

QRTM

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QUEEN RISING THE MOVEMENT

RISE TO
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YOUR
KINGDOM

ISSUE 05

OCTOBER 2019

RISE & REIGN

AFTER SURVIVAL
RESOURCES

VEGAN
101

ROYALTY BOX

THE
WAITING GAME PT. 1
BY DR. DYMPHNA
DAVIS

MINDFIELD COMPLEX
BE - PINK
FT. BETHANY BURNS

I AM HER"
FT. SIMONE
HIGGINBOTHAM

KINGDOM BUILDERS
HAVING A MINDFUL
COMPLEX

CHRONICLES OF A
QUEEN RISING
MORE THAN
A CONQUEROR -
LEX THE CONQUEROR

"



In Loving Memory of #LEXTHECONQUEROR



EDITORS LETTER

December 2019 QRTM DIGITAL MAGAZINE'S
ISSUE 06 WILL BE RELEASED.12/18/2019



(2019)



Jonnika Dixon Allen Age (1990)

On Nov 3, 1996 I was baptized and committed my life to Jesus Christ. I remember the first time I heard the song "More than A Conqueror" by Kirk Franklin and the Family. I was around the age of 12. I borrowed the cassette tape from my friends and also made a copy of it to keep. I used to sing this song daily. However, it was not until, I was sitting in a sermon at First Emanuel Baptist Church in 2007; that I understood the full meaning of those words "More than A Conqueror." Pastor Charles J. Southall preached on how A Conqueror is the one who defeats the challenge, the one who paves the way. A Conqueror faces the challenge head on with little fear. A conqueror accepts the task and follows through on successfully accomplishing his/her goal. More than a Conqueror" is the one who follows the path the Conqueror took.

Just as if one who is lost on a trail, they would follow any path that they can make out. This path was created by someone else footsteps who already conquered the brush and dirt! So, when I look back upon all the challenges I faced, I realized how my faith ,allowed me, by grace to see the other side of the challenge. For me by Accepting the path and the way of the son of God Almighty Jesus Christ, I am more than A Conqueror. For the Bible tells us that the Enemy we call the "Devil" "Satan" has already been defeated when Christ was nailed to the cross and God's Word was Fulfilled.

I have met strong challenges with strong faith. I have been blessed to survive out of domestic violence, and I have recently found strength and inspiration through women who love and embody Christ like behaviors. I dedicated this Issue Front Cover page to two of the women in my life. The first being my God mother, Joan Moore. My "Nanny" treated me like a princess. She also demonstrated how to carry myself with class and how to be a strong woman. My Godmother raised two fine young men, as a single parent, she worked and provided for them and still was a nurturer to many others. Back in 2015, I met a young lady named Alexis Larry, she had a bright smile and an enthusiastic tone. I was hired to shoot her headshot photos and we kept in touch over the years. When Alexis was diagnosed with Cancer, I watched her on Social Media bring awareness to the disease. She inspired so many with her journey and was transparent with all who viewed. She battled her diagnosis and the symptoms that came along with it, in a way I would call "Fighting Pretty". The one thing in common with these two women is that they both had Jesus Christ in their hearts. They understood that they were More than Conquerors. They fought their battles whilst still keeping the love of Christ in their hearts. Understanding that if they transition on, their legacy, their work, and their inspiring words and acts will live on and take root and plant into those they experienced. I hope they realized how much they poured into me. They followed Christ and confirmed to me thy I am on the right path.

Which reminds me of a movie I watched, "Cloud Atlas" . One of the lines state

"Our Lives Are Not Our Own."

I pray this Issue of QRTM Digital Magazine gives you the inspiration to survive and thrive. Own your throne Queen. You are More than A Conqueror.

Mrs. Jonnika D. Allen M.S., M.B.A.

