com**

(subject to approval)

We would love to hear from you.

Please write to the above mentioned email id.

INTENSIFY LIFE MAGAZINE

A large, stylized graphic of a flame in a dark olive green color, set against a black background. The flame has several distinct, flowing shapes that suggest movement and heat. It is centered vertically and horizontally on the page.

Intensify Life

INTENSIFY LIFE MAGAZINE