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Spring 2026

MAGAZINE

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Spring always carries a certain clarity with it. A sense of renewal, yes, but also a quiet invitation to reassess what we're choosing to listen to, who we're choosing to trust, and where we're placing our attention.

We are living in a time where access to information has never been greater, yet discernment has never been more important. The volume of voices across digital platforms continues to grow, but with that comes a saturation that can often blur the line between genuine expertise and surface-level visibility. Popularity is easily manufactured. Authority is not.

At Ranath Media, this distinction matters.

Our role has never been to simply add to the noise. It is to refine it. To create space where individuals are not only heard, but understood for the depth of their experience, their integrity, and their genuine commitment to helping others. This is why our approach remains rooted in curation, not volume. In collaboration, not competition.

Every expert you encounter within these pages is here for a reason. Not because they are the loudest, but because they have been carefully selected as part of a wider, considered network. A community that values substance over shortcuts, and long-term impact over momentary attention.

Authority, in its truest sense, is not declared. It is demonstrated over time. Through consistency, through contribution, and through a willingness to stand behind the work being done. This is the standard we hold, and the standard we continue to build upon with every edition.

As a platform, we see ourselves as a connector. Bringing together individuals who are not only credible in their fields, but who also share a common intention, to support, to guide, and to contribute meaningfully to the lives of others. That collaborative foundation is what allows this ecosystem to grow with purpose.

For you as a reader, our commitment is simple. To make it easier to find people you can trust. To present voices that have been validated not by algorithms, but by real alignment with the values we stand for. And to ensure that when you engage with this platform, you are stepping into a space built on clarity, credibility, and care.

As we move into this new season, we invite you to look beyond the surface. To engage with the stories, the insights, and the individuals within these pages with confidence, knowing that they are part of something far more considered than what typically meets the eye.

This is what authority looks like when it is built collectively

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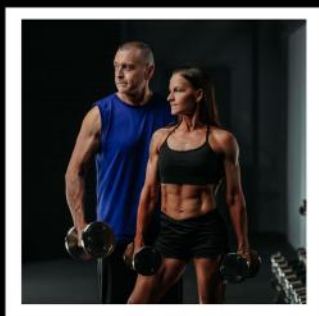

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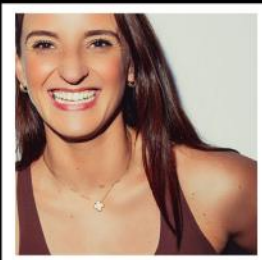



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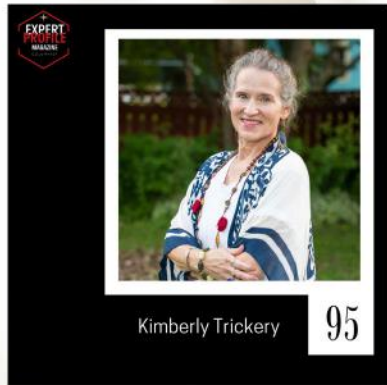


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RANATH MEDIA

LUXURY LIFESTYLE MAGAZINE

PERSONAL TRUTH, NOT PERSONAL EXPOSURE

Why Premium Storytelling Demands a Different Approach

AI has made the case for personal brand stronger than it's ever been. When everyone has access to the same tools, the same polished outputs, the same templates- the thing that can't be replicated is you. Which means storytelling matters more now than at any point in the last decade of online business.

But not storytelling the way most people have been taught it. Before we get into how stories actually convert at the premium level, I want to address something I think many established women quietly wrestle with: the idea that building a personal brand means building a public life.

It doesn't.

I've built several successful businesses. I do not share my whole story online. I do not share my whole life. And I don't see that as inauthentic. When I show up, I am one hundred percent me, but being one hundred percent me includes being one hundred percent clear on what I share and what I don't. That's not a limitation on my storytelling. That is my storytelling. I'm choosing what represents me. I was with a seven-figure entrepreneur at the end of last year — influencer-style business, four very young children.

We were talking about what comes along with that level of visibility, and she said something that stayed with me.

There are certain rooms in her house that she never films. Sundays are family days, no exceptions. She's still visible on those days because she has content scheduled. But her boundaries are in place.

Content and story work the same way. Personal brand is not personal exposure.

The shift isn't about being more open.

It's about being more intentional, moving from personal connection to personal truth, which means feeling completely congruent with what you put out there. So if you've been

holding back on storytelling because you don't want to overshare, or because the vulnerability-as-marketing thing doesn't sit right with you - good. That instinct is correct.

Relatability is a trap at the premium level.

Most storytelling advice is designed to make you relatable. Share your life. Be vulnerable. Let people see the real you. And then they'll connect and eventually buy. It works to a point. You post something personal, you get a surge of engagement. People commenting, "Oh my god, me too," or "This is so inspiring." Maybe a family member you forgot about follows you and pops up.

That's relatability. And relatability creates peers. People who like you. People who feel connected to you. People who see common ground. But here's where it breaks. When someone is about to invest ten, twenty, or fifty thousand pounds, they don't just need to like you. They don't just need to feel like you get them; they need to feel like you get them. They need to feel like you've been where they are and you're where they want to be. That's a different dynamic entirely.

Relatability says, "We're the same." Affinity says: I trust that you can take me somewhere. Affinity is what the world's biggest brands build on. We rarely talk about it in service businesses. It's the emotional connection where people don't just like your values — they start to identify with them. They see your brand as an extension of who they are or who they're becoming.

Think about it in terms of buying behaviour. If I already have an affinity to a brand — because I connect with what they stand for, how they think, the way they approach things — my decision isn't whether to buy. It's which thing to buy. The trust is already there. The emotional connection is already there. I just need the right offer at the right time. That's what we want to build with storytelling. Not "she's lovely, I relate to her." But "she thinks the way I want to think. She's built what I want to build. I want to be in her world."

Start with the offer, not the story

This is where most storytelling goes wrong. And once you see it, you'll see it everywhere. The standard approach: tell a story, make it personal, tag your offer at the end. "I remember sitting on the beach feeling so free... this is what I want for you too... inside my programme."

When you hear that, do you feel connected to it? Or do you just like the sound of it? Liking the sound of something means you see it, it resonates, and you think, "That's nice." Connection means you see yourself in it. You feel like you could place yourself inside that story. And it's the connection that converts. So here's the reversal. Instead of starting with your story and attaching your offer - start with your offer and connect your story back to it. Begin with the transformation.



What does your client actually get when they work with you? Not the features. What will they be able to do? Who will they be? Write out five to ten examples, then look at what themes come through.

If you're a business strategist and your client is finally able to turn down projects that don't align because she knows exactly where her revenue is coming from for the next six months, the theme there might be certainty. Or sovereignty. She's not scrambling. She's choosing.

Once you have your themes, find the moments in your own experience where you've lived that theme. These moments don't need to be dramatic. The most powerful story points are often small. A conversation. A decision. A Tuesday afternoon where something shifted. Then you connect it. Lead with the transformation your client wants, bring in your experience of that same theme, and your offer becomes the natural resolution, not something bolted on at the end.

Brand story vs story steps

There are two levels of story you need. Your brand story is the one you tell over and over. On your website, on sales pages, when someone asks what you do. You will feel bored with it. That's a good sign; it means you're becoming memorable.

Most people build their brand story from circumstances. Left corporate, had kids, started a business, pivoted, ended up here. All true. But it doesn't give people a thread to hold onto, because circumstances take us in different directions. The common line is you. Not what happened, but what you took from it.

Instead of leading with circumstances, lead with your mission. What is your work about today? If you already had a million in the bank, why would you still do this? Then work back through the key stages — but instead of what happened, focus on what you learnt. What shifted. What you carried forward. You're sharing your values, not your timeline.

Your story steps are different. These are the connection points between your lived experience and your specific offers - the smaller moments that link a theme in your story to a transformation your client wants. You might have four or five of these. Each one connects to a different aspect of your work. And this is where affinity builds, because these are the moments where your potential client thinks: she's not just teaching this, she's lived it.

What "show, don't tell" actually means at the premium

At this level, your story isn't just about making people feel something. It's about demonstrating how you think. Premium buyers aren't just buying a transformation; they're buying your lens. Your way of seeing the problem. The sophistication of your approach.

There's a difference between saying "I help women build premium businesses" and telling a story that shows how you see a specific problem differently than everyone else in your industry. One is a claim. The other is proof. Your client has to see themselves as the main character. You're the director. So when you tell a story, the question isn't "what do I want them to know about me?" It's "what do I want them to see is possible for themselves?"



This is also why the "I did it, so can you" style of storytelling falls flat at this level. Your clients aren't looking for a cheerleader. They're looking for someone who understands the specific complexity of where they are. Show them you understand it through the story, not after it.

The take-away

Stories sell when you focus more on the change you want to show is possible for your client, and less on the story you want to tell.

Your story will keep changing. The version you tell today doesn't need to be the final version. But it does need to be intentional — built from your client's transformation backwards, not from your timeline forwards. And remember: personal truth, not personal exposure. You get to choose what represents you. That choice is your positioning.



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MOVING BEYOND MINDSET WITH ANCIENT UNIVERSAL PRINCIPLES

**“As You Master Your Inner State
Of Being, You Share Your
Mastery With The World” Lidia
Kuleshnyk, Lady Apona**

As humanity moves through this epic paradigm shift in conscious growth, those who have committed to their inner development are becoming the great alchemists of our time. While humans struggle with fear of truth, resistance to change, avoidance of uncertainty, and defence of conditioned patterns, they are also seeking guidance to navigate the inevitable and unavoidable . . . the chaos of upheaval and uncertainty.

The ability to move beyond the intellectual mindset of “managing change” with ordered systems, into the limitless expansion of “mastering chaos” with the ancient principles of the Universe, is a quality of self-mastery that is both practical and progressive. Humanity’s craving for visionary leadership is the calling of those who know, within themselves, that they can turn any crisis or situation into success and activate human potential to turn lead into gold. The great conscious leaders who can turn chaos into completion will guide humanity with sovereignty and certainty, not control and fear.

Welcome to my 15th column exploring moving beyond mindset with ancient universal principles. The 12 Ancient Universal Principles of my High Performance Wellness Coaching will help you turn chaos into completion...the high performer’s ability to not just create stability and order in the midst of chaos, but to create outcomes and achieve goals that build confidence, trust and faith within oneself and the collective.

“In all chaos, there is a cosmos, in all disorder a secret order,” Carl Jung.

We live in an expanding Universe. You are part of it. Whether you like it or not, you are being summoned to expand in every way. My Ancient Universal Principle #7, “Everything Changes (aka Change is the Constant of the Universe) is a potent reminder of your keys to success.

A person is sitting on a log by a campfire at sunset. The person is wearing a light-colored hoodie and dark pants. The campfire is burning brightly, and the sunset is visible in the background. The scene is peaceful and contemplative.