TABLE OF CONTENTS

Published by JONDI Design INC. 2019

#QRTM In Every Issue

P2	Editors letter
P6	RISE & REIGN
P12	Royalty Box
P15	Royalty Box Unleashed
P17-P19	Mind Field COMPLEX Cultivation
P24 & P33	Basic Instructions Before Leaving Earth <i>Co Editor's Corner</i>
P27. P30-34	Kingdom Builders
P37	Chronicles of A Queen Rising

#QRTMDigitalMag THIS ISSUE

P7	VEGAN 101 by Christy Love
P16	"The Waiting Game "
P18	"AFTER SURVIVAL" Rise Queen Own Your Throne~OBTAINING RESOURCES by Christy Salvant
P31	"Mindful Complex" by Christy Love
P33	More The A Conqueror~ Tribute Digital Art~ Lex the Conqueror
P35	The Queens Selection - Digital Art
P38	SURVIVOR STORY : SIMONE Higginbotham , Author OF REBIRTH PUBLIC RELATIONS/ MEDIA/ RADIO AUTHOR AND Domestic Violence Survivor
P40	BE-PINK featured Spotlight Bethany Burns Entrepreneur and Music Gospel Artist



QR TM

LUKE 12:32

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Mrs. Jonnika Dixon Allen M.S. EMDT, M.B.A.

CO-EDITOR



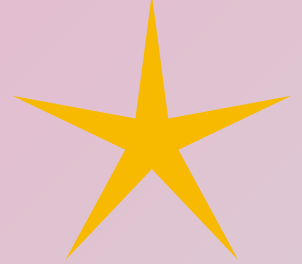
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CHRISTY SALVANT





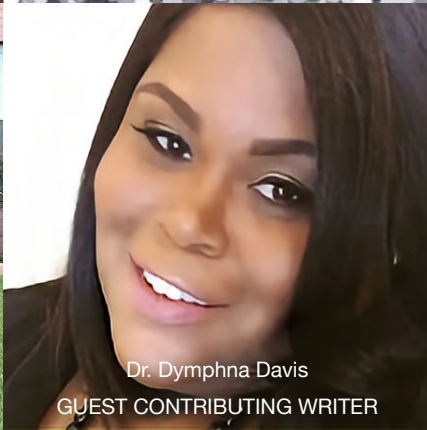
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GUEST CONTRIBUTING WRITER

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EAT THE RAINBOW



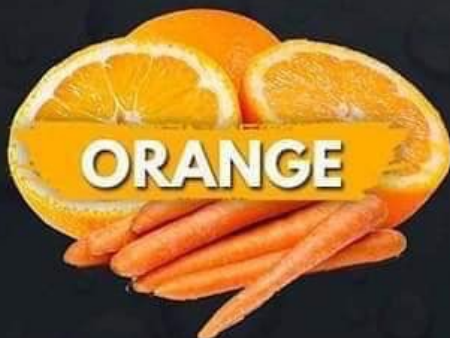
**+ FIGHT OFF
FREE RADICALS**



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**+ CELL
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VEGAN



Compassion



Nonviolence



For the people



For the planet



For the animals

When you're just starting out a vegan diet, there can be a lot of challenges to face. There are so many resources and so many different ways how to approach this transition! You might feel lost in the huge information sea of the Internet.

**www.tioe.net.
HOSTED BY CHRISTY LOVE
@BLACK_EXCELLENCE on Instagram**



BY Christy Love





VEGAN BURGER

E • A • T M • O • R • E V • E • G • G • I • E • S

So here are a few (of many) tips for vegan beginners.

Prepare Yourself:

Do a little research and prepare yourself. What kind of foods should you focus on eating? (READ INGREDIENTS)

Start With The Pace That's Best For You:

You can start by eliminating red meat in the first week, then remove poultry, then fish, eggs and so on.

Stay away from processed foods (as much as you can):

Keep it simple, the vegan lifestyle is not hard. Swap out meat with the vegan substitutes...keep the herbs and sauces (long as they're vegan) as a part of the recipes and you cannot go wrong.

Start slow:

start easy, one meal day, then gradually change to one day a week then one week a month then one month at a time. By then, you'll become a natural at it!

Start with your traditional cultural meals and shock the family during gatherings and holidays. Make it fun!



