

Fabulosity™

FLEX & FLOW MAGAZINE

The Dreamscape

RAINBOW GLO'S
MONTH IN REVIEW

FABULOSITY SPEAKS
ORACLE READING

OCTOBER 2026
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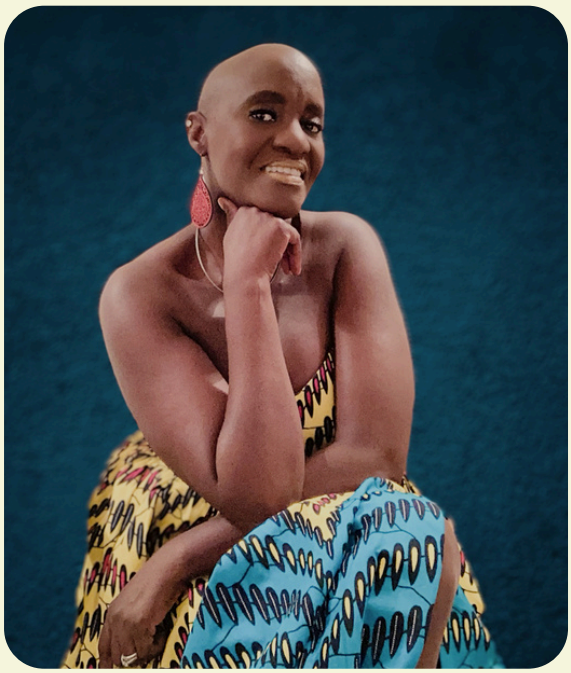


From the Editor

This month's newsletter is all about the dreamscape that we all inhabit, because if the nursery rhyme is right, then ‘life is but a dream.’ I strongly believe that nursery rhymes hold some of the most profound yet simple truths.

Row Your Boat hits hard.

Row, row, row your boat. Working.
Gently down the stream. Flowing.
Merrily, merrily, merrily, merrily, life is but a dream. Merrily:
Ready, alive, joyful, on purpose ... four times, possibly one for each direction. Life is but a dream ... anything can happen.

Rainbow Glo
Editor-in-Chief

Month In Review



Sister-Friend, Syd and Me.

September has been about fine tuning. Getting clear about how I want to share my occupation. I'm learning to fully occupy my life, and it's vast. I'm finding that time moves a bit slower when you're occupied with what you're doing. I'm learning to ignore the interruptions. Switch off.

This month, I've been enjoying peace and quiet, which is crazy because my physical house has been in disarray since the 1st. We're having the entire upstairs remodelled, and the clutter and noise have had me out here in these hotel and Airbnb streets in search of peace and quiet.

I've actually loved feeling slightly untethered from the familiar. My 'routine' is out the window. My current Airbnb is in the country, and peace and quiet have been wonderful teachers. I'm so grateful for having the time to watch and listen. To tune in to nature. My nervous system is all the better for this internal alignment that has led me to a greater understanding of the value of peace and quiet.

September was busy, but manageable, thanks to the peace and quiet. On the 1st, I went to see Syd at the Islington Assembly in London with my sister-friend. We got to go backstage to meet them because we were sitting right behind their mother and family and we all got to talking. Next thing we know, we're headed backstage, by invitation.

The next day, I shared a cosmic cuddle and a spa day with my sister-friend Chlo. As a belated birthday gift, Chlo was giving me my flowers while I can smell them. Later that same day, I was at Pamodzi Creatives' Queens at the Queens Hotel event in Portsmouth, trying out their signature cocktail.

I spent several days in the studio with Chloe Josephine singing on her upcoming album. We recorded at Mayfield Studios and at Chlo's home studio. Her upcoming album, *Balance*, feels very much about being the dream. The good, the bad, and the ugly of it all. The songs are powerful. The raw emotion brought to this project will be palpable. I can't wait for you to experience it. Her album release show is on the 15th of November. Get more info here.

On the 10th, I joined Nicole Geddes's Matinee Mixer Networking Event to see CATS at Regent's Park Open Air Theatre in London, and bonus, my niece Millie was in it! I was having very good backstage karma, because I got to hang out a little backstage at CATS too.

Month In Review ... Contd.

I think I might have 'understood' CATS this time? I kinda felt like I did, but don't ask me to explain that shit. That's what I loved about it this time. It almost made sense. Previous times I've seen it, not so much.