“When You Live Something, You Know It To Be True” Lidia Kuleshnyk, Lady Apona

When you live something, and you reflect with awareness, acceptance and acknowledgement, then you know it to be true. You connect with your inner knowing, power and certainty. No thing and no one can change the truth of your experience. In my 30 years of professional practice, I developed the 7 A's of Change and Goal Achievement, part of my 12 Ancient Universal Principles Method of Conscious Leadership and Success.

The 7 A's are the foundational system to help you “manage change” so you move beyond mindset into the flow of your sacred wisdom . . . “mastering chaos” with the ancient principles of the expanding Universe.

The 7 A's of Change and Goal Achievement

1. **Awareness**
2. **Acceptance**
3. **Alignment**
4. **Action**
5. **Accountability**
6. **Acknowledgement**
7. **Attunement**

The 7 A's of change help you complete your goals in any circumstance or condition. They are not only a step-by-step process of mindset and actions; they are a system of integration in which you embody the frequency of completion. It is through the final attunement to your goals that you feel the goal “already fulfilled”. When you are in attunement with the desired feeling of your goal's outcome, you can move forward with more flow and inner ease, fully embracing the universal principles that govern life.

Once you are attuned to your goals, then utilizing my 12 Ancient Universal Principles guides you to the completion of your goals with the most efficient path, the most available resources, in the shortest time. Stress dissolves. Anxiety fades. Overwhelm disappears. Your drive and passion to achieve your goals do not deplete you. They energize you.

For each goal, you intuitively select an Ancient Universal Principle. This is your North Star. It is this Ancient Universal Principle that is your trusted advisor, your personal guide that will light the path to your greatest success.

Resistance to change, to the flow of energy of the Natural Order of the Infinite Universe, creates chronic stress, a strain of depletion that is a persistent struggle. Growth is stifled. Purpose stagnates. Burnout persists. Overwhelm suffocates. It is the confusion of not understanding the process and principles of change in uncertain times that can create the perception and feeling of disorder and chaos. Yet “in all chaos, there is a cosmos”, the Universe within which we already exist, and “in all disorder, a secret order”, the stability and flow created by the ancient principles that govern life.

Chaos is a powerful word. According to Wikipedia, the science of “Chaos theory states that within the apparent randomness of chaotic complex systems, there are underlying patterns, interconnection, constant feedback loops, repetition, self-similarity, fractals and self-organization.”

If you can look at your life and recognize the elements of the above quote, then you are moving beyond being a victim of circumstances, stuck in old perceptions, mindsets and systems into reclaiming your power by mastering your inner state of being. You are stepping into your birthright of sovereignty. My 12 Ancient Universal Principles and my 7 A's of Change and Goal Achievement are powerful tools to not just turn chaos into order or certainty, but to turn chaos into completion.

12 Ancient Universal Principles

1. *Everything is Energy*
2. *Energy Never Lies. You Can't Fool Mother Nature*
3. *For Every Problem, There Is A Solution*
4. *Everything That Happens To You Is What You Lack. All That Is Antagonistic, Unbearable, Is Complementary*
5. *Everything That Has A Front, Has A Back. The Bigger The Front, The Bigger The Back.*
6. *Everything That Has A Beginning, Has An End.*
7. *Everything Changes (aka Change is the Constant of The Universe)*
8. *There Is Nothing Identical*
9. *Divine Alignment, Is Divine Timing*
10. *You Are Only As Strong As Your Weakest Link*
11. *Yin and Yang Are Greater Than Willpower*
12. *The Capacity Principle: Know Your Limit, Live Within It™*

With this system of the 7 A's of Change and Goal Achievement, combined with my 12 Ancient Universal Principles, you cultivate the inner confidence and spiritual power of an alchemist who can turn chaos into completion.

You know that you can navigate any crisis or circumstance, with unwavering commitment to your self-mastery, as you live a Centered, Connected, Conscious™ Life

"The only certainty is that nothing is certain", Pliny the Elder

In times of great uncertainty, nothing can feel secure. The time is now to focus on your inner development, the strength of your relationship with yourself, so that you create an inner certainty in who you are that can never be shaken by external influence.



Completing your goals creates relief, fulfillment and confidence. Completing your goals in the midst of the unknown, in the chaos of rapid change and uncertain times, without depletion, chronic stress and overwhelm, is next-level High Performance Wellness.

In the new paradigm of Conscious Leadership and Success, self-mastery leads to the inner security of knowing that you can always rely on yourself to find a path forward. As you reclaim your sovereignty and become the conscious leader of your life, you ground accelerated change into universal alignment. You forge new pathways for limitless growth, with stability, strength, compassion, trust and certainty. You turn chaos into completion, for the highest good of All.

Join me for my next column, where I will continue to explore Moving Beyond Mindset With Ancient Universal Principles.



Lidia Kuleshnyk is a High Performance Wellness Coach, 4X Bestselling Author and Founder of AponaHealing.com. As a Renaissance Woman and Thought Leader, Lidia offers pathways, for every stage of personal development, to help you reclaim your sovereignty and live a Centered, Connected, Conscious™ Life.

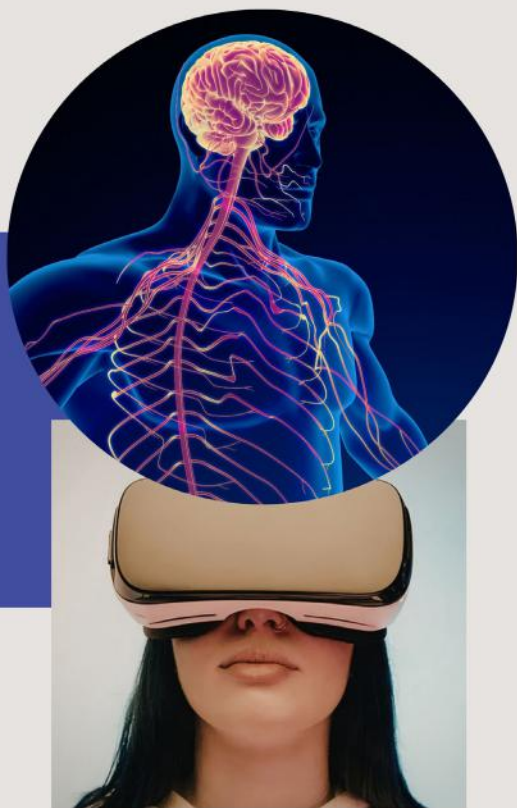
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Nervous System Regulation for High-Performing Women

My Journey with AO Scan Technology

By Shardia O'Connor



Creativity, Vulnerable Young People, and the Body

Have you ever stopped to consider how your body actually supports the life you're living? My life revolves around creativity, through writing, storytelling, and developing my brands, and my work supporting vulnerable children and young people both demand focus, resilience, and energy. Yet, for years, I assumed my mind alone could carry me. I didn't realise how much my nervous system and overall body function were dictating my performance, my creativity, and my wellbeing.

Experiencing AO Scan Technology

A few weeks ago, I had the privilege of using AO Scan technology, an advanced system available in the US but very limited here in the UK. It measures vitals, bloods, genetics, cellular health, mental resilience, and even spiritual alignment, giving a full picture of how every part of the body functions and, crucially, how the nervous system responds to stress, lifestyle, and environmental factors.

Why the Nervous System Is Your Foundation

Think about your day: the emails, deadlines, decisions, relationships, and creative work you juggle. Your nervous system is silently at the centre of all of it. If it's dysregulated, your energy dips, focus wanes, and even your creativity suffers. When it's supported, your mind sharpens, decisions flow more easily, and ideas come without effort. It's not just about mental performance; it's biological. And yet, how often do we actually pay attention?

Revelations from My AO Scan

The scan revealed truths I had overlooked for years: inflammation from foods I thought were harmless, longer recovery times than expected, and subtle signs of nervous system dysregulation. Some results were confronting, but confronting is good, because it sparks awareness. Awareness sparks change.

Environment, Sound, and Intentional Living

Here's something that may surprise you: your environment and the sounds around you directly shape how you function. Light, temperature, space, and even sound frequencies, including music, noise, and tone, influence your nervous system. The wrong environment or background noise can drain your energy or scatter your focus. The right space and sound can calm your mind and elevate your performance. If you want to perform at your creative or professional best, you must choose your surroundings intentionally.

Aligning Body, Mind, and Environment

Supporting your nervous system is not optional. Nutrition, movement, sleep, reflection, and mindful environments transform how we work and create. High performance isn't about doing more; it's about aligning your body, mind, and surroundings so that ideas, energy, and focus flow naturally.

My Personal Transformation

This journey has shifted the way I live and work. Habits I once considered harmless, certain foods, routines, music, and even my workspace, have been reconsidered. Practices like deep breathing, movement, quality sleep, and structured downtime are no longer optional. They sustain creativity, professional focus, and emotional wellbeing.

A Call to Awareness

Your body is always communicating with you. AO Scan technology makes what is hidden visible. Ignoring your body's messages is no longer viable for anyone striving to perform at a high level in the creative or professional realms. The question is: are you listening?

Moving Forward with Intention

Ultimately, this journey has been about alignment of mind and body, ambition and rest, vision and action, space and sound. High performance without awareness is fragile. True performance, creative, sustained, and impactful, comes from a regulated nervous system, intentional environments, and a deep understanding of your body's functionality.

If you're ready to strengthen resilience, culture, identity, and performance, explore my online digital programmes for leaders, high-performing individuals, businesses, and educational institutions through my website.

For more information on AO Scan technology, please email contact@shadesofreality.co.uk Because the truth is this: you cannot pour from an empty vessel. Your nervous system is the vessel. How are you nurturing yours?



www.shadesofreality.co.uk

THE COURAGE TO EVOLVE



Growth sounds beautiful when we talk about it from the other side. We celebrate reinvention when the transition seems smooth, like after landing a new job, adopting a new mindset, setting new boundaries, or entering a new season that feels “successful.” But real growth rarely follows a straight path. It often starts quietly, right in the middle of a life that seems fine to everyone else.

That’s what makes personal growth so challenging. It’s not that we don’t want to change, but the process can feel unfamiliar, emotional, and sometimes even lonely.

The truth is that growth doesn’t always feel like freedom at first. Sometimes it feels like a loss. Learning how to manage that tension is one of the most important skills we can develop, not just for ourselves but also for how we show up in leadership, relationships, and life.

When Growth Feels Like You’re Losing Yourself

There was a season in my life when I couldn’t explain what was happening, only that something felt different. Not in a dramatic way. Not in a crisis way. But in a way that made me pause.

The routines that used to motivate me started feeling heavy. The pace I once wore like a badge of honor began to feel like pressure. I still showed up. I still performed. I still managed responsibilities.

But inside, I felt a quiet resistance. Not because I was giving up... But because I was outgrowing a version of myself that had carried me for years.



I remember thinking, “Am I becoming less driven?” Less capable? Less ambitious? But what I was really becoming was more honest. I became more aware of what my body needed. More aware of what my peace required. More aware that I didn’t want to keep proving my worth through constant motion.

