

Essential News

Presented by:



***In this newsletter
you can expect:***

A Note From Candace

Peaceful Living

Good news around the world
&
“Whats Good”

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Resources



Candace Patrice
CEO

EssentialMotivation.com

Welcome!

I warmly welcome you to Essential News, where we aim to share things that are good through information that is healing, informative, and interactive. It is my goal to spread love throughout the world by doing good works myself. I am the first model of Essential Motivation's work, striving each day to live out the principles I share with others.

Part of that mission is sharing what is good within our community and supporting others who are doing good work as well. The best part is that all of this information is free, and I will never charge for it. So please share it with someone else so they can benefit too.

It is my hope that you find joy in what is shared here. For me, joy starts with Jesus Christ. That does not have to be your joy. Follow your own path and allow it to lead you to where you are supposed to be.

-Candace Patrice

A Note From Candace

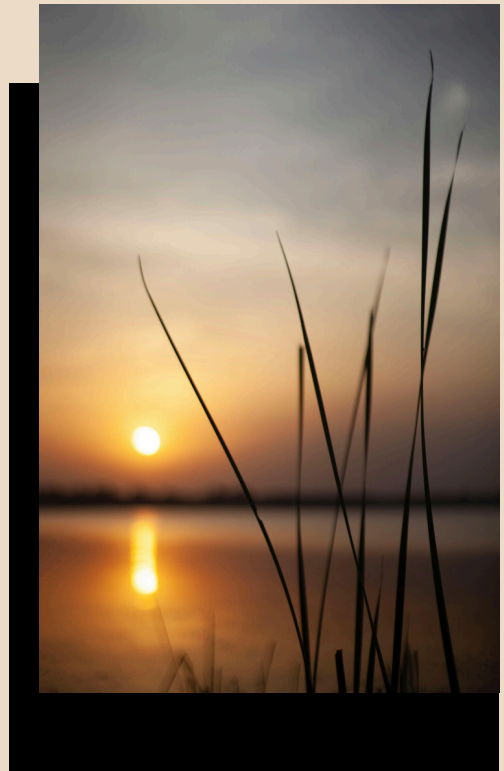
June has come and gone and summer is officially here. June from me was a reminder that this is the day the Lord has made and we will rejoice and be glad in it. I have had one of my greatest life lessons from a granny sent from God. She once told me the world is full of so many good people, and so many good things. 100 years of wisdom, and this was her outlook on life. In a time where many people point out the negative happening in this world, she saw the light. Today I plant the seed of joy and happiness in your hearts like she did for me. Go find the light your life is supposed to attract.

~In Loving Memory Granny
September 3, 1925 – June 25, 2026



Peaceful Living...

Have you ever wondered how some people seem to have peace all the time or they seem to forgive freely? Me too lol, I began to look and study some profound peaceful examples. Today I highlight Siddhartha Gautama also known as “The Buddha”. It was suffering that changed this sheltered rich prince of ancient India. Four sights sent him to seek the root cause of human suffering and a permanent way to overcome it: an old man, a sick person, a dead body and a peaceful holy man. For 6 years he went on a search until he had his night of enlightenment under the Bodhi tree. He founded and taught the Eightfold Path, the practical guide to ending suffering, traditionally grouped into three categories.



Wisdom (Pana)

Ethical Conduct (Sila)

Meditation (Samadhi)

continued on next page...

Peaceful Living Cont.

Wisdom (Pana)

1. Right Understanding (or view): Knowing the Four Noble Truths and seeing reality as it truly is.
 - The Noble Truth of Suffering (Dukkha): Life is filled with suffering, dissatisfaction, and unease
 - The Noble Truth of the Origin of Suffering (Samudaya): arises from craving and attachment to pleasures and existence
 - The Noble Truth of the Cessation of Suffering (Nirodha): It is possible to end suffering by elimination craving.
 - The Noble Truth of the Path Leading to the Cessation of Suffering (Magga): The way to end suffering is through the Eightfold Path, which provides a methodical approach to achieve enlightenment.
2. Right Intent (or Resolve): Committing to self-improvement, non-violence, and letting go of harmful desires

Ethical Conduct (Sila)

1. Right Speech: Speaking truthfully, avoiding gossip, lying, harsh words, or divisive talk.
2. Right Action: Behaving peacefully, which means not killing, not stealing, and practicing sexual responsibility
3. Right Livelihood: Earning a living through honorable professions that do not harm others

Meditation (Samadhi)

1. Right Effort: Cultivating positive states of mind while actively preventing and letting go of negative ones.
2. Right Mindfulness: Staying fully aware of your body, feeling, mind, and thoughts in the present moment.
3. Right Concentration: Practicing deep, single meditation to quiet the mind and achieve mental clarity.

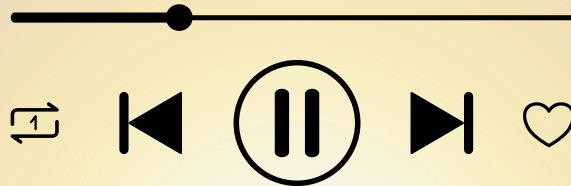
If you are looking for some ways to a more peaceful life, try implementing some of these ways and document what changed in your life.