Dante Lodge, Me, Millie O'Connell backstage at Cats

I got to step into my teacher shoes for Escape to the Farm on the 12th and Flow Jam on the 19th, where I shared my Fabulosity Flex & Flow Method (a work in progress). I loved being able to share some of my occupation with the idea of flowing and blooming under light of source: infinite, trinial and reflecting you. More to come on this as it develops.

It was wonderful being a part of Urbond's Portsmouth Youth Awards, held on the 22nd, where I music coached some of the performers for this event, which is designed to recognise and support the excellence of our local youth.

The next day, I was back in London, this time at Koko's in Camden, to see Willow Smith touring her latest release, *Threads*. This album is a banger, and she performed every song from the album! No backstage karma on this one, but her vibe is still with me. She is young and ancient. Her demographic skews young. At 60, I felt a little out of place, awkward even, until I remembered that I'm infinite and thereby young. So I leaned into the inner child, and she could barely be contained.

It seems I couldn't get enough of London, because I was there again on the 24th to see For Coloured Girls Who Have Considered Suicide/When The Rainbow is Enuf at The Yard Theatre.

This play is based on the book, that turns 50 this year, written by Ntozake Shange. Shange coined the word choreopoem to describe her work, as the words are meant to be in motion through movement and melody. This production was brutal and beautiful. Emotionally, I was worn out. The ideologies tackled in the book and this production, racism and sexism, as seen through now and then makes me wonder what lessons we're actually learning. On the surface, it doesn't appear that the needle has moved that far. But in my soul, I know it has. That is keeping hope alive.

This has been an excellent September. As we go into October, I am clear about things. I will honour the early darkness with more rest. I will honour fewer daylight hours with intention, attention and focus. I will enjoy the harvest. I will let the ground rest in preparation for what's next.

***



I am happy to be hosting Pamodzi Creative's Black Excellence Event on Sunday, October 4th from 3pm at The Wedgewood Rooms! Get your tickets here!

View digital magazine here.

Being The Dream



Over the past few years I have been reading books by various members of the Ruiz family, starting with The Four Agreements by Don Miguel Ruiz, and I have identified a common thread, life as a dream. Personal, general, planetary and cosmic.

My dream, your dream, the planet's dream and the collective dream. All materialising *The* Dream: to be continued. All dreams in conjunction with each other building and sustaining relationship. There are many conjunctions, but just focusing on the main ones, and, but and or, is a great place to start when our dreams collide. Yours and mine. Not yours, but mine and vice, versa. Yours or mine. Ours. This adds perspective. In order to see the other perspectives within The Dream, you need attention and intention. Most of us are distracted and not taking the time to evaluate what is actually happening through our interactions.

FOMO is running rampant. Fear of missing out is that feeling that something is happening elsewhere that you should be a part of, and that by not being there, you might miss out on something valuable, important or significant. Focused on the popular dream. Someone else's dream. FOMO pulls attention outward.

JOMO is contentment, presence, enoughness. Knowing satisfaction. Enjoying what you have now. Enjoying where you are right here and now. Fear or joy? Embodying your personal dream. Enjoying your own experience without comparing it with another.

FOMO = Fear Driven. Row, row, row. JOMO = Joy Driven. Merrily, merrily, merrily, merrily.

Whichever way you lean, life is but a dream: to be continued.

Being the Dream ... Contd.

As we enter Autumn, this is a great time to inventory your personal dream. All around us we'll be seeing nature in transformation. The recycling of what is for what will become. A change in season. I find this time of year very clarifying. Maybe you will too. Use this time to get crystal clear about the dream seeds you want to plant next.

This is a time of harvest. A time to look at how you've grown. Tasting and seeing what your dreams have yielded. Enjoying the bounty, resting your hallowed ground through winter, and planning which dream seeds to plant next, while preparing the ground for renewal and ongoing growth of dreams in motion.

Take a moment right now to think of your heart's desire. What you truly want. That thing that fuels your very existence, and then pour your soul and spirit into it (the parts that know it is already yours) and expand your personal dream ... and the ripple effect will expand into my dream, the dream of the planet, and our collective dream: to be continued. The heart wants what the heart wants. Will this be an outer pursuit, FOMO or an inner one, JOMO?

The heart’s true desire fuels The Dreamscape.

***



Music

I wrote this song in January, 2020 after experiencing a super moon on my journey to a retreat. The moon was so spectatular on this evening that a howl rose out of me before I could even think about it. It was primal and visceral.

The next day I was having a solitary walk in nature, and the lyrics starting bubbling in my soul and spirit ... *Let's go down to the river, where the peaceful waters flow. You can let go, under the moon glow.*

There was no way then that I could have predicted what was coming next. Covid. I released the song later that year in October. This feels like a good time to dust it off because I am just understanding the journey of these words.