That’s the part we don’t talk about enough: the version of you that got you here may not be the version that can sustain you moving forward. And when that shift begins, it can feel unclear, even when it’s healthy.

Why Evolution Brings Up So Many Feelings

Most people assume growth is exciting. And yes, sometimes it is. But more often, it’s emotional.

Evolution can bring up:

- *Grief, because you’re leaving behind a familiar identity.*
- *Guilt, because you’re changing patterns that others may benefit from.*
- *Fear, because you don’t know how people will respond.*
- *Loneliness, because the “in-between” season can be isolating.*
- *Relief, because deep down you know you’re returning to yourself.*

Here’s what’s important to understand: that emotional intensity doesn’t mean you’re doing

Why Growth Feels Uncomfortable and Why It Matters

something wrong. It often means you’re doing something real.

Psychologist Carol Dweck, known for her work on the growth mindset, highlights how our relationship with change and development depends on whether we see ourselves as fixed or able to transform. Even when we believe we can grow, the process still requires us to adjust internally. This isn’t about changing your mindset; it’s about your body, too.

Our nervous system is built for safety and predictability. Even positive change can feel threatening at first, simply because it’s unfamiliar. That’s why growth can feel uncomfortable before it feels empowering.

Why People Struggle to Accept the New Version of You

One of the most complex parts of evolving is realizing that not everyone will celebrate your growth. Sometimes people don’t know how to relate to you when you change.

They’re used to the version of you that:

- *always says yes.*
- *always shows up.*
- *always pushes through.*
- *always keeps the peace.*
- *always carries the emotional weight.*

So, when you set more boundaries, become more intentional, or more selective, it can feel disruptive. This isn’t because you’re doing something wrong, but because the dynamic relationship has changed. This is where many women get stuck.

They start questioning themselves:

- *Am I being selfish?*
- *Am I changing too much?*
- *Am I leaving people behind?*

But often, the truth is simpler: Your growth changes the rules people were comfortable with.



“One of the most complex parts of evolving is realizing that not everyone will celebrate your growth. Sometimes people don’t know how to relate to you when you change.”

Leadership expert Ronald Heifetz, known for his work on adaptive leadership, explains that real change often requires people to let go of old expectations, not just learn new behaviors. That “letting go” can create discomfort. And sometimes, what others resist is not your growth- it’s the mirror it holds up for them.

How to Navigate Evolution Without Self-Abandonment

Here’s what I’ve learned- You can grow without having to justify your growth. One of the biggest traps during growth is over-explaining, especially if you’re someone who has spent a lifetime being dependable, agreeable, or emotionally responsible for everyone else. You start feeling like you owe people a full explanation of why you’re changing. But growth doesn’t require permission.

What it requires is consistency.

Here are a few ways to navigate your evolution with more peace:

- 1. Anchor your growth in values, not validation. When your choices come from internal clarity, you won’t need external approval to sustain them.**
- 2. Pause before reacting. You don’t have to defend yourself every time someone misunderstands you. Sometimes, giving space is the most powerful response.**
- 3. Let discomfort exist without fixing it. Misalignment doesn’t always require a conversation. Sometimes it requires acceptance.**
- 4. Communicate clearly, but don’t over-explain. A boundary doesn’t need a long explanation. It just needs a decision.**

Researcher Brené Brown often talks about the difference between fitting in and belonging, reminding us that true belonging doesn’t require who you are. That lesson applies here: growth should not cost you your identity.

Why It’s Important Not to Stop Evolving

One of the biggest myths we’re taught is that stability means staying the same. When you stop growing, you don’t stay stable. You get stuck.

And stuck can look like:

- **feeling emotionally flat.**
- **waking up tired even after rest.**
- **resenting responsibilities you once chose.**
- **losing excitement about your own life.**
- **feeling disconnected from your purpose.**

Stagnation doesn’t always appear as chaos. Sometimes it shows up as numbness. Growth is how we stay

responsive to life. It’s how we develop emotionally, expand our capacity, and focus on what matters. Growth becomes less about doing more and more about living more honestly.

How to Recognize When You’re Evolving

Evolution doesn’t always look like a glow-up. Sometimes it looks like a deep exhale.

Here are signs you’re growing, often in ways you might not even notice:

- **You pause before reacting.**
- **You don’t chase validation as much.**
- **You choose peace over proving.**
- **You stop overcommitting.**
- **Your boundaries feel clearer and cleaner.**
- **You say no without guilt.**
- **You no longer shrink to stay accepted.**

From a nervous system perspective, many of these changes show your body is becoming more regulated.

You’re no longer operating in constant survival mode.

You’re moving from urgency to intention. And that is a powerful kind of growth.

Becoming Undeniable to Yourself

You don’t need permission to evolve. You don’t need everyone to understand. And you don’t need a perfect plan before you begin. The courage to evolve isn’t about becoming unrecognizable. It’s about becoming undeniable to yourself.

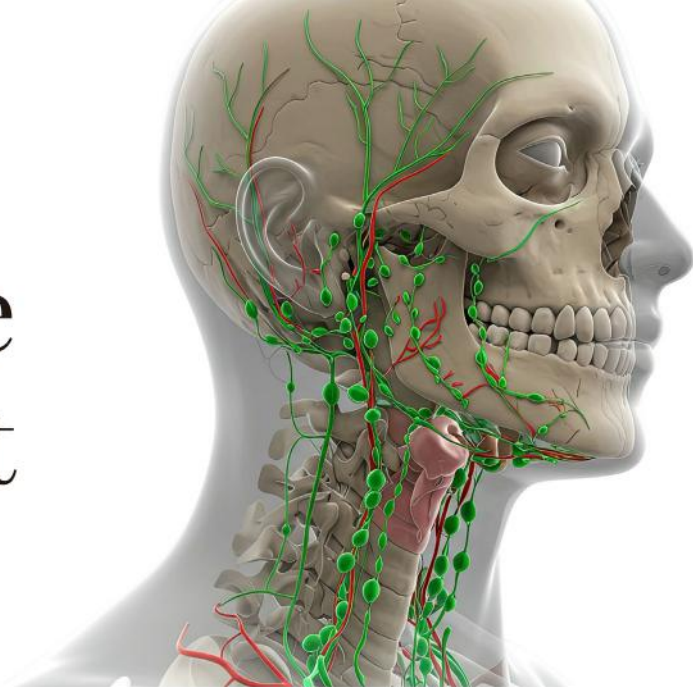
Growth doesn’t always feel good in the moment. But it will often lead you back to the parts of yourself you buried under survival, responsibilities, and expectations. Evolution is not the loss of identity. It is the return to it.

Beverly K. Johnson is a certified health and wellness coach, transformation strategist, and leadership wellness advocate helping women navigate midlife with clarity, confidence, and alignment. Through her MindBodySoul framework, she guides women in reconnecting with their mental, physical, and emotional well-being so they can lead and live from a place of wholeness rather than burnout. Beverly is an Executive Contributor to Expert Profile Magazine and creates journals, programs, and community spaces that support sustainable personal and professional growth.



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Let it Flow: The vital role of movement and fluidity



As you begin to read this, I would like you to imagine waking up tomorrow, heading to the bathroom, and realizing that your toilet is backed up and overflowing. Would you continue to use that toilet without fixing it? Most likely, you would take immediate action, with the understanding that if you do not attend to the issue, it will lead to further backup, bigger plumbing issues that reach beyond that one toilet bowl, and of course, a much bigger mess to clean up.

I don't think anyone would choose to ignore an overflowing toilet. It is common knowledge that water cannot flow the way it is intended to when there is an obstruction of some sort that is hindering its movement. Of course, this article is not about toilets or plumbing, but I wanted to highlight the importance of fluidity and movement. We are all very aware of it in our homes, but how much are we paying attention to the movement within us?

Our bodies consist of water, fluids, cells, blood and other materials that are in constant motion, working endlessly to keep us alive and well. If you study the miraculous intricacies of the human body, it is almost impossible to grasp how it was designed to such perfection. Every single cell, organ and system works hand in hand, constantly moving and communicating with one another as a whole.

If one system isn't functioning as it was designed to, it will not remain an isolated problem. If the issue isn't addressed, it will start to impact the rest of the body and its ability to maintain our health and homeostasis. The same way a simple backed-up toilet that isn't attended to can lead to a cascade of other issues throughout the home.

As quickly as we would attend to a backed-up pipe in our homes, it's crucial that we have the same sense of urgency and attentiveness to the flow within our own bodies. With the exception of our bowels, most of us have never even considered or known that there are other systems that are continuously flowing within us.

Did you know that your body has its own plumbing system that flows throughout your body, removing waste/toxins and fighting off invaders to keep you healthy?

This system is called the lymphatic system, and while many people have heard of it before, its significance and crucial role in our overall health aren't widely spoken of or given much attention. The flow of our lymphatic system

often goes unnoticed and unattended to, yet it's a vital part of our body's immune system and well being.

Think of your lymphatic system like a drainage system that runs parallel to your circulatory system. Instead of carrying blood, our lymphatic system carries a fluid called "Lymph" that carries and delivers white blood cells all throughout our body in order to fight infections and disease.

Toxins are deposited into our Lymph and go to our lymph nodes to be filtered. Any pathogens/ viruses that are detected will also be eliminated there. After the Lymph fluid is filtered properly, it will be returned to our bloodstream.

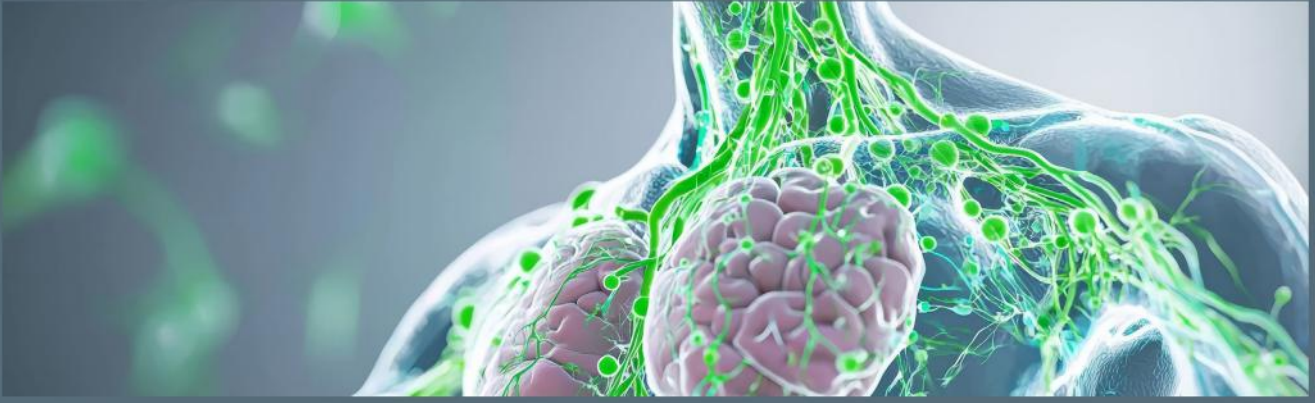
The role of our lymphatic system is fascinating and quite complex. It has a big job to do to keep us healthy and safe, yet all our lives, we have barely even noticed it.