Essential Listening



Music has it's own way of healing us. It makes us feel and gives us motivation for the mood we will carry thoroughout the day. This months recommendation is...

Heal the World ~ Michael Jackson



Our Next Event.. Essential Conversations



Authentically You: Come As You Are

A virtual conversation about living authentically, releasing people-pleasing, and showing up exactly as you are.

Who are you when no one is asking you to perform?

Join us for Authentically You: Come As You Are, an honest and encouraging virtual conversation about embracing the person you were created to become. Together, we'll explore what happens when we stop people-pleasing, release the weight of others' opinions, and become grounded in our own values, purpose, and identity.

Friday 7/17

6PM-7PM

Click the link above to register on
Eventbrite!

Good News Around the World



“Woman Wins Lottery And Immediately Gives Neighbor \$5,000 to Take the Family on Vacation”

A 48-year-old woman who won a million in the lottery immediately gave her neighbors a gift of five thousand, so they can travel on their first family vacation abroad.

Honorata Jamrozik scooped up the life-changing tax-free prize in the UK Omaze Monthly Millionaire Draw—and her first act was selfless generosity.

The kind-hearted foster care mother surprised her neighbors of 14 years with the cash to spend on a family getaway.

“Unique Double Cochlear Implant Surgery Lets Twins Hear Mom’s Voice For the First Time—Together”

In what is believed to be the first surgical program of its kind in Australia, a pair of profoundly deaf twins have received cochlear implants at the same time.

The marathon 8-hour surgery involved 4 implants on 4 ears and 2 boys, all done in order to minimize the impact of pre and post surgical preparation on the family, and for the twins—who survived a premature birth—to make another important milestone together: hearing mom’s voice for the first time.

“Hospital Opens Roof Garden Where Critical Care Patients Can Enjoy the Outdoors for Hours With Full Care”

A hospital in south London opened a garden on its rooftop where Critical Care patients can spend hours in the fresh air and sunlight.

ICU patients visiting the rooftop garden receive “full life support” while experiencing the therapeutic benefits of the natural surroundings.

Located on top of the hospital’s 60-bed critical care unit, King’s College Hospital says their roof garden has space for up to six beds.

What's Good?

Congratulations to [Sasha Hernandez](#) who shot her 1 year anniversary podcast episode with a live studio audience and live stream. [Rewriting the Script Podcast](#). This episode was on healing out loud and had 4 amazing panelist and a cohost to sit alongside Sasha. [Brittany Murphy](#), [Eric Michael](#), [Sherrell Wilson](#), [Dr Keyon Clinton](#) and [Leon Reed-Jones](#). Here are a few great takeaways and trust me there were many more.

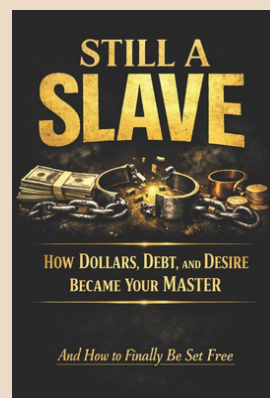
- Losing is necessary. There are lessons you will never learn if you don't lose and there are prayers you won't pray unless you lose ~ Dr Keyon Clinton
- The trigger is not the problem, it's where you aim ~ Dr Keyon Clinton
- We let what we see give us amnesia about what we know ~ Eric Michael
- How long am I going to be ok with sitting in what I created ~ Eric Michael
- In healing we are constantly evolving and becoming a new person. If you haven't spoken to me in 6 to 9 months, you don't know me ~ Sherrell Wilson
- For a woman to truly know her worth she has to love herself where she is at ~ Sasha Hernandez

Sasha will also be hosting her first conference [Healing Girl to Healing Girl](#) on August 8, 2026 from 12pm to 5pm. The address is 2301 Woodmere, Detroit, MI, 48209. You can get early bird tickets for \$30 until July 8th.

Purchase [tickets](#) on Eventbrite



Book Recommendation



Looking for a good book to read on Kingdom finances. I had the pleasure of reading this book written by a sister in Christ of mine. This book has some good gems in it that will help you shake your reliances or idolatry to money. [Ijaneah Joseph](#) has shared her journey about money with God and her wins and fails in an authentic way. This book is a bold, faith-based message exposing the deeper spiritual roots behind financial bondage, mindset strongholds, and the cycles that keep believers stuck from walking in true freedom through Christ. This is not just another book about money—it's about freedom, stewardship, and breaking spiritual and financial slavery.

Get your copy here:

[Still a Slave Book on Amazon](#)

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Podcast

“Essential Mental Healing”



Mental Health Resources

Counseling and Therapy



Tuckerville LLC, Online and In-person sessions, Takes
insurance (See Website for details)

35230 E Michigan Ave, Wayne, MI 48184

Website

313.652.2432



*Nora Mental Health, Online and In-Person sessions, Takes
Medicaid*

17940 Farmington Rd Suite 215, Livonia, MI, 48152

Website

313.351.2098

Thanks for reading!