***

The Cosmic Cuddle

There's a very old saying: 'Give me my flowers while I can still smell them,' and even though my birthday was in July, I am still receiving flowers in September.

The flowers under examination came through my woman-friend, Chloe. She booked us a spa day, but the real magic happened before the spa'ing. It happened through a shared embrace.

I arrived before Chlo and was tucked up on the sofa with a couple other ladies who were also waiting to spa. Once Chlo arrived and checked in, she perched next to me and I folded myself into her embrace and it felt cosmic. Otherworldly.

The cuddle was deep, nourishing and satisfying. We both felt like we didn't need the spa part, having felt the deep relaxation of feeling supported, held and accepted as is.

Being in someone's embrace who is a strong reflection of yourself is powerful. Two souls of a feather in an exchange that is a hug, reflecting and reverberating all that we are across time and space.

The vastness of us held in an embrace.

Every encounter is a transaction. This one left me with a surplus. Overflow even. There was no extraction.

What was the cosmic part?



Continued on Page 23



Energy: Dreamseed

A dream is not always something waiting in the distance.

Sometimes it is already (t)here.

Quietly held.
Taking root beneath the surface.
Gathering shape before it has language.
Becoming before it can be seen.

Dreamseed was created for that space.

Dreamseed

For Embodying Your Dreams*

Energy: Dreamseed ... Contd.

1 Teaspoon Lavender

¼ Teaspoon Orange Jasmine

¼ Teaspoon Grapeseeds

1 Teaspoon Rosebud

½ Teaspoon Patchouli

The space between imagining and living.
Between what the heart knows and what the hands have touched.
Between the seed and the flowering.

A seed does not need to be convinced of what it carries. It holds its becoming within itself. Given space, relationship and the right conditions, what is already there begins to emerge.

Dreamseed holds that same invitation.

Not to chase the dream, but to notice where it is already moving.
Where it is taking root.
Where it is asking for room.
Where something once imagined is becoming something lived.

Lavender opens the dream space. Rose holds the heart. Grape seed carries potential. Orange jasmine flowers into presence. Patchouli brings it back to earth.



Together, they hold a simple movement:

what is dreamed,
what is desired,
what is carried,
what flowers,
what is lived.

Dreamseed is a medicine pouch for the space where the dream stops being somewhere else.

* I can appreciate that you may not have these ingredients to hand, but you have your attention, the knowledge of the medicine, and your intention to benefit from this medicine. Download this handout or handwrite these ingredients and place them under your pillow to heighten your connection to the Dreamscape. If you make a physical pouch, put it under your pillow.

***



Fabulosity Speaks

This oracle reading has come through directly from the heart. I had to get quiet to hear the message beyond the noise. What follows is what is resonating for me as truth.

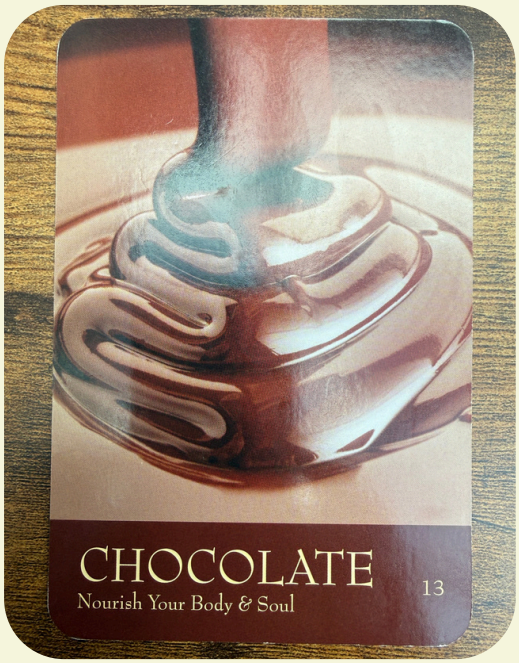
I invite you to read between the lines to fully sense the expansiveness of this oracle and how it might apply to you. Tap into your own intuition to triangulate to your place of truth. It's relative to mine as witness.

The Oracle:

Nourish your body and soul: take action, enjoy clear hearing, strengthen your faith, create a balanced life, and vice versa.

