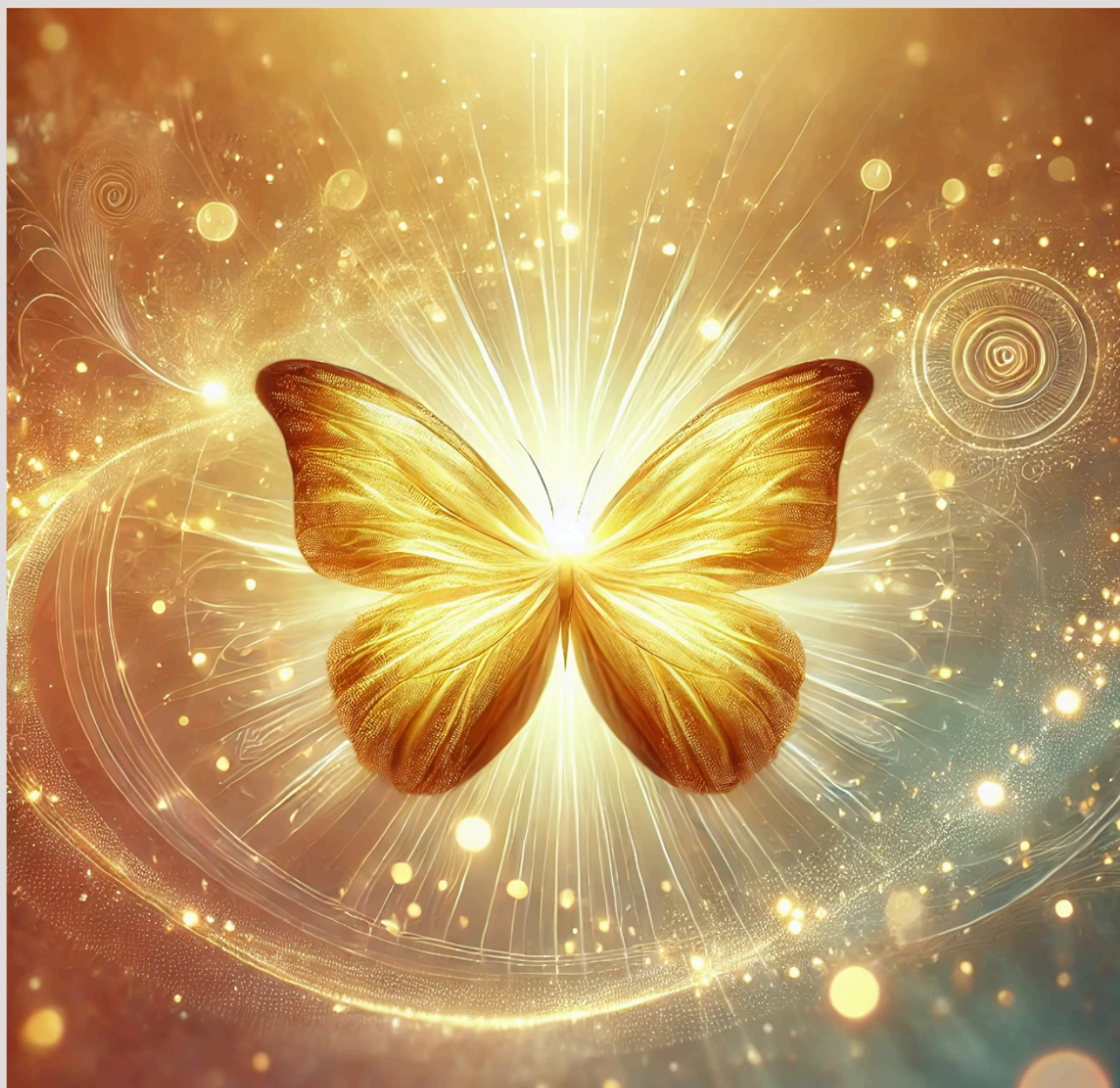


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GABRIELSEN ACADEMY ZINE



A Note From The Editor

March often arrives quietly, but with it comes the deep, steady pulse of change. This issue of *Gabrielsen Academy Zine* gathers that momentum and channels it into a series of systems that speak to transformation—not just in theory, but in practice. As winter starts to loosen its hold, we're reminded of the power of small shifts, renewed intentions, and reconnecting with the deeper reasons behind what we do.

This month's theme centers on energy that moves with clarity and care—from heart-led connections and inner beauty to protective grounding and laser-sharp focus. Each technique offers something unique, yet they all seem to echo a shared message: that growth doesn't have to be loud to be powerful.