Imagine if the lymph fluid wasn't able to flow to certain areas and couldn't do its job as it's designed to?

- ***Our Lymph would not be able to deliver white blood cells to the areas of our body that need them.***
- ***Toxins wouldn't be filtered out properly and would recirculate through our bloodstream.***
- ***Pathogens/Invaders/Viruses that the Lymph detects wouldn't be eliminated by our lymph nodes.***
- ***The balance of fluid our lymphatic system maintains in the body wouldn't be managed, and excess fluid would be left in the body, resulting in edema and other health issues.***

It is evident that maintaining a healthy flow of our Lymph is an essential part of our overall health. Our lymphatic system is a crucial part of our immune system, and if it becomes clogged or stagnant, meaning it can no longer flow freely, our immune system will become compromised, toxins will build up, and excess fluid will remain in our bodies. This will result in an array of symptoms (that are meant to get our attention), and it also puts us at a very high risk for infection and or disease.

Unlike our circulatory system, where our heart pumps our blood throughout our body, our lymphatic system does not have its own pump. Meaning, it's a system that should be getting our attention to ensure it isn't becoming stagnant and backed up. This isn't going to happen with a pill or diet; this is something we need to do ourselves. By providing our Lymphatic system with support it never had, we are strengthening our own immune system in ways we never have.



In the previous edition of Expert Profile Magazine, I discussed the importance of being proactive in supporting our immune systems and overall health, especially during the times of peak flu and virus seasons. I also spoke about various supplements and practices I personally use to strengthen my immune health, lower my viral load, and increase my nutritional intake.

Supporting our bodies this way is, of course, a powerful way to help ourselves strengthen our immune systems and increase our resilience. But, when it comes to our bodies and our health, we must understand that there is so much more to restoring balance and feeling our best than simply taking a pill (whether it is a pharmaceutical or supplement).

I have seen a significant increase in not only the amount of individuals getting sick over the last several months, but also struggling with ongoing coughs, post nasal drips, fatigue and inflammation long after the virus/infection has run its course.

These symptoms are telling them that their bodies need their attention. I myself was struggling with a cough and post-nasal drip after I had the flu, and I was also not as resilient around all the viruses my kids bring home from school as I normally was.

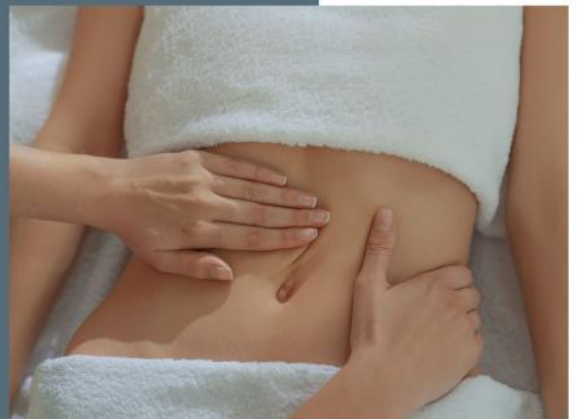
I was getting frustrated, as I was doing everything I knew I could do for my nutritional needs, gut health and even stress levels.

As I was thinking about how I can help myself overcome these issues, I took a step back and began to think about how our immune systems work. I know if one system isn't functioning optimally, that it will impact all systems. Then it hit me! The ONE system that is a vital part of our immune health, yet seldom discussed and attended to: The Lymphatic System.

My body didn't need another supplement; it needed me. There was a stagnancy occurring, leading to an inability to fight off infection the way it once could. I couldn't remember when, or if ever, I took the time to help support my own lymphatic system.

I began to hit the books and review everything I ever learned about the lymphatic system. If you go on social media, you will find a lot of influencers speaking of lymph flow and drainage as well. Please use caution whenever taking advice from anyone (including myself). Always do your research, check in with your health providers and listen to your own body and how it responds to any new support.

Realizing that my body was asking me for more support, I began taking 5-10 minutes every morning after washing up



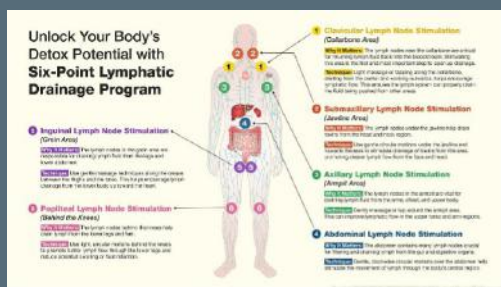
to focus on my lymphatic system and flow. It doesn't take long, and it is something everyone can do, no matter where they are. Trust me, I completely understand that not all of us have time every morning for extensive self-care routines. I have two little ones who need my attention first thing every morning, so I do not have much time to work on my own self-care. But this is something that I am able to fit in without being interrupted (most days), and I believe most people can too.

The result? Very quickly, I noticed that my face was no longer looking a little puffy, and even my bloating that I had been struggling with was going down significantly. After doing this consistently for a few weeks, my energy in the morning had noticeably increased, my focus improved, my sleep was deeper, and there was a definite decrease in my body's inflammation.

I know my immune system is better supported and, over time, will become far more resilient. Toxin loads are lowering, which means the burdens on my immune system are lessening. Overall, I have nothing negative to say about taking steps to support my lymphatic system, except that I wish I had started to do this decades ago!

Here are the simple but very effective ways I began to support my own lymphatic system and flow:

1. The Big 6: There are six major lymph node areas in your body: Gently massage each area for 10-20 seconds. This is opening up those major lymph valves and ensuring flow is happening throughout your body. You may even feel your mouth fill with saliva, and sometimes people get the urge to pee after they do this. (It's okay if this doesn't happen). These are positive signs and simply show you that things are moving. Here is an image that shows you exactly where the 6 points are and why they are so important. Image credit: (articles.mercola.com)



2. Gentle Rebounding: The keyword is gentle here, especially when you are just beginning to do this for yourself. Some people buy a mini trampoline to jump on, but that is not a necessity. I use my own body and body weight.

Stand with your feet shoulder-width apart and let your body weight settle, allowing gravity to weigh you kind of down. You can slightly bend your knees as well. From there, begin bouncing on your feet. (It isn't necessary to do a full jump where your feet entirely leave the floor). Keep bouncing and let gravity and your weight hang, as if a magnet is slightly pulling your weight to the ground. Bouncing for 1-2 minutes is fantastic, but you will likely have to build up to that. Bounce for as many seconds as you can, and it won't take long for you to increase the time you are able to bounce when you are doing this as a daily practice.

The benefits of rebounding: Rebounding will widen your lymphatic ducts and improve lymphatic flow and circulation. Your body's muscle contractions, the gravitational pull, and the massage of lymph valves that occur while rebounding all contribute to supporting a healthy lymphatic flow. Long-term benefits are endless when you know you have a lymphatic system that is functioning optimally and able to do its job efficiently.

There are so many ways we can support our bodies, and as you can see, helping ourselves does not have to be difficult, nor does it always have to be expensive. Health support is literally at your fingertips. It's a matter of becoming aware of how each system in our body works, how they all work together and are interdependent on one another, and how incredibly powerful we truly are in our own ability to heal and provide ourselves with care and support that our bodies have always needed and asked us for.

Your awareness is everything, and the more you learn about your body, the more you begin to take steps to reconnect with your body. Every step you take helps shorten the distance between you and your body, a distance that has been growing since the day you were born.

If you are motivated to learn more and become more aware of your own body's needs and abilities, always use caution when scrolling online for information. When you scroll through social media and see various methods and routines influencers are promoting, please do not stop there with your research. If it is something that interests you, take the time to research further and learn more about it before jumping into something you aren't familiar with or haven't experienced before.

I always ensure that, not only for myself but for every client or person I speak to, I am not just suggesting various supplements or methods to improve their well-being; I am first and foremost teaching them the reasoning behind it all. I share my research, education, knowledge and experience, not to influence you, but to inspire you.

I truly hope this article has shed some light on your lymphatic system. Our bodies are made up of so many brilliant and miraculous systems that all have vital jobs, all flowing and working together to keep us happy, healthy and safe.

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Creating Time and Space

The Radical Act That Changes Everything

In a world that glorifies busyness and hustling, exhaustion has become a badge of honour. We rush from obligation to obligation, measuring our worth by how full our calendars and schedules are and how little rest we allow ourselves. Yet quietly, beneath the noise and constant motion, our dreams wait. Our purpose waits. The life we desire—and deserve—waits.

The truth is both simple and revolutionary: nothing meaningful is created without time and space. Time is not something we “find.” Space is not something we stumble upon. They are conscious choices. And choosing them is one of the most powerful acts of self-respect and self-leadership we can make.

When we do not intentionally create time and space, life fills it for us. Other people’s priorities, fears, urgencies, and expectations move in quickly. Days become survival mode. Weeks blur together. Years pass, and one day we wake up, realising we have been busy building everyone else’s life—except our own.

Creating time and space is not about doing less for the sake of it. It is about doing what matters most. Space is where clarity is born. Without it, we react instead of choosing. We say yes when our soul is screaming no. We stay in situations that drain us because we are too tired to imagine something better.

When we pause—truly pause—we hear ourselves again. We remember who we are beneath the roles, titles, and responsibilities.

Time is where transformation happens. Dreams are not built in stolen moments between obligations. Goals do not manifest in a life that leaves no room for reflection, intention, or action. Every meaningful creation—whether it is a business, a healing journey, a relationship, or a new identity—requires dedicated time. Time to learn. Time to fail. Time to realign. Time to grow.

Yet so many people wait for permission.

Permission to slow down.

Permission to rest.

Permission to prioritise themselves.

Here is the permission you have been waiting for: you do not need to earn rest, space, or time. They are not rewards for productivity. They are necessities for a fulfilled and meaningful life. When you create space, you reclaim your power. You stop living on autopilot and start living intentionally. You become the architect of your days instead of the victim of them. And from that place, your goals stop feeling overwhelming and start feeling inevitable.

Creating time and space also requires courage. Courage to disappoint others. Courage to say no without explanation. Courage to sit with discomfort instead of numbing it with constant distraction. Growth is not always loud. Sometimes it looks like stillness. Sometimes it looks like stepping back so you can rise stronger.

The life you desire cannot be built in chaos.

It requires presence. It requires boundaries. It requires honouring your energy as sacred. When you protect your time, you are telling the

universe—and yourself—that your dreams matter. That your well-being matters. That your vision is worthy of your full attention.

This is especially true for those who carry big hearts and big responsibilities. Those who give endlessly. Those who are leaders, healers, creators, and caregivers. Your ability to serve the world is directly connected to your ability to sustain yourself. Burnout does not make you noble. It makes you unavailable for your true calling.

Creating time and space is not selfish—it is strategic. It is how you align your inner world with the outer life you want to live. It is how you move from survival to sovereignty.