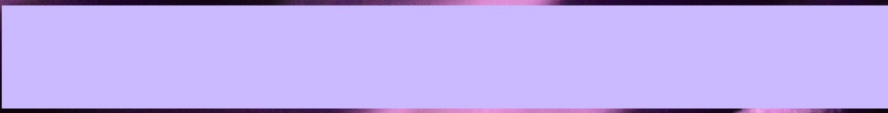
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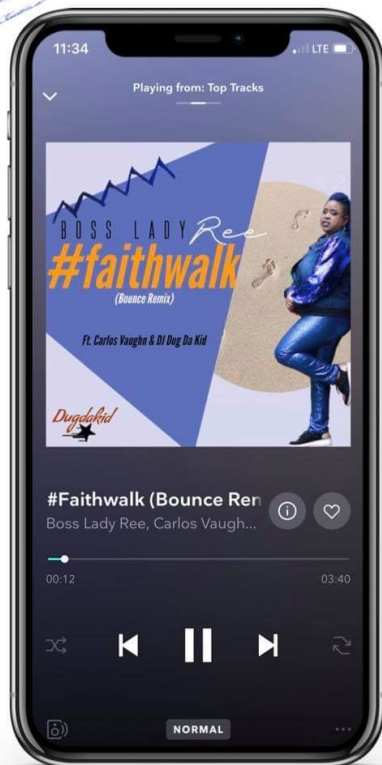
Reitta Riley-Bailey, Founder

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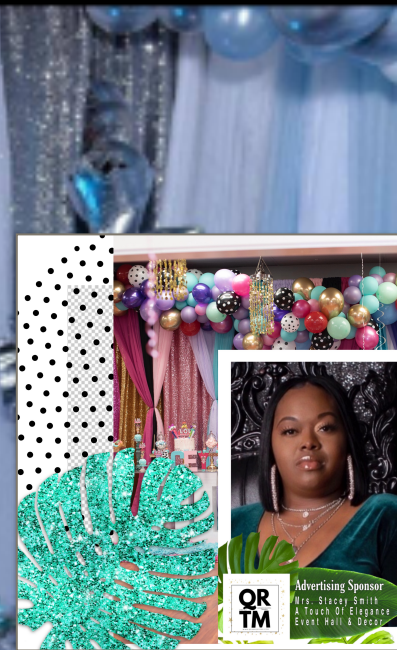
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QRTM also donates supplies to homeless and domestic violence shelters for women and kids; and provides individual support to underserved women.

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A Salute to The Queen Diahann Carroll

Born Carol Diann Johnson; July 17, 1935 – October 4, 2019 was an American actress, singer, model, and activist. She rose to prominence in some of the earliest major studio films to feature black casts, including Carmen Jones (1954) and Porgy and Bess (1959). In 1962, Carroll won a Tony Award for best actress, a first for a black woman, for her role in the Broadway musical No Strings.

Her 1968 debut in *Julia*, the first series on American television to star a black woman in a non-stereotypical role, was a milestone both in her career and the medium. In the 1980s, she played the role of Dominique Deveraux, a mixed-race diva, in the prime time soap opera *Dynasty*. Carroll was the recipient of numerous stage and screen nominations and awards, including the Golden Globe Award for Best Actress In a Television Series in 1968. She received an Academy Award for Best Actress nomination for the film *Claudine* (1974). She was also a breast cancer survivor and activist. Carroll was a founding member of the Celebrity Action Council, a volunteer group of celebrity women who served the women's outreach of the Los Angeles Mission, working with women in rehabilitation from problems with alcohol, drugs, or prostitution. She helped to form the group along with other female television personalities including Mary Frann, Linda Gray, Donna Mills, and Joan Van Ark. Carroll was diagnosed with breast cancer in 1997. She said the diagnosis "stunned" her, because there was no family history of breast cancer, and she had always led a healthy lifestyle. She underwent nine weeks of radiation therapy and had been clear since. She frequently spoke of the need for early detection and prevention of the disease. She died on October 4, 2019, in Los Angeles, aged 84.



Healing Your Heart:

5 Crystals for Healthy Emotions

by Elizabeth Durham
Instagram @luelladville



The second installment of the “5 crystals” set, use these stones to meditate your intentions and encourage heart healing:

Rose Quartz - the stone of unconditional love and unwavering peace, Rose Quartz is readily available and inexpensive. It’s cool, calming energy is ideal for healing a broken heart, bringing peace to those with abandonment issues, or suffering a major trauma.

Malachite/Chrysocolla - Crystals and minerals often grow in a matrix with other crystals, and the malachite/chrysocolla combo is an example of how beneficial these relationships can be. Used on its own, malachite can open the heart to unconditional love (especially love for one’s self), but because it amplifies both positive and negative energies, it can bring up feelings that are overwhelming. This process can be difficult to deal with if one is already suffering a tragedy, which is where chrysocolla comes in, reversing destructive emotions and calming mental tension, alleviating guilt and strengthening your capacity to love.

Rhodochrosite - a stone of love and compassion, rhodochrosite is excellent for helping those who feel unloved to find it within and outside of themselves. It is said to be an excellent stone for comforting and healing survivors of sexual abuse. It is a good choice for those who are repeating unhealthy relationship cycles, removing denial and helping you deal with painful emotions in a functional way.

Amazonite - Amazonite is said to assist in manifesting universal love, helping one to see different points of view for a greater understanding. Healing emotional trauma and dispelling fear. Amazonite is an excellent stone for helping one move on from the past.

Watermelon Tourmaline - the rarest and most expensive crystal on the list, watermelon tourmaline is considered the “super activator” of the heart chakra. It is excellent for calming inner tension and fear, curing depression, by treating emotional dysfunction and past trauma.



The Waiting Game.

Part 1

Dr. Dymphna Davis

Transformational Counselor

“Waiting is not mere empty hoping. It has the inner certainty of reaching the goal.”

-I Ching

Waiting has a bad rap in modern Western society. The ego, or mind, is very uncomfortable with waiting. This is the part of you that fairly screams, “Do something! Anything is better than nothing!”

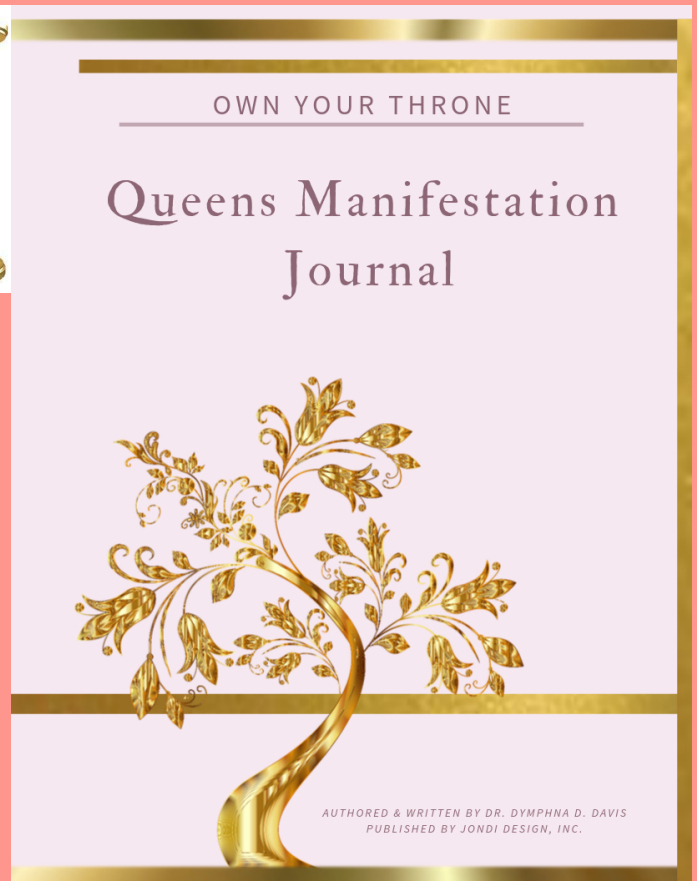
The mind hates uncertainty, and would rather make a mistake than simply live in a state of “not knowing” while the right course unfolds.

There’s a term I love that describes this place of uncertainty: liminal. A liminal space is at the border or threshold between possibilities. It’s a place of pure potential: we could go any direction from here. There are no bright lights and obvious signs saying “Walk this way.”

Liminal spaces can be deeply uncomfortable, and most of us tend to rush through them as quickly as possible.

If we can slow down instead, the landscape gradually becomes clearer, the way it does when your eyes adjust to a darkened room. We start to use all of our senses. The ego wants a brightly lit super-highway to the future, but real life is more like a maze. We take one or two steps in a certain direction, and then face another turning point. Making our way forward requires an entirely different set of skills, and waiting is one of the most important!