As always, this zine isn't only about systems. It also reflects life as it happens—through camera moments, quiet reflections, and the in-between spaces where energy work meets everyday experience.

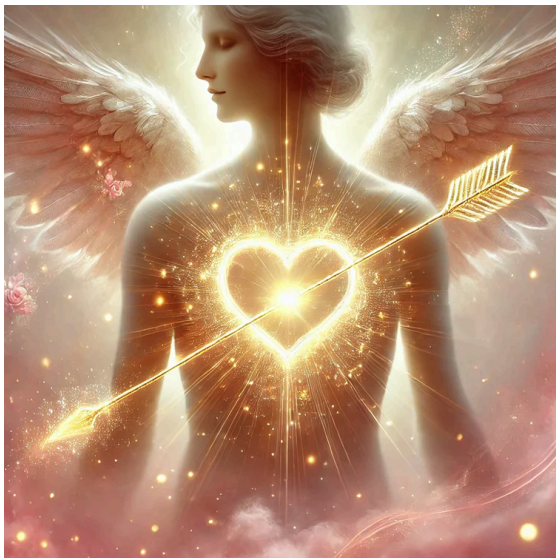
Thank you for being here. However this month finds you, I hope you feel supported, inspired, and gently reminded that transformation can begin with something as simple as a shift in intention.

Ole Gabrielsen
Editor, Gabrielsen Academy Zine

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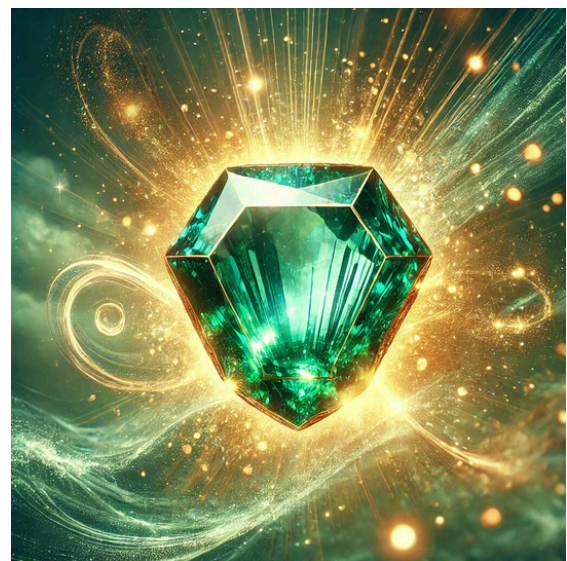
March 2025: The Energy of Intention and Transformation

As March unfolds, there's a quiet shift that can be felt even before the first signs of spring arrive. It's in this space between seasons where change starts to bloom—subtle at first, then increasingly present. This month's systems offer a journey through transformation, love, protection, and focused healing. They guide us from the internal to the external, inviting a deeper connection to our own values and to how we interact with the world.



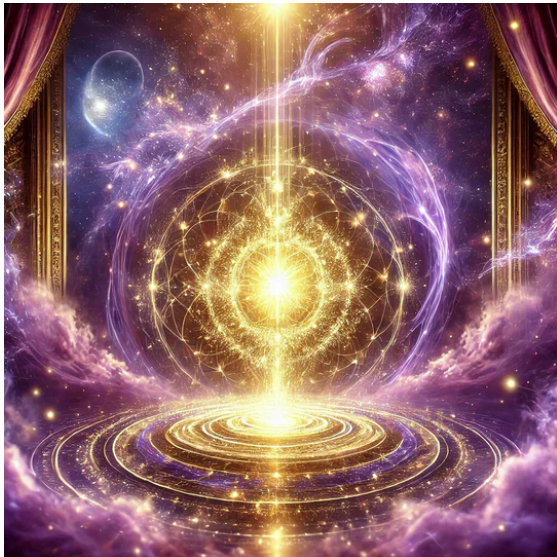
The journey begins with **Cupid's Heart Arrow Technique**, a system that doesn't limit itself to romance. While its name might suggest the classic arrow of love, this technique is more about the spark behind all forms of heartfelt connection—romantic, yes, but also platonic, creative, or spiritual. It speaks to the way affection can

move us, inspire us, and even redirect the course of a day or a life. It encourages emotional courage—the willingness to reach out, express care, or make room for connection. You might use this energy to strengthen existing relationships or to gently open to new ones. The idea is not just about being loved, but about being present enough to notice and respond to love in all its forms.

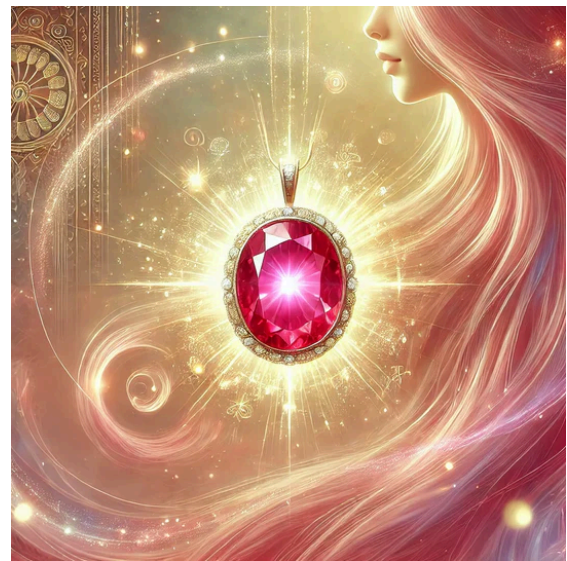


As the month progresses, the focus on transformation becomes more vivid with the introduction of the **Transformative Emerald Golden Gem Technique**. This system offers a path toward personal evolution, not through dramatic external change, but through clear, intentional shifts. It's about aligning with your highest potential—not because something is lacking, but because growth is a natural expression of your energy. This technique helps in identifying where old stories or limiting ideas are still lingering, especially those that get in the way of moving forward. It

encourages releasing what's no longer useful and replacing it with clearer, cleaner motivations. This can be especially supportive for people in service roles—coaches, teachers, healers—who are learning to act from a place of pure intention.



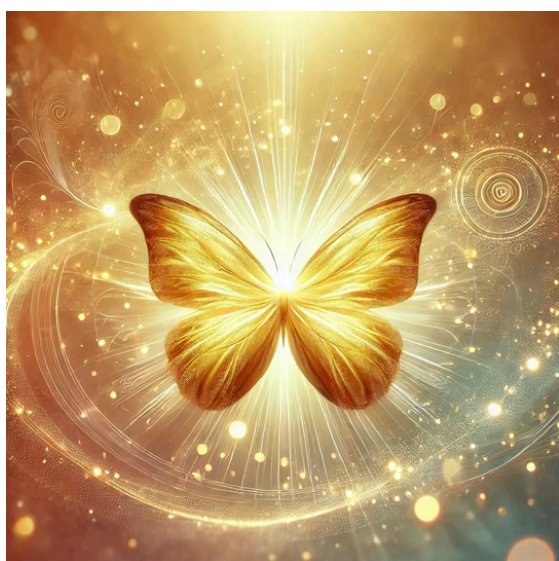
That thread continues with the **Violet Golden Altar Technique**, which brings a ritualistic and sacred tone to inner transformation. This system is meditative, reflective, and useful for creating space—physically or mentally—for your own intentions to take root. If your spiritual practice feels cluttered or rushed, this energy offers a way to simplify. It supports focus and the act of honoring what matters to you. Even a small physical altar, set with intention, can become a grounding point in your daily life. In a broader sense, this technique reminds us that our life itself can be a kind of altar—shaped by what we choose to place at its center.



With **Aphrodite's Ruby Pendant**, the emphasis turns toward beauty, but not in a superficial sense. This system highlights the kind of beauty that comes from alignment between inner confidence and outer expression. It invites a glow-up from the inside out, not for others, but for yourself. This is not about perfection but about expression—choosing to feel good, to care for yourself, to look in the mirror and smile back. For some, this might mean wearing something that feels authentic; for others, it could be the act of moving through the world with a little more grace or presence. The energy works on the heart, radiating through every layer of self-image.

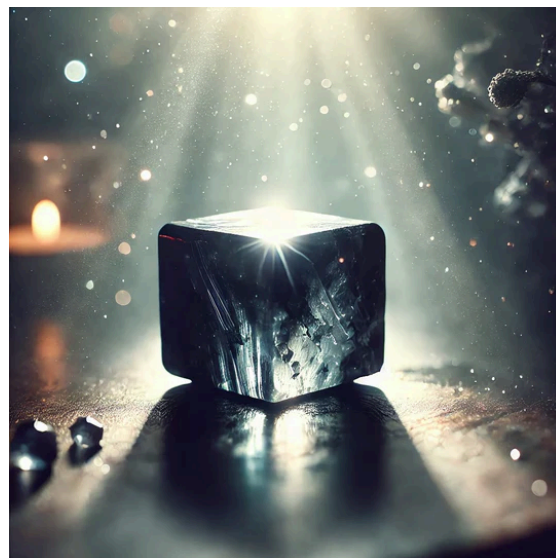
Next comes the **Transformative Golden Butterfly**, an energy that continues the theme of growth, this time through the lens of intention. Like the butterfly it's named for, this system is about transition—but it's not just about change for change's sake. It asks, "Why do you do what you do?" Whether the answer is rooted in

healing, love, creativity, or service, this technique helps refine the signal. It's especially helpful when your goals feel foggy or when you're not sure what's driving your choices. This energy supports clarity and alignment, encouraging actions that reflect your true values rather than pressure or habit.

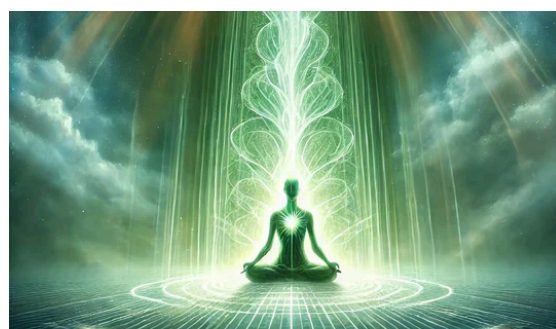


The **Black Tourmaline Cube Technique** brings structure and grounding to this mix. With so much movement and transformation in the earlier systems, this one helps settle the energy. It's about stability and the quiet power of having a strong foundation. Black tourmaline is widely known for protection, but the cube form brings in themes of order and consistency. This system can be helpful when routines need support or when it feels like life is pulling in too many directions at once. It's also valuable in practical settings—at work, during transitions, or when managing energy in shared spaces. There's a steadiness to this

technique that balances out more expansive energies.



Systematic Vertical Healing Technique arrives as a deep physical and energetic reset. This technique, connected with Archangel Raphael, brings fast, clear healing energy from the crown downward, flushing through the body with refreshing green light. It's ideal during times of fatigue, illness, or when energy levels have dropped for no clear reason. It also pairs well with existing healing routines, complementing other methods with a focused, vertical approach. It reminds us that wellness isn't always about doing more—it's often about letting the right energy in.



Electric **Blue Laser Technique** adds a strong cleansing force to the collection. It works with Archangel Michael's energy to clear out negative influences and heavy energies. This isn't just about cleansing people—it's also excellent for physical spaces. You might use this to prepare a room before a healing session or to reset your energy after a stressful day. The key here is precision. Like a laser, the energy cuts through confusion and emotional clutter, making room for clarity, truth, and confidence. It's a powerful tool when you're ready to let go of what's no longer aligned.



Rounding out the month is the **Passion Fruit Technique**, a soft yet powerful energy linked to sacred sexuality and the fullness of emotional expression. Rooted in the energy of Aphrodite, this system encourages reconnection with joy, sensuality, and self-appreciation. It's about reclaiming beauty and pleasure in a way that feels safe, grounded, and nourishing. Whether used alone or in partnership, this

energy speaks to the idea that pleasure can be healing, that affection can be sacred, and that joy is a valid part of spiritual life.



Together, these nine systems create a layered experience of March—one that moves from the heart to the mind, from transformation to protection, and from deep cleansing to joyful expression. In a month that often signals the start of spring, this energy offers a gentle push forward, inviting us to grow with purpose, love with honesty, and move through the world with a little more light.

Random Camera Pics From March



Church of St. Basil of Ostrog Belgrade



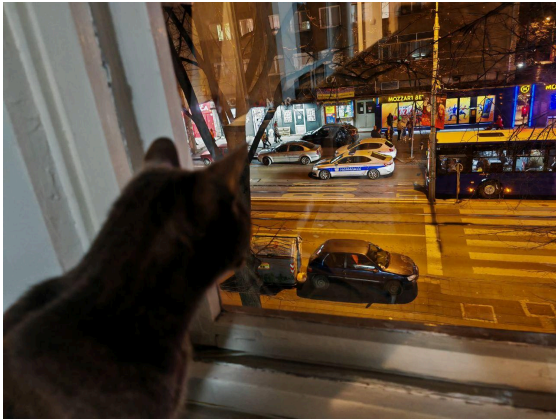
Holy Water at Church of St. Basil of
Ostrog Belgrade



Relaxation is needed



Leo's paws



Leo likes the street view



Belgrade at night from a plane