Ask yourself:

What would shift if I honoured my time like my most valuable asset?

What could I create if I gave myself space to breathe, think, and dream?

Who might I become if I stopped rushing my own becoming?

The answers are already within you. They always have been. They simply need room to emerge. You are not behind. You are not failing. You are becoming. And becoming requires space.

So slow down—not to quit, but to choose.

Create space—not to escape, but to align.

Claim your time—not later, but now.

Because the life you desire is not waiting for you to work harder.

It is waiting for you to make room for it.

By Nadija Bajrami

www.nbhypnotherapy-mindcoaching.com





If Not Now, When?

LESSONS FROM WALKING THE CAMINO DE SANTIAGO

Although I was walking slowly, my heart was racing, and I could feel anticipation vibrating in my body. I tried to slow my breathing, to take in my environment with all my senses, wanting to make the moment last.

After seven months of planning and a month of walking, I was about to reach my destination.

If Not Now, When?

I had chosen to take two months off and walk the Camino de Santiago from Lisbon to Santiago de Compostela. When the idea was gifted to me in February, I was instantly captivated by the notion of strolling through quaint villages munching on Pastel de Nata and sipping on local wines.

Then began the battle between my romantic 'trust the universe' self, and the logical planner who wants to know if we are really sure this is a good idea. In the end I asked myself "why not now? And if not now, when?" I couldn't come up with a good reason not to go, so the romantic won and I booked my flights for the fall.

We humans get too wrapped up in the notion that decisions need to have significance, some sort of profound reason. Before you grew up and started taking life so seriously, you trusted your intuition and did things just for fun. What if you cut yourself some slack, and gave yourself permission to embark on a folly? What might your adventure be?

Whose Idea Was This?

The sun was both beating down mercilessly, and reflected back up at me by the blinding white path. An hour before a fit-looking southbound Frenchman (who had walked all the way from Grenoble) warned me this section was dangerous, and he was right. It was only day three and I faced a walk of almost 20km without shade or water. My

bag felt impossibly heavy, even though the day before I had detoured several kilometres to a post office, where I mailed 10lbs of overenthusiastic packing to the Poste Restante in Porto. The pain of the straps digging into my shoulders and hips was a welcome distraction from the misery of each footstep on the ludicrously hard-packed gravel. What was I thinking? This isn't how this was supposed to go. Where were the cafes and kindly strangers wishing me "Bom Caminho"?

I was obsessively checking my watch to see how far I'd come, each time disappointed by how little progress I'd made. So, I made a deal with myself: stop looking, walk for 45 minutes, rest for 5, repeat. I found what shade I could crouched in brambles, behind a crumbling wall, or under the occasional tree. I made myself drink copious amounts of electrolytes, munch on my snacks, and keep putting one foot in front of the other.

The hilltop city of Santarem came into view like a mirage shimmering in the distance. I put in my earbuds, cued up Creedence Clearwater Revival, and let the steady beat of swamp rock be my metronome. Would today ever end? I fantasized about trading my hiking boots for runners, and dumping another batch of excess baggage. 11 hours, and 37.7 km after I began my day, I crested the agonizing climb into Santarem, simultaneously exhausted and elated.

Lightening The Load

The next morning, I had another meeting with the two Emma's in my head. Part of me wanted to stubbornly stick to my plan, not wanting to admit defeat. The softer, more gentle Emma reasoned that we could have more fun if we slowed down. Just as I had shed unnecessary items from my pack, it was time to shed the unnecessary expectations I'd imposed on myself. Taking the day off to explore

the city, I ate black spaghetti with garlic prawns for lunch, and grilled squid with new potatoes for supper plus several Pastel de Nata, and I knew I'd made the right choice. Just because you have a plan, you don't have to stick to it, especially when it's not working. Stop, take a breath, evaluate the situation, and make a new plan.

Perseverance and Reward

My new Camino plan meant shorter distances, longer breaks, more cafes, and more wine. Each day had its own emotional arc, often impacted by weather. It is a curious thing to decide to walk a long distance for no reason other than 'because I can'. At any point I could have taken an Uber to skip a section, or given up entirely and taken one of the many trains that sped past me. But I wanted to walk more than I wanted to quit.

There were several moments I considered quitting. But each morning I'd wake up feeling refreshed, my feet no longer aching, and I'd start walking again. To help keep me motivated, I set myself mini goals, mostly related to eating and drinking stops. I delighted in getting up early so I could start walking in the dark, and watch the dawn slowly reveal the landscape to me. I swam in the Atlantic Ocean. I waded thigh-deep through flooded paths. I MacGyvered a hands-free parasol by duct-taping an umbrella to a shoehorn and strapping it to my pack. I learned new phrases and practiced them on amused strangers. Each night I reflected on all I had accomplished that day.

The dopamine hit you get from persevering is far more intense and long lasting than that you get from likes on social media (or Pastel de Nata). When you do something that takes conscious effort, something that is hard and even unpleasant, you build your confidence. You build your capacity to believe in yourself. You plant the seed to start planning your next idea or adventure. Even as I walked to Santiago I had already decided to add on another 3 days so I could walk out to the ocean at Finisterre. And I decided to solo through-hike Canada's Great Divide Trail (GDT) in 2026.

Taking the Lessons Home

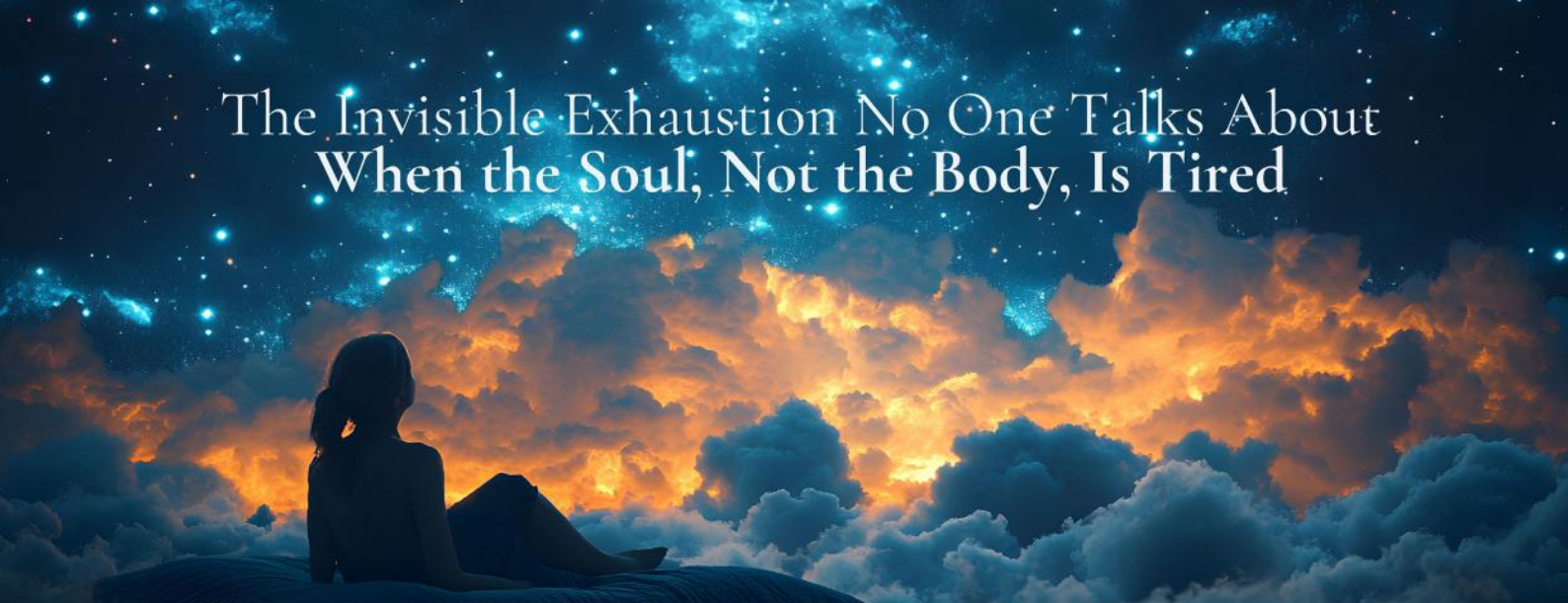
29 days. 694 kilometers. 921,112 steps. It all started with those first steps in Lisbon. With breaking the whole trip down into days, and each day down into bite sized chunks. I write this in January from my home in British Columbia, the same week that Parks Canada bookings opened up for the sections of my crazy GDT adventure. As I look at the daunting 71-day schedule that will take me along the spine of the Rockies from Waterton to Kakwa Lake, I remind myself of the lessons I learned on the Camino: Be kind to yourself. Take care of your body, and your mind. Have fun.

By Emma Hull

If you're contemplating walking the Camino de Santiago, Emma's Camino Confidence course is here to help you feel prepared, grounded, and genuinely excited, not just about walking the Camino, but about planning it too. Find out more at lifeuntethered.com/camino



The Invisible Exhaustion No One Talks About When the Soul, Not the Body, Is Tired



There are moments in life when exhaustion goes far beyond the body. It is not the kind of tiredness that disappears after a good night's sleep or a quiet weekend. Instead, it lingers beneath the surface, following you through the day like a silent shadow. You continue to function, meet responsibilities, care for others, and move through your routine, yet something within feels strangely distant.

Many people struggle to put this experience into words. They often say they feel "off," emotionally flat, disconnected, or simply no longer like themselves.

From the outside, life may appear unchanged, but internally there is a quiet depletion that rest alone does not seem to touch. This invisible exhaustion is far more common than we realize, and in many cases, it is not only the body or mind asking for relief, but something deeper within us calling for attention.

When Rest Is No Longer Enough

Modern life has taught us to view exhaustion almost exclusively through a physical lens. We assume that if we feel depleted, we simply need more sleep, a holiday, or fewer demands on our time. While these factors are undeniably important, they do not always address the deeper layer of what many people are truly experiencing.

Research into emotional exhaustion and burnout has shown that prolonged stress does far more than tire the body. It gradually drains our emotional and psychological reserves, leaving us feeling inwardly empty even when we continue to function outwardly.

Studies on burnout identify emotional exhaustion as one of its central features — a state of feeling emotionally overextended and deeply depleted. This is why so many people say, "I rested, but I still don't feel better." The issue is not always a lack of sleep. Sometimes it is a lack of inner restoration.

The Hidden Cost of Constant Functioning

One of the most overlooked causes of this invisible exhaustion is chronic over-functioning. Many people, especially those in caregiving, leadership, or high-responsibility roles, become so accustomed to carrying everything that they no longer notice how much of themselves they have left behind. They keep going because they must.

They continue to show up for work, family, clients, and responsibilities, often becoming the reliable anchor for everyone around them. Yet over time, this constant state of holding everything together comes at a cost.

Psychological research shows that chronic stress affects the brain's emotional regulation systems, including the prefrontal cortex and limbic network, reducing our ability to process emotions, maintain resilience, and feel mentally clear.