How I See It:

Centre point: Chocolate - Nourish Your Body and Soul (1+3=4)

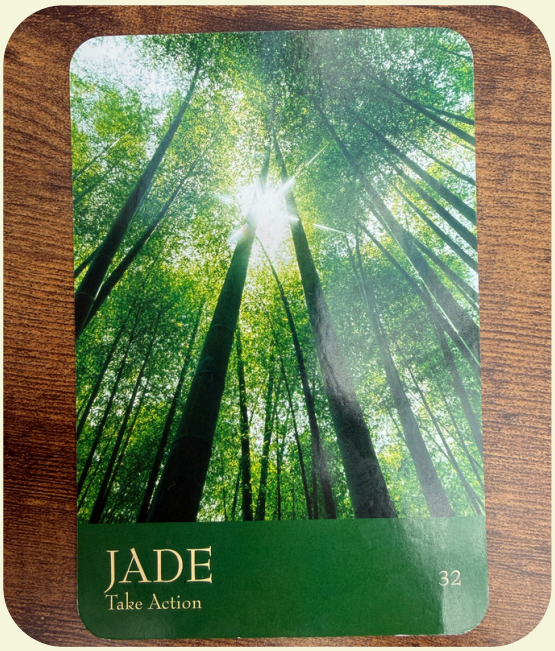


Nourish your body: ethereal and earthen, and soul. Parental and Child. Independent and dependent through relationship. You are a parental and you are a child. You are nurture and nature. This speaks to self-care of the child (inner and outer) as a responsible adult.

Shadow, shimmer, shine, sheen or fade, but stay in relationship to the whole. The family unit.

The number thirteen reduced to a single digit is four. There are many ways to look at the number four: 1+3, 4, four, for, IV, or IIII. This feels like balance to me. It takes all kinds.

Through chocolate, we learn to take the bitter with the sweet. We sometimes force opposition instead of supposition. Chocolate helps us stand between states in full acceptance of function and performance. It is what it is. It does what it does.~



Mirror Image with chocolate centre: Jade - Take Action (3+2=5)

Grow. Tree. Sun. Moon. Rain. Water. These are results of nourishment. Transfunctional. Transrelational. Transformational.

Action is subjective. How I take action will be different from how you take action. There may be some similarities, but different. If our actions are taken on purpose, the function will be clear. The performance of the whole, optimal.

The number thirty-two reduces to five. Now we have balance with fluctuation. With a rudder. An oar. A clear view. Space to drift. Breathing room.

When we add five to four we get nine. A variant of 3 and 6. It goes on and on. Soil and growth. Chocolate and Jade.~

The Oracle ... Contd.

Mirror Image with jade and chocolate centre: Mauve - Enjoy clear hearing (4+3=7)

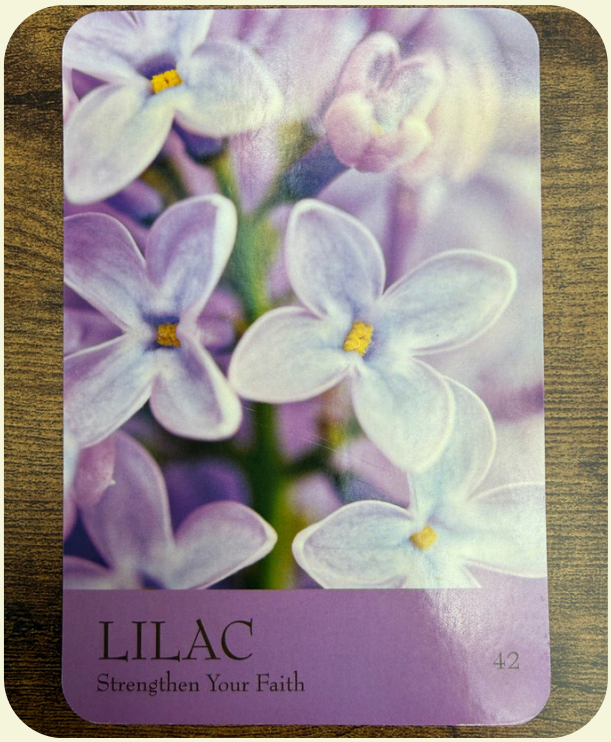
Enjoy clear volume. Enjoy clear expansion. Ponential growth. Potential access. Be free and clear.

Let your yes mean yes and your no mean no. Put your money where your mouth is. Being truthful is the only way to be free and clear.

Jade: Take that action ... be truthful in your transactions for sustained potential.

Chocolate: Nourish your body and soul with truth. What is real. The imitation will never be as good as the original. Feast on reality. It is on the spectrum of bitter and sweet.

Clear sensory perception so you can sense the difference while keeping it real.





Mirror Image with mauve, jade and chocolate centre: Lilac - Strengthen Your Faith - (42=6)

Shore-up your own beliefs. What do you know to be true? Truth starts at home. In relationship. Wilful ignorance serves no purpose. Stupidity can be corrected through learning.

We are in a time where we have to know the truth. It's the only way to be free and clear. We have to know us by our fruit. For the Bible tells us so.

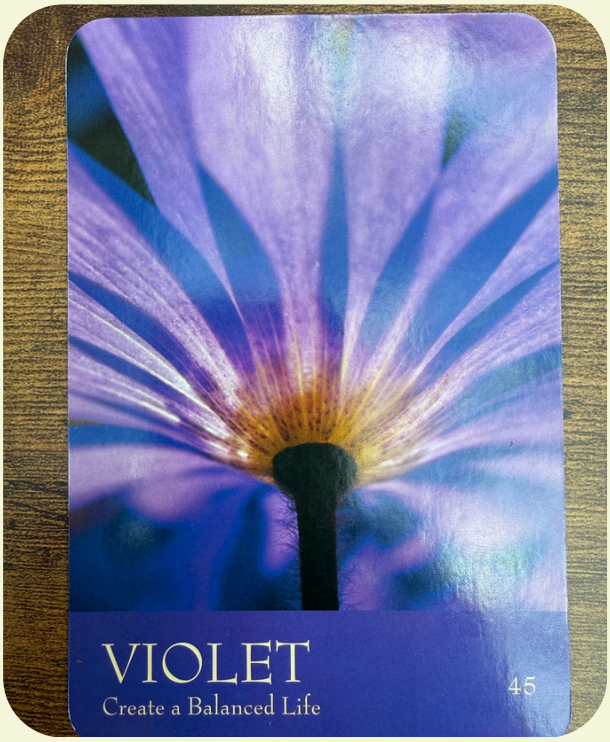
Let senses redefine your faith. It may look like an apple, but take a bite first to make sure it taste like one. It might look like a peach, but take a deep smell first to make sure its essence is peach.

Faith isn't the evidence. The evidence is what you put your faith in. The truth, not the fabricated shit.

Six is the number of man, a derivative of 3 and 9. It goes on and on. No beginning. No ending. Just is.

Sense the truth. It might look like a lilac, but does it smell like lilac?~

The Oracle ... Contd.



Mirror Image with lilac, mauve, jade and chocolate centre: Violet - Create a Balanced Life (4+5=9)

Crown Chakra. We are in agreement. We are crowned royal. Chocolate and Violet in conjunction with lilac, mauve, jade. From here. Always from here. A sound mind. All parts in harmonious relationship, discordant at times, but always true to self. The good, the bad and the ugly. Evil is an illusion distorting the live element.

To be crowned is to be under no disillusionment. It's all good for the greater good. The violet, the chocolate and the spectrum between. All good: sometimes bad and ugly. Never evil. Healthy.

four + five + seven + six + nine = four
four + five (nine) + seven + six (four) + nine = four

The same, but from another perspective.~

Food for Thought:

All is not what it seems. See with your whole self, not just the eyes. Sense the quiet in the storm.

Some of y'all (us) are on a mission that we didn't give the orders for. A fool's errand. Know which f(l)ight is yours. Don't get on the wrong plane in the Dreamscape. Stay on your flight pattern in accordance with your design (personal dream).

The Dreamscape is stormy weather. We wear the effects. Stay in relationship, but in your lane. Get in where you fit in. If you find yourself fading, remember where you came from. Your original hue. Free and clear.



This image is of a wall decoration in my garden. It's been hanging out in the weather for years. The image that appears white was yellow. It's weather faded, but still in relationship through remembering it's original hue.

***



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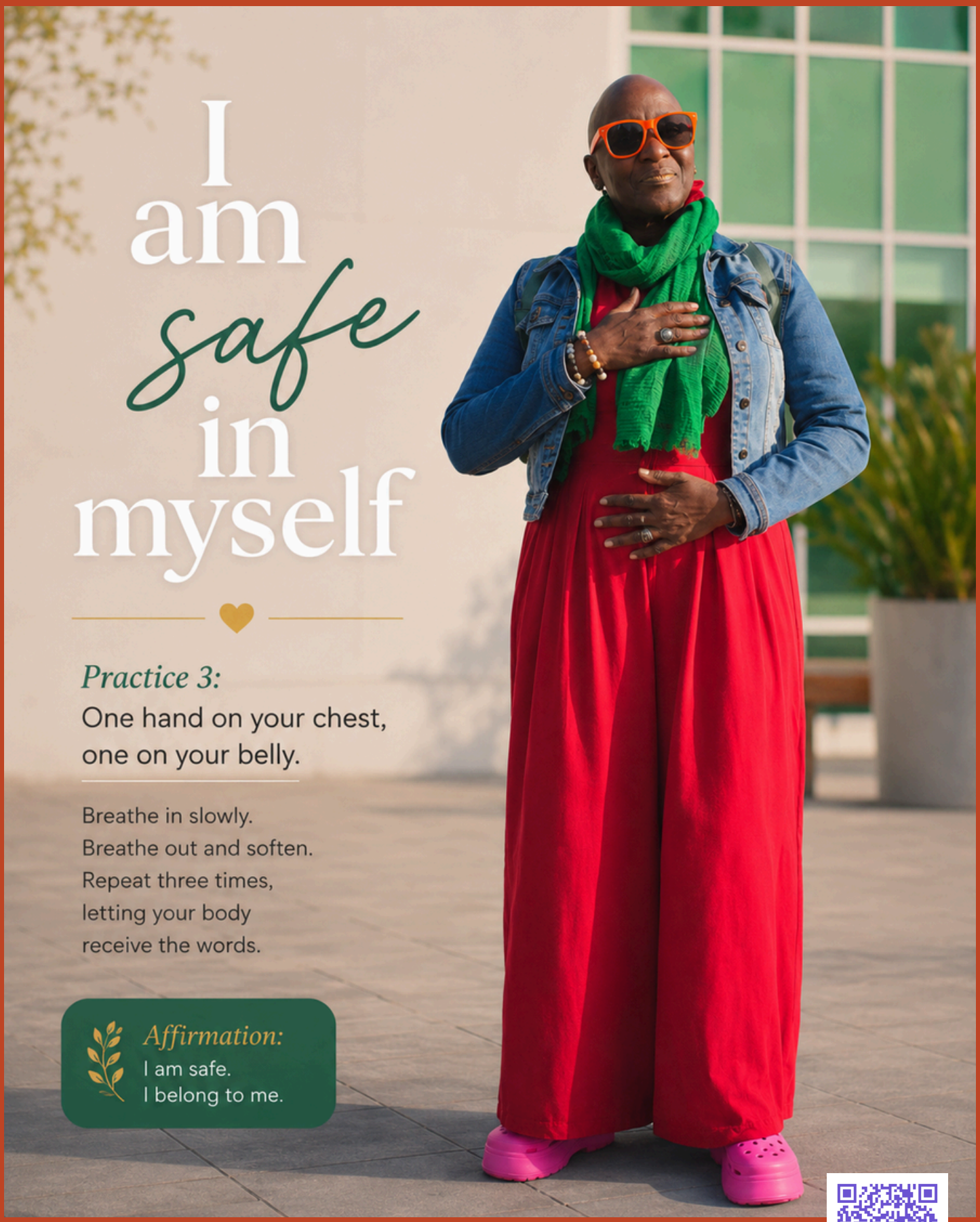
I am safe in myself
Practice 3:
One hand on your chest, one on your belly.
Breathe in slowly.
Breathe out and soften.
Repeat three times, letting your body receive the words.
Affirmation:
I am safe.
I belong to me.

The Cosmic Cuddle... Contd.

What was the cosmic part?

The embrace felt infinite. Like I'm still in it now. It also felt ancient and primitive all at once. It tapped into the basic need for relationship. It tapped into eternal forces known and unknown, the timeless oneness that we all carry.

For me the experience was sensory and filled with shine, shadow, shimmer and sheen ... all parts, full spectrum. Me and she with no pretence, with full acceptance of the other.

I asked Chlo to share her feelings on the cuddle, and she said this:

'I arrived at the spa to greet Glo in the waiting area and as we fell into this cosy embrace. Glo was in the perfect nook and it really felt like we were holding one another. Just allowing ourselves to stop, rest and relax. We hadn't even entered the spa yet! We relaxed in other ways once we were inside but mostly talked about life and what surrounds it, so didn't fully switch off. That short embrace before entering felt like an unsaid 'you are safe, unravel with me.' It felt motherly, sisterly, womanly but also like we were children.'

Our encounters are divine: Reality in reflection. I think our cuddle felt so expansive because we were two whole beings reflecting, holding and making space for all of it. The good, the bad and the mean.

The hug was like a conversation ... 'I got you.'

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