There’s a proper timing to all things, and it’s often not the timing we want (now—or maybe even yesterday). There are things that happen on a subconscious level, in ourselves and in others, that prepare us for the next step. Oddly, when the time to act does come, there’s often a sense of inevitability about it, as if it was always meant to be this way.



#QueensManifest2020 hosted by Dr. Dymphna Davis , purchase your copy of this powerful Workbook online.

www.drDymphnaDavis.com

That doesn’t mean you’re certain that everything will turn out exactly the way you want it. Or that you don’t feel fear. But there is a sense of “yes, now’s the time” in your body that I liken to the urge that migratory birds get when it’s time to leave town. They don’t stand around debating whether to go, consulting maps and calendars. They just go when the time is right.

We have and can cultivate that inner sensitiveness that lets us simply know what to do when the time is right. But to do that we have to unhook from the mind. Thinking is useful up to a point, but we usually take it far beyond the point of usefulness!

We go over and over various options, trying to predict the future based solely on our hopes and fears.

We talk endlessly with others about what we should do, hoping that they have the answers for us (and, ideally, trying to get everyone to agree).

We think about what we “should” do, based on any number of external measures: common sense, morality, religion, family values, finances, and so on.

And then usually we add this all up and just take our best shot.



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Rise Queen Own Your Throne

By Christy Love Instagram @Black_Excellence

AFTER SURVIVAL RESOURCES

The month of October is Domestic Violence and National Breast Cancer Awareness Month.

1 in 4 women and 1 in 9 **MEN** endure severe intimate partner physical violence, intimate partner contact sexual violence, and/or intimate partner stalking with effects including injury, fearfulness and PTSD.

About 1 in 8 women born today in the United States will get breast cancer at some point and there's 2,190 of **MEN** that are diagnosed with breast cancer each year.

The journey to recovery is a long one but, just because it's long doesn't mean it has to be lonely and non resourceful. There is an organization in just about every major city and some surrounding cities, that help victims of child and domestic abuse. Assistance is needed as you heal from your past struggles.

Here's a list of useful information and please check your city/state by calling the United Way 211 Crisis number and or contacting the www.thehotline.org to see what's available to you in your area.

1. <https://www.breakthesilencedv.org/get-help/scholarship-opportunities/>
2. <https://usascholarships.com/college-scholarships-for-domestic-violence-victims/>
3. <https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/special-attributes/domestic-abuse-victim>
4. <https://www.scholarshipsforwomen.net/abused/>
5. <https://www.raise.me/scholarship/attributes/domestic-abuse-victims>
6. <https://vawnet.org/material/domestic-violence-grants-survivors-and-advocates>
7. http://www.ncdsv.org/ncd_linksfunding.html (not secure websites)
8. <http://www.finaid.org/otheraid/female.phtml> (not secure websites)
9. There's many organizations that also assist domestic violence victims with housing, such as the following:
10. <https://www.hudexchange.info/homelessness-assistance/domestic-violence/>
11. <https://www.dashdc.org/housing-resource-center/know-rights/>
12. <https://helpingamericansfindhelp.org/housing-for-domestic-violence-victims/>
13. <https://howhousingmatters.org/articles/safe-housing-domestic-violence-survivors-shelter/>
14. <https://www.theguardian.com/australia-news/2019/jun/13/social-housing-landlords-use-domestic-violence-as-reason-to-evict-victims-study>
15. <https://www.nhlp.org/initiatives/fair-housing-housing-for-people-with-disabilities/fair-housing-and-domestic-violence/>

There's many organizations that also assist domestic violence victims with housing, such as the following:

<https://howhousingmatters.org/articles/safe-housing-domestic-violence-survivors-shelter/>
<https://www.theguardian.com/australia-news/2019/jun/13/social-housing-landlords-use-domestic-violence-as-reason-to-evict-victims-study>

Remember, Men are Victims too!!!

There's also government assistance programs that help with food, healthcare and income assistance as needed such as:

<https://www.moneygeek.com/financial-planning/resources/financial-help-women-abusive-relationships/>

<https://opdv.ny.gov/help/socservices-help/section1.html>

https://www.needhelppayingbills.com/html/family_violence_prevention_and.html

<https://helpingamericansfindhelp.org/housing-for-domestic-violence-victims/>

Also, check with the local church in your area, they can also assist you and direct you to a more local agencies. Helping you and your family with the road to recovery. You are not alone and you don't have to stay in an environment that is unsafe for you and your love ones. Again, if you are if you know of anyone that is a victim of domestic violence please contact www.hotline.org or call The Hotline at 800-799-7233

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Yet in all these things we are more than conquerors
and gain an overwhelming victory through them who
loved us [so much that He died for us].
ROMANS 8:37



Teriece Cherell

Featured Author

at House of Blues Gospel Brunch

Sunday, October 13, 2019

For book signings,
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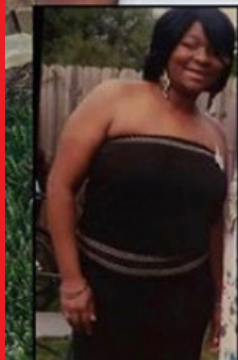
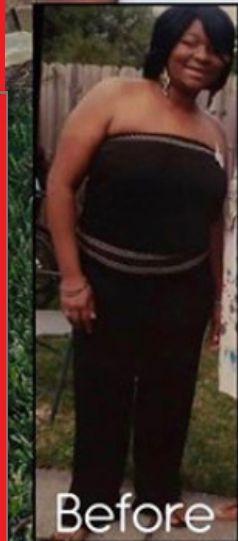
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The theme of this month's issue is Survival and Thriving and is dedicated to the Survivors of Breast Cancer and Domestic Violence. As the month of October is nationally recognized as Breast Cancer Awareness Month and Domestic Violence Awareness Month, Team QRTM is celebrating and honoring those brave, bold, faithful women who have battled either breast cancer or domestic violence and have emerged as Victorious. We also commemorate and celebrate the lives of those we have lost to either of these topics. These are two of the most important issues that affect black queens in our community. I have personally dealt with these issues yet I am encouraged because I believe that "No, despite all these things, overwhelming victory is ours through Christ, who loved us." Romans 8:37 (NLT). QRTM is genuinely committed to providing resources and content to educate, enhance and empower both young girls and women!

I lost my great grandmother to breast cancer as a child. As a child I didn't understand what cancer was and how it affected our community, especially black women. As my great grandmother was up there in age, I thought it was something that affected elderly people. I didn't really worry about it happening to a younger person in their twenties or thirties. But as I grew up, I realized that breast cancer doesn't discriminate and can happen to anyone, no matter the age, race, socio-economic status, or profession. The color pink denotes calmness, stress relief and quietness. It is a perfect color choice for breast cancer. Throughout the month of October, the nation will be alive with various shades of pink present in all walks of life.

As it relates to domestic violence, this is a beast of another color. In the military, the Purple Heart Medal is awarded to those injured in service. The color purple symbolizes peace, courage, survival and honor. There was a time when many of us were afraid to speak out about domestic violence. We did not want our family members or friends to know that we were in unhealthy, abusive relationships. We fought to hide the signs of our physical abuse while we struggled to deal with the lasting effects of emotional and mental trauma. This is why it is important and necessary for us to educate our young girls and women on the signs of domestic violence. This is an issue that affects us all whether directly or indirectly. We have all either been victims, know someone who is or was a victim of domestic violence. Domestic violence is not always physical abuse. There are many other forms of domestic violence: emotional, mental, psychological abuse, control, just to name a few.

No matter what it may feel like, just remember that help is just on the other line and that your life matters. The strong, amazing queens featured in this month's issue are committed to educating other young queens on the warning signs of breast cancer, domestic violence and how to protect themselves and their families. They are sharing how they have turned their trials into testimonies, pain into purpose, and fearfulness in faithfulness! We salute the Survivors, Thrivers, and Queens as we celebrate your life, freedom, and legacy!

We are Queens Rising The Movement! Welcome Aboard Queens, the journey to your queendom has begun!

Teriece Cherell

WWW.TERIECECHERELL.COM



AUTHOR TERIECE CHERELL

"Relationships are beautiful flowers that must be cultivated and watered by time, love, attention and even transformation; yet one of my greatest fears of being in a relationship is that I never want to lose myself, my identity." Excerpt from the Book.

To book for speaking engagements or to purchase the book, contact the author:

www.teriececherell.com
 Facebook: Teriece Cherell
 Instagram: @iamteriececherell

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By Christy Salvant

Instagram @trap_budgetnista

<https://www.financialeducationservices.com/default.aspx?rid=CSalvant>

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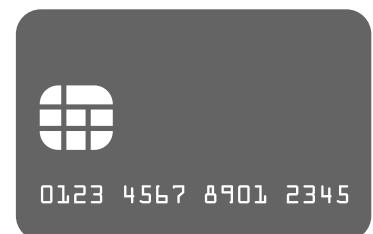
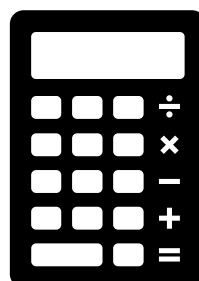
For this month's issue we bring awareness to Domestic Violence and National Breast Cancer Awareness Month, and your finances is important in all aspects of life.

Whether you're trying to get your life back on track after recovering from a domestic violence relationship or trying to afford expensive doctors bills while coping with Breast Cancer.

Financial literacy is knowledge that allows an individual to make informed and effective decisions with all of their financial resources. (cash, credit cards, digital currency, land, stocks & bonds and other forms of collateral).

The first part to saving is actually gathering all of your bills together, then adding them up, and then subtracting them from your total income. The remaining balance left over can be used for saving and investing.

Let's take Dave Ramsey method's for example. Dave Ramsey, the innovator of Financial Peace University that includes the 7 Baby Steps teaches of money management in a more strict approach than other finance coaches in the industry. His methods teaches you how to increase wealth while clearing debt at the same time....Here are the step by step methods of the 7 Baby Steps:



Dave Ramsey's 7 Baby Steps:

Baby Step 1 – \$1,000 to start an Emergency Fund

In this first step, your goal is to save \$1,000 as fast as you can. Your emergency fund will cover those unexpected life events you can't plan for. And there are plenty of them. You don't want to dig a deeper hole while you're trying to work your way out of debt!

Baby Step 2 – Pay off all debt using the Debt Snowball

Next, its time to pay off the cars, the credit cards, and your student loans. Start by listing all of your debts except for your mortgage. Put them in order by balance from smallest to largest. This is called the debt snowball method, and you'll use it to knock out your debts one by one

Baby Step 3 – 3 to 6 months of expenses in savings

You've paid off your debt! Don't slow down now. Take that money you were throwing at your debt and build a fully funded emergency fund that covers 3–6 months of your expenses. This will protect you against life's bigger surprises, like the loss of a job or your car breaking down, without slipping back into debt.

Baby Step 4 – Invest 15% of household income into Roth IRAs and pre-tax retirement

Its time to get serious about retirement—no matter your age. Take 15% of your gross household income and start investing it into your retirement. Start with your company's 401(k) plan and receive the full employer match. Invest the rest into Roth IRAs—one for you and one for your spouse (if you're married).

Baby Step 5 – College funding for children

By this step, you've paid off all debts (except the house) and started saving for retirement. Next, it's time to save for your children's college expenses (that is, if they make it through Algebra II and Chemistry unscathed). We recommend 529 college savings plans or ESAs (Education Savings Accounts).

Baby Step 6 – Pay off home early

Now, bring it all home. Baby Step 6 is the big dog! Your mortgage is the only thing between you and complete freedom from debt. Can you imagine your life with no house payment? Any extra money you can put toward your mortgage could save you tens (or even hundreds) of thousands in interest.

Baby Step 7 – Build wealth and give!

You know what people with no debt can do? Anything they want! The last step is the most fun. You can live and give like no one else! Keep building wealth and become insanely generous. Leave an inheritance for your kids and their kids. Now, that's what we call leaving a legacy!

More saving info can be found on Dave Ramsey's website at <https://www.daveramsey.com/>

As for financial assistance after being diagnosed with Cancer, the newly found news can be very painful. Many questions will arise and one of the main ones are MONEY. "How will I pay for it my medical treatment?" "Will my medical insurance cover me?" There's companies that offer a little financial cushion for catastrophic cases such as this one. The two I can remember are Aflac and MetLife It's a small monthly fee that will come in handy, there's policies that can pay out \$50,000.00 to you once diagnosed. They also pay you back when you visit your physician for your annual well visits or emergency room and hospital visits. Check it out! It's worth a try.



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BASIC INSTRUCTIONS BEFORE LEAVING EARTH

*Then He said to her,
"Daughter, your faith
[your personal trust and
confidence in Me] has
restored you to health; go
in peace and be
[permanently] healed
from your suffering."
MARK 5:34*



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PSALM 57:6

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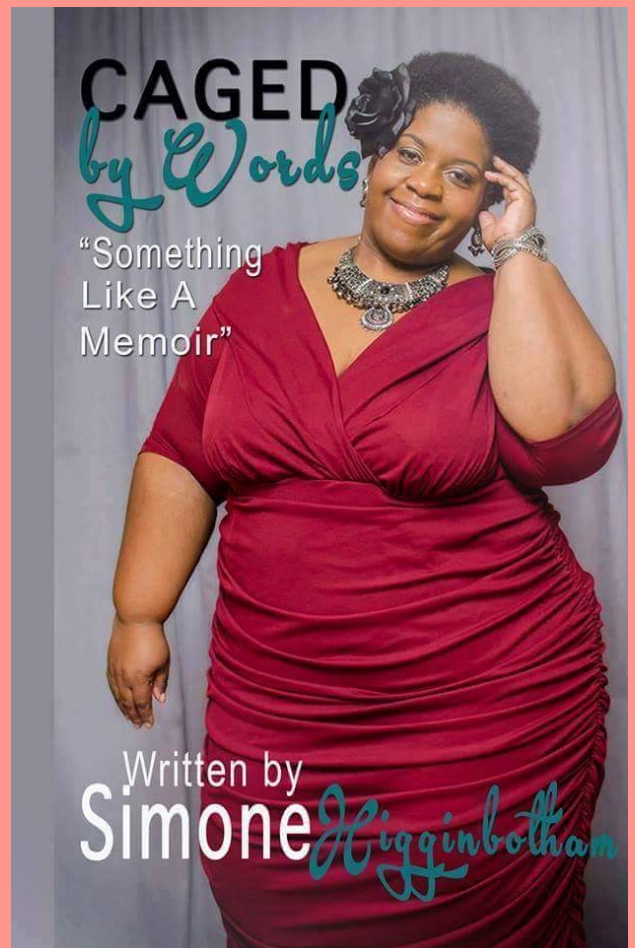
CHOOSE FAITH OVER FEAR

My story did not end the day I left. I thought it had. I told myself I put that sorry life behind me; I glorified in my social and professional triumphs. I knew my success was real and I deserved it. Another part of me was still in turmoil from my ex-husbands emotional, mental and verbal abuse; a turmoil that had long since ended.

If in 1989, if you had been asked to vote for a girl that was most likely to marry an abuser, you would have never voted for me. I wouldn't have voted for me either. I was the daughter of a strong independent single mother of two, who took no shit off of anybody. I was not a popular girl but always in the company of like-minded girls.

I had never had a boyfriend of any sort. I was overall a well brought up young woman.

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Simone Higginbotham
Written by



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THE PINK GIRL LIFE CHANGED
WITH THE PINK DRINK!

BEFORE I TOOK ON THE NAME PINK GIRL, I WAS A
HOT MESS! I WAS EVERYTHING BUT PINK!

**I was not:
Powerful:**

You're looking at a chick who was almost
350lbs, on 2 Blood Pressure Medications, Pre-
Diabetic, Weak Immune System, No energy,
only surviving on the Power of God.

In control:

Was not in control of my health, living life
from doctor visit to prescription pick ups.

Nurturing:

I was not the best wife or mother I was
created to be. I was not taking care of my
self nor my families health, attitude and mood
was all over, yes 0 to 100 Real Quick!

Knowledgeable:

I knew diet and exercise would help me, but
I lived my life forever from diet to diet, plan to
plan, broken promises, and Alter calls. I'm
saved so anytime Lord!
The Devil is a Lie!

I not only wanted the Power of God, I wanted the
Promises of God for my life. God's will is for none
of us to be sick, he actually wants us to be in
Good Health!

When I was at my worst, God was at His best and
He sent me the Pink Drink.

Now you're looking at a girl who is on no more
Prescription Meds, stable blood sugar, great blood
pressure, down 48lbs, 4 dress sizes, striving, and
thriving! I'm PINK!

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for you?**

<https://be-pink.com/>

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