The result is often a quiet inner dullness — not dramatic enough to call a crisis, but significant enough to change how life feels from within.

Burnout Is Not Always Loud

We often imagine burnout as collapse: the moment someone can no longer continue. Yet for many people, burnout is not dramatic at all. It arrives quietly. It may look like waking up already tired. It may feel like losing joy in things that once brought meaning. It may show up as emotional numbness, irritability, lack of motivation, or the sense that life is happening around you rather than through you.

This quieter form of depletion is increasingly recognised in research as emotional exhaustion and psychological detachment. It can occur long before outward breakdown happens. The individual may still be highly productive, yet inwardly disconnected from their sense of vitality and self.

This is the exhaustion no one sees. And often, it is the one that hurts the most.

When the Deeper Self Begins to Withdraw

Here is where I believe we need to expand the conversation. Not all exhaustion is simply mental or physical. Sometimes what feels depleted is the deeper self — the part of us that feels emotionally present, inwardly alive, and connected to meaning.

Years of constant pressure, emotional suppression, caregiving, or functioning on autopilot can create a gradual distancing from our inner world. We may still think clearly and perform well, but something more subtle begins to fade: our connection to ourselves.

This is often experienced as:

- **feeling emotionally flat**
- **losing intuition**
- **feeling detached from one's own life**
- **no longer recognising the person one has become**
- **moving through life without inner resonance**

In clinical language, this may overlap with depersonalisation or emotional detachment. In soul-centered language, it often feels like self-disconnection. And that distinction matters. Because when we understand that the issue is disconnection rather than weakness, the path forward becomes gentler and far more compassionate.

Exhaustion as Feedback, Not Failure

Rather than seeing this kind of exhaustion as a sign of weakness or failure, it may be more helpful to understand it as a form of communication. Our body and inner world often speak long before we consciously recognise what is happening. When stress, pressure, and emotional demands accumulate over time, exhaustion can become the language through which something deeper asks for our attention.

For many people, life has required them to remain strong for far too long. They have adapted to external expectations, responsibilities, and constant demands so seamlessly that their own inner voice has gradually faded into the background. Over time, survival mode can become so familiar that they no longer remember what it feels like to feel truly present, emotionally alive, or deeply connected to themselves.

Seen in this light, invisible exhaustion is not merely something to "push through." It can be understood as an invitation to pause and listen more honestly to what has been overlooked for too long. Beneath the tiredness often lies a quieter and more important question — not simply why we are exhausted, but whether we have slowly drifted away from ourselves in the process of holding everything together. The real question may not be, "Why am I so tired?" It may be: "How far have I drifted from myself?"

The First Gentle Steps Back

Healing begins with reconnection. Research consistently supports practices such as mindfulness, reflective journaling, slow breathing, and emotional awareness as effective tools for reducing chronic stress and restoring psychological balance. Yet beyond their measurable benefits, these practices offer something equally important: they help us return inward.



Even a few minutes each day spent in stillness, asking simple questions such as:

- How do I truly feel?**
- What part of me has gone quiet?**
- What do I need right now?**

Can begin to restore inner coherence. Because the opposite of exhaustion is not productivity. It is presence. It is the slow and gentle return to yourself.

A Quiet Invitation to Return

If these words resonate with something you have been carrying quietly within yourself, please know that this experience is real and more common than many people realise. Healing does not always begin with fixing what feels wrong. More often, it begins with remembering what has been lost along the way — the feeling of being connected to yourself again, and the parts of you that may have grown quiet beneath the demands of life.

For those who feel ready to take a gentle first step inward, I have created *Feel Like Yourself Again*, a home-based experience designed to support emotional restoration and a renewed connection with the self. For readers who wish to continue this journey more deeply, this can naturally be followed by the *Path of Soul Remembrance™*, a guided process that supports a return to inner stillness, self-trust, and deeper clarity.

Because sometimes the exhaustion is not asking for more effort. Sometimes it is asking for your return.

By Dr Margit Gabriele Muller



The Nervous System Is the Missing Link in Manifestation

How many times have you tried to manifest something you really wanted?

You've visualised it and written it down. Set intentions under a new moon. Maybe you've even done everything "right", the affirmations, the gratitude lists, the mindset work. And yet... nothing. Or worse, you watch as other people's manifestations seem to land effortlessly, while yours feel like they disappear into thin air like a tumbleweed rolling past.

If that's familiar, there's nothing wrong with you. Manifestation is often framed as a mindset practice, a matter of thinking positively, believing hard enough, or staying in a high vibration. But for many people, that approach quietly misses something essential. Because the body doesn't respond to what we want, it responds to what it feels safe enough to receive.

This is where the nervous system comes in. Your nervous system is constantly scanning your environment, asking one simple question: Am I safe? When the answer is no, even subtly, the body prioritises protection over possibility. In those moments, it doesn't matter how clear your intentions are.

Survival will always override expansion. Many people trying to manifest are doing so from a state of tension without realising it. They're calling in abundance while their bodies are braced for loss. They're affirming safety while their nervous systems are stuck on high alert. The disconnect creates resistance that no amount of positive thinking can dissolve.

This is especially true if you've lived through prolonged stress, emotional responsibility, illness, grief, or constant pressure. The nervous system adapts to what it has experienced. If life has taught you to stay vigilant, to cope, to hold it all together, the body may not recognise ease as safe — even if it's deeply desired.

So when manifestation practices don't "work," it's often not because you don't believe enough. It's because your body is still in survival mode. Manifestation requires openness. Survival requires control. And many of us have spent years, sometimes decades, living in contracted states without realising it. We become very good at functioning, achieving, and managing, while our nervous systems quietly stay on guard.

This is why manifestation can start to feel exhausting. Repeating affirmations can bring up frustration. Visualising a future that doesn't feel accessible can create more tension rather than alignment. The body isn't resisting the desire; it's protecting you from what it doesn't yet feel safe to hold.

Regulation changes everything. A regulated nervous system doesn't mean feeling calm all the time. It means the body has enough safety to come out of defence. In this state, receptivity becomes possible. Ideas land differently.

Opportunities are noticed. Decisions feel clearer. Intuition becomes easier to access not because it's louder, but because there's less internal noise.

Think about the moments when things have fallen into place for you. They rarely happen when you're forcing, striving, or overthinking. They tend to appear when you're relaxed, connected, or not gripping so tightly. That's not a coincidence, that's regulation. This is where manifestation becomes less about doing and more about allowing.

Instead of asking, What am I trying to call in? It can be more powerful to ask, How safe does my body feel right now? Small shifts matter here. Slowing your breath. Letting your shoulders drop. Spending time in nature. Allowing rest without guilt. These are not distractions from manifestation — they are the foundation of it.

Another overlooked piece is discernment. When the nervous system is regulated, intuition becomes clearer. Guidance arrives without urgency or fear. You're less likely to chase what isn't aligned or ignore what quietly is. Manifestation stops being about controlling outcomes and starts becoming about responding to what's actually available.

For many people, the hardest part of this work is letting go of the idea that struggle equals worthiness. If you've been praised for coping, pushing through, or being strong, ease can feel unfamiliar, even unsafe. But the nervous system doesn't respond to effort. It responds to consistency and safety. Manifestation isn't about convincing the universe. It's about creating the internal conditions that allow you to receive, choose, and trust what's already trying to meet you.

When the nervous system is included, manifestation becomes embodied rather than performative. It stops being something you chase and starts becoming something you participate in. The body doesn't need more affirmations. It needs safety. And from that place, change stops feeling forced and starts feeling possible.

Reflection: Regulating Before Manifesting

Before setting new intentions or visualising outcomes, take a moment to check in with your body.

You might like to explore the following gently — there are no right answers:

- *When I think about what I want to manifest, what do I notice in my body? (Tension, excitement, heaviness, openness, resistance?)*
- *Does this desire feel spacious or pressured? Does it come with urgency, or a quiet sense of readiness?*
- *What would help my body feel just 5% safer right now? (Slowing my breath, placing my feet on the floor, stepping outside, resting.)*
- *Where in my life am I already receiving more than I allow myself to acknowledge?*

Rather than asking "How do I make this happen?", try asking: "What would help me feel safe enough to receive?"

Return to this reflection whenever manifestation starts to feel effortful. Often, the shift you're waiting for begins not with intention but with regulation.

Pull Quote for Highlight.

"When the nervous system is regulated, manifestation stops being forced and starts being embodied."



Unleash Your Limits

7 Simple Ways to Step Into Your Power

Most people don't lack confidence. They lack permission. Permission to be bold. Permission to trust themselves. Permission to stop shrinking, apologising, and waiting for the "right moment." If you've ever caught yourself second-guessing, overthinking, or quietly playing smaller than you know you could, you're not broken. You're just hesitating at the edge of your own power. And here's the good news: power isn't something you earn later, once you've ticked enough boxes or finally feel ready. It's something you can access right now.

You don't need years of therapy, another qualification, or a complete personality overhaul. What you do need is presence, a little embodiment, and the willingness to act before fear gives you permission. These are seven simple, embodied ideas I use in my work to help people step into their power quickly. Often so quickly that within minutes, they're doing things they once believed were completely out of reach.

1. Confidence Starts in the Body, Not the Brain

Here's a secret that overthinkers don't love: you can't think your way into confidence. Confidence is a felt experience. It shows up in how you stand, how you breathe, how you move through space. When you straighten your spine, ground your feet, and take a fuller breath, your nervous system gets a very clear message: I'm safe. I'm here. I've got this. So before you try to "fix" your thoughts, try changing your body. Stand a little taller. Breathe a little deeper. Move with intention. Your mind will catch up.

2. Fear Isn't a Warning. It's Fuel.

Fear has a terrible PR team. We've been taught that if we feel fear, it means we should stop. In reality, fear usually means energy is available. That tight chest, fluttery stomach, or rush of adrenaline isn't a sign you're doing something wrong. It's your body gearing up for something that matters. The most powerful people aren't fearless. They're just better at riding the energy of fear instead of freezing, avoiding, or talking themselves out of action. The goal isn't calm. The goal is capacity.

3. You Don't Get Ready. You Go First.

Waiting to feel ready is one of the fastest ways to stay exactly where you are. Confidence doesn't come before action. It comes because of it. When you move first, your mind reorganises itself around the decision you've already made. So instead of waiting for clarity, try this: Decide. Move. Let clarity catch up later. That's how momentum is built.

4. Your Voice Changes More Than You Think

Your voice is one of your most underrated power tools. When you speak a little slower, a little clearer, and from your body rather than your throat, something shifts not just in how others respond to you, but in how you feel inside yourself. Try saying what you want out loud. Name the thing you usually soften or swallow. Let yourself take up a bit more sonic space. Authority isn't about being loud. It's about being embodied.

5. Presence Beats Perfection Every Time

You don't need the perfect words, the perfect plan, or the perfectly polished version of yourself. You need presence. When you're actually here, grounded, breathing, connected, people feel it. Presence builds trust. Presence creates leadership. Presence is far more compelling than trying to perform or impress. So stop performing. Start inhabiting yourself.

6. Action Has a Way of Shattering Old Stories

Limiting beliefs rarely disappear through analysis. They disappear through experience. The fastest way to break a belief is to do something that proves it wrong, especially when your whole body is involved. Once your nervous system has lived a new truth, the old story loses its grip. This is why embodied challenges work so well. They bypass the endless mental debate and go straight to what's real. Your body already knows what you're capable of.

7. Power Lives in the Moment You Say Yes

There's always a moment when you're standing at a crossroads. Step forward or step back. That's where power lives. Not in the outcome. Not in the applause. Not in the evidence. In the choice itself. When you say yes with your whole body, something shifts. You cross an internal line. And once you've crossed it, you can't unsee what you're capable of. That's where limits start to dissolve.

The Bottom Line

Most limits aren't real. They're habits of hesitation. When people experience their power in their body, not just in their head, everything changes. Shoulders soften. Breath deepens. Decisions get clearer. Confidence stops being something you perform and starts being something you inhabit.

And sometimes that internal shift shows up in a very visible way. A clear, decisive action that proves just how much becomes possible when fear is met rather than obeyed. Power isn't something you wait for. It's something you step into. And it's available right now.

By Lorraine Chapman

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SAYING NO WORKS BECAUSE...

Saying no really works because every no you say opens up an extraordinary number of meaningful yeses. Yeses that are chosen, not automatic. Yeses that come from clarity rather than obligation. Yeses that are aligned, not people-pleasing. If you are a people pleaser, this will be hard for you.

For many years, I have worked with clients who want to say no – but when the moment arrives, and they open their mouth, yes comes out instead. It often happens so quickly that they barely realise it has happened. The decision feels unconscious, almost reflexive.

This isn't a lack of intelligence or confidence. It's conditioning. Our bodies remember. Whether you call it muscle memory, tissue memory, or simply habit, many people – particularly those over 50 – have spent decades learning that saying yes is respectful, polite, and expected. We were taught that being agreeable was a virtue and that prioritising ourselves could easily be perceived as selfish, difficult, or ungrateful.

For many women and men in midlife and beyond, saying no doesn't just feel uncomfortable – it feels wrong. And yet, without the ability to say no, personal power quietly erodes. Over more than three decades of working as a therapist and coach, I've seen that insight alone isn't enough. People often understand why they want to say no, but their body hasn't learned how. When pressure arises, the nervous system defaults to what it knows best.

That's why I focus not just on awareness, but on practice. I teach people how to train their bodies to recognise and execute a no response through repetition and embodied learning. Much like any new skill, saying no must be practised regularly – out loud, in low-risk situations, until it becomes familiar rather than frightening.

When people can say no in real time – without apology, justification, or collapse – their experience is often profound. They describe feeling stronger, clearer, and unexpectedly liberated. Simply by saying no, they gain more power than they have felt in years. Why? Because no creates choice. When you can say no, you are no longer trapped in automatic agreement. You can pause. You can assess. You can choose. That freedom alone is deeply empowering.

You might also notice that when you begin to say no, other people may react. Some will be surprised. Some may push back. Others may attempt to renegotiate your boundary. This is not a sign that you are doing it wrong – it is simply a sign that the old dynamic has changed.

When you stop automatically saying yes, you interrupt patterns that others have grown comfortable with. This can feel unsettling at first, particularly if you are used to being the reliable one, the agreeable one, or the person who “always manages.”



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Learning to stay steady in the face of those reactions is part of the practice. A calm, grounded no does not require explanation or defence. Over time, people adjust – and more importantly, so do you.

There is another layer I see consistently, particularly in people of my generation and stage of life. Many of us were raised to believe that we should already know how to do most things. Asking for help can feel like a personal failure rather than a sensible strategy. We are not a generation that was encouraged to ask questions – we were encouraged to cope.

Asking for support, learning new relational skills, or admitting uncertainty can feel exposing. And yet, the willingness to learn what we were never taught is one of the most mature acts of self-leadership there is.

Saying no isn't about being difficult.
Saying no is about being defined.
Every no strengthens your boundaries.
Every no builds confidence.
Every no clarifies what you are willing – and not willing – to tolerate.

What you say yes to can be pivotal to your success, particularly in business and leadership. But your real power often lives in the no. The no that protects your time. The no that honours your energy. The no that creates space for what truly matters.

Saying no does not make you selfish.
It makes you self-aware.
And in the second half of life, clarity is not a luxury – it is essential.
Practise the art of saying no.
Your future yeses depend on it.

By Mary Scott

Why Loss Matters More Than We Think



When I ask people what personal loss means to them, the response is invariably the same: the death of a loved one. And while it's true that grief is most often associated with death, we actually grieve all losses. Why is this significant?

Loss includes the everyday losses we face, quietly shaping our emotions, behaviour, and sense of safety in ways we rarely acknowledge or realise. And this is important because, to heal, we have to feel, which means grieving every loss, however major or minor it may seem.

In my work supporting individuals and organisations through loss, life transitions, and emotional dysregulation, I see the same pattern repeatedly. People are struggling not because something is “wrong” with them, but because their nervous systems are responding to loss that has never been named or processed. They may not be consciously aware of it, and simply feel stuck or unable to move forward, or are easily triggered when further losses come their way.

We lose jobs, relationships, health, identity, financial security, status, certainty, and futures we believed were assured. We lose roles, routines, and ways of being in the world. Many of these experiences are dismissed as “change” or “something we should just deal with.”

But the human nervous system does not make that distinction.

Loss matters because it threatens our most basic needs. To understand why, it helps to revisit Maslow's hierarchy of needs, not as a motivational model, but as a map of human survival.

At the foundation of the hierarchy are physiological needs and safety. When these are stable, we can focus on connection, contribution, creativity, and growth. When they are threatened, our nervous system shifts into survival mode.

Consider job loss. On the surface, it may appear to be a professional disruption. Beneath that, however, the nervous system registers that loss of income as something far more primal: Can I pay my bills? Can I keep my home? Will I survive? Even when the rational mind knows there are options, the body responds to perceived threat.

This is why loss so often leads to anxiety, irritability, shutdown, shame, or emotional volatility. These are not overreactions. They are survival responses. Prolonged stress and nervous system dysregulation are what ultimately wreak havoc on our emotional, relational, and physical well-being.

This is also where loss and trauma intersect. We talk about PTSD. But trauma is not defined solely by catastrophic events. At its core, trauma arises when an experience overwhelms our capacity to cope, and our need for safety, support, or meaning is unmet. Many living losses meet this definition, particularly when they are cumulative (CPTSD), unexpected, or faced alone.

Loss of health can shatter our identity and scupper future plans. Relationship breakdown can destabilise attachment and belonging. Divorce and estrangement can be particularly painful losses. Organisational change can erode psychological safety, even for those who remain employed. Disruption is unsettling. These experiences are not minor to the nervous system because they represent profound threats to stability and coherence. They challenge our equilibrium.

Yet because many of these losses are not socially acknowledged, people often minimise their impact. They do not wish to share for fear of being seen as weak or unable to cope, and tell themselves they should be grateful, resilient, or able to move on. The result is unresolved loss that quietly drives burnout, conflict, illness, and disengagement.

But resilience does not come from bypassing loss. It comes from recognising it.

When loss is named and validated, the nervous system can begin to settle. Clarity returns. People regain access to choice rather than reaction. Psychological safety, both internally and externally, can be restored. This reframes a crucial question. Instead of asking, “What's wrong with me?” we can ask, “What have I lost, and what did my system need at the time?”

Loss is not the end of the story. With understanding and support, even profound loss can be integrated. Resilience is not about erasing what has happened; it is about learning to move forward and rebuild after loss with strength, meaning, and purpose.

By Celia Conrad

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Finding Balance

My Journey from Struggle to Wellbeing and Success



I am Penelope Layzell, and as I stand here reflecting on the honour of receiving this award, I am profoundly humbled. The work I do isn't just a career; it's the culmination of my life's journey—a tapestry woven with triumphs, trials, and transformative lessons. Today, I want to share that journey, illustrating how the relationship between wellbeing and success reshaped my life and continues to impact the work I do.

Early Roots: Lessons in Resilience

Born into a military family, I was the eldest of two daughters, and this upbringing shaped my early years in profound ways. My childhood was marked by constant relocations, as my father's military postings required us to move frequently. This transient lifestyle taught me the invaluable skill of adaptability, as I had to quickly adjust to new environments, make new friends, and learn new routines. However, this constant change also seeded a deep-rooted sense of instability within me, making it difficult to establish a sense of belonging or permanence.

Adding another layer of complexity to my early life was my sister's undiagnosed dyslexia. In an era when such conditions were poorly understood and often overlooked, my sister faced significant challenges in her education and daily life. My mother fought tirelessly against a system that was quick to label and dismiss individuals with learning difficulties. She battled not just for recognition of my sister's condition but also for her dignity and the right to receive the support she needed. Her determination and advocacy were a source of strength and inspiration for me, even as they added to the stress and tension within our household.

Our home environment was turbulent, often saturated with verbal and, at times, physical conflict. My mother, overwhelmed by the

weight of depression and her fierce protective instincts, often redirected her frustrations onto me. This emotional turmoil taught me to navigate complex and challenging situations from a young age. I developed a coping mechanism centred around invisibility, learning to blend into the background as a way to avoid further conflict and emotional distress. Blending into the background became my sanctuary, a place where I could find a sense of peace and safety amidst the chaos.

School life mirrored the turmoil at home, and I struggled to fit in with my peers. I became the withdrawn girl, perpetually out of sync with the social dynamics of my classmates. My father's rigid expectations added significant pressure, as he dictated my future without allowing me any room for my own voice or aspirations. By my mid-teens, rebellion became my refuge. Secret drinking, reckless partying, and academic neglect painted a bleak picture of my prospects as I sought to escape the constraints and expectations placed upon me. Despite these challenges, I learned valuable lessons about resilience and the importance of finding one's own path, even in the face of adversity.

The Catalyst: Motherhood and Meaning

At the age of 16, life presented me with a significant opportunity that would change my trajectory—a Youth Training Scheme (YTS) placement with the local council. This placement was a turning point, offering me a sense of value and capability that I had never experienced before. It was a pivotal moment that set the stage for future growth and development. The newfound purpose and direction I gained from this experience were further intensified when I became a mother at the age of 20. Although this was an unplanned event and came with its own set of challenges and difficulties, my daughter quickly became my anchor in life. Her small, yet profound presence had a transformative effect on me, completely rewiring my priorities and pulling me back from the brink of self-destruction. She was my saviour, and I became utterly devoted to providing her with the stability and security that I had never had during my own upbringing.

Meeting my husband seemed to be the next logical step in my life journey—it marked the beginning of a new chapter filled with the promise of marriage, a home, and the semblance of a traditional family unit. These elements appeared to offer a sense of stability and fulfilment. However, beneath the surface of this seemingly idyllic life, I was unknowingly perfecting the art of self-neglect. I found myself seamlessly juggling multiple roles: I was a devoted wife, a doting mother, and a diligent employee, each role demanding my full attention and energy. My identity became intricately woven together by the obligations and responsibilities I had to others, leaving very little room for self-reflection or personal growth. This constant juggling act left me feeling drained and unfulfilled, as I struggled to find balance and maintain a sense of self amidst the chaos of my daily life.

Cracks in the Facade: Health and Heartbreak

Life's relentless pace eventually caught up with me. My husband's mental health crisis during my second pregnancy thrust me into the role of caregiver, compounding the strain. I returned to work postpartum, climbing the corporate ladder in male-dominated industries. Outwardly, I was thriving. Inwardly, I was crumbling.

Panic attacks disguised as heart issues marked my breaking point. I dismissed them, soldiering on with a smile, mastering the art of concealment. Redundancy, toxic work environments, and familial struggles compounded the stress. My eldest daughter battled depression, my middle child faced bullying, and my marriage teetered under the weight of unspoken emotions.

The final blow came with the devastating news of my mother's terminal cancer diagnosis. This life-altering event marked the beginning of a challenging journey as I took on the role of her caregiver. During this time, our relationship, which had been strained and fractured for many years, began to heal. We found a sense of solace and comfort in sharing our vulnerabilities with each other, allowing us to unpack and address years of unresolved pain and

misunderstandings. This period of healing was precious, as it brought us closer together in a way we had never experienced before.

However, the joy of our renewed bond was short-lived, as my mother's health continued to decline. Her eventual passing left an immense void in my life, a void that was filled with profound grief and sorrow. The loss of my mother was a significant emotional burden. Just two days later, I was hit with another devastating blow: my own breast cancer diagnosis, as I struggled to cope with the weight of her absence.

The impact of receiving this diagnosis under the weight of having just lost my mother to the same disease was overwhelming. Grief and fear collided within me, creating a complex and intense emotional landscape. The fear of facing the same fate as my mother was palpable, and it cast a shadow over my thoughts and feelings. Despite the overwhelming emotions that threatened to consume me, I remained stoic on the outside, determined to maintain the illusion of control. I suppressed my emotions, believing that by doing so, I could navigate this new challenge with strength and resilience. This facade of control was a coping mechanism, a way to protect myself and my family from the full extent of my fear and grief.

The Turning Point: Rediscovering Self

Navigating the challenges of undergoing chemotherapy, managing the demands of family life, and concealing my inner struggles had become an unsustainable and overwhelming cycle. It was during this difficult period that a seemingly ordinary podcast emerged as the unexpected catalyst for significant change in my life. The words spoken by the podcast's speaker resonated deeply with me, cutting through the protective barriers I had built around myself. For the very first time, I was forced to confront an uncomfortable and painful truth—I was feeling lost and uncertain about my path in life.

This revelation prompted me to embark on a profound journey inward, where I made a conscious decision to prioritise self-care over the often unrealistic and demanding expectations set by society. I began to embrace vulnerability, allowing myself to truly feel my emotions, to grieve the losses I had experienced, and to embark on the healing process. Engaging in practices such as meditation, heartmath, and aroma freedom became essential lifelines that provided me with the support and guidance I desperately needed. Contrary to the fears and anxieties I had initially harboured, life did not collapse or fall apart as I had anticipated. Instead, it began to flourish in ways I had never imagined. My relationships with family and friends deepened, leading to more meaningful connections and a sense of belonging. Additionally, I experienced professional success and growth, achieving goals I had once thought were out of reach. Most importantly, I found a profound sense of peace and contentment that had been elusive for so long.



Wellbeing: The Foundation of Success

The COVID-19 pandemic tested this newfound balance. As workloads surged, I applied my wellbeing practices to support my team. I encouraged flexible hours, prioritised mental health, and fostered open communication. Instead of collapsing under pressure, we thrived—outperforming expectations, growing our team, and cultivating a resilient work culture.

This experience crystallised a pivotal realisation: wellbeing isn't a luxury; it's a necessity. It's the bedrock of sustainable success. My business was born from this ethos, aimed at helping individuals and organisations integrate wellbeing into their core practices.

Lessons Learned: A Legacy of Growth

Reflecting on my journey, I find myself contemplating a rich tapestry of interconnected lessons that have shaped my life and perspective. Each thread in this tapestry represents a different experience, challenge, and triumph that has contributed to my growth and understanding of the world around me.

One of the most profound lessons I have learned is that resilience is born from vulnerability. It is through acknowledging and embracing our struggles rather than suppressing or ignoring them that we truly find strength. This understanding has taught me that vulnerability is not a weakness but a powerful tool that allows us to connect with others on a deeper level and grow as individuals.

Another key lesson is that success is holistic. While professional achievements are important and can bring a sense of accomplishment, they mean little without personal wellbeing. Balancing our work and personal lives is crucial to achieving true success. It is only when we take care of our mental, emotional, and physical health that we can truly thrive in all areas of our lives.

Self-care is another important aspect of this holistic approach to success. It is not selfish to prioritise our own needs and wellbeing. By doing so, we enable ourselves to show up fully for others, to be more present and engaged in our relationships, and to contribute positively to our communities. Taking care of ourselves is not only beneficial to us but also to those around us.

Today, I stand not just as a business leader, but as a testament to the transformative power of prioritising wellbeing. My story is not unique, as many others have experienced similar journeys. However, it serves as a reminder that amidst the chaos and uncertainty of life, we can find clarity, purpose, and joy. By focusing on our wellbeing and embracing the lessons we learn along the way, we can navigate life's challenges with resilience and grace.

Success isn't a destination; it's a journey—one that is rooted in authenticity, nurtured by self-compassion, and guided by the unwavering belief that we are enough, just as we are. This journey is about growth, self-discovery, and the continuous pursuit of happiness and fulfilment. It is a journey that reminds us of the importance of staying true to ourselves and embracing the beauty of life's imperfections.

By Penelope Layzell

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Accountability Without Shame

A Smarter Framework for Sustainable Weight Loss

For many people, the idea of accountability in weight loss has become tangled up with shame. Miss a workout, eat “off plan,” gain a bit of weight and suddenly accountability feels like punishment. That approach doesn’t work. In fact, it often does the opposite: it stops people from trying altogether.

True accountability isn’t about guilt or pressure. It’s about clarity, structure, and direction. It’s about knowing why you’re doing something, where you’re going, and how you’ll get there, even when life doesn’t go to plan. If weight loss is the goal, accountability should support you, not break you. Here’s a smarter framework that does exactly that.

Start With a Meaningful Goal, Not Just a Number

Most people begin with a vague or incomplete goal:

“I want to lose weight.” “I want to weigh 70kg.”

These aren’t goals, they’re wishes. They don’t tell your brain why the effort matters, or when success looks like success.

A strong weight-loss goal needs to be SMART:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

But it also needs something just as important: meaning. For example: “I want to weigh 70kg by the

end of the year so that I can play with my kids on the floor, keep up with them without feeling exhausted, and stop feeling unwell in my own body.”

Now the goal has purpose. The number on the scale isn’t the real win; it’s what that number allows you to do. That meaning is what carries you through difficult weeks when motivation drops.

Without meaning, accountability feels like pressure. With meaning, it feels like direction.

Break the Main Goal into Short-Term, Meaningful Sub-Goals

A 12-month goal can feel overwhelming. That’s where people lose momentum, not because they’re incapable, but because the destination feels too far away. Short-term goals solve this problem.

These sub-goals should:

- Be specific
- Be time-bound
- Directly support the main goal
- Be achievable enough to build confidence

For example, if the long-term goal is to lose weight and improve health by increasing movement, the pathway might look like this:

- Months 1–2: Walk 10,000 steps per day
- Months 3–6: Complete a Couch to 5K programme
- Months 6–9: Run a 5K fun run
- Months 9–12: Build up to a 10K solo run

Each stage builds on the last. Each one adds slightly more distance, slightly more capacity, slightly more confidence. And all of them feed directly into the main outcome: improved fitness, increased daily energy expenditure, and sustainable weight loss. This is accountability done properly, progress that compounds.

Write Your Goals Down and Make Them Visible

This part is often overlooked, but it matters more than people realise. Writing goals down makes them tangible. It turns an idea into a commitment. Research consistently shows that people who write their goals down are significantly more likely to achieve them. One often-cited finding suggests you’re around 40% more likely to follow through when goals are written rather than kept mentally.

Why does this work?

- Writing clarifies thinking
- It forces specificity
- It increases psychological commitment

• It acts as a daily reminder of why you’re doing this
Don’t hide your goals in a note app you never open. Put them somewhere you’ll see them every day:

- On the fridge
 - On your bathroom mirror
 - On your desk
 - As your phone background
- Visibility creates consistency. Consistency creates results.

Plan the Process. Not Just the Outcome

Goals without plans rely on motivation. Motivation is unreliable. This is where accountability becomes practical.

- Each sub-goal needs a plan:
- Which days will you train?
- What time will you go?
- What type of session will it be?
- What happens if something clashes?

Using the running example:

- Walking phase: when will you walk, and how will you fit steps into busy days?
- Couch to 5K: Which days are run days, which are rest days?
- Strength training: what sessions support injury prevention and progress?
- Recovery: how are sleep and rest factored in?
- This planning isn’t restrictive — it’s freeing. When the decision is already made, you don’t need to negotiate with yourself every day.

That structure is accountability.

Accountability Is the System

Notice what’s missing so far: blame, punishment, harsh rules. Accountability here comes from:

- Clear goals
- Written commitments
- Planned actions
- Measurable progress

You’re not “being good” or “being bad.” You’re simply following a process that moves you closer to something that matters to you. When something is planned, it’s easier to spot what’s working and what isn’t, and that leads to the final, crucial part of the framework.

Review and Reset. Without Shame

After completing each sub-goal, stop and review.

Tick it off. That matters. Progress needs to be acknowledged.

Then ask:

- Did this stage go as planned?
- Did it take longer than expected?
- Did something unexpected happen?

If everything went smoothly, great — move on to the next phase. If it didn’t? No shame. No self-criticism. Life happens. Injuries happen. Work stress increases. Sleep suffers. These aren’t failures, they’re information.

Review. Assess. Adjust.

Maybe the plan needs more recovery. Maybe progress needs to slow slightly. Maybe a phase needs repeating. You are still moving forward because you’re still working toward the main goal.

That’s accountability without shame.

Sustainable Weight Loss Requires Structure, Not Self-Blame

Weight loss isn’t about trying harder. It’s about setting better goals, building smarter systems, and giving yourself a framework that works with your life, not against it. Accountability done properly doesn’t make you feel smaller; it helps you grow. Clear goals. Meaningful steps. Written plans. Regular reviews. That’s how progress is built. And that’s how weight loss becomes sustainable, not through pressure, but through purpose.

By Craig Alexander



The new hybrid approach to sports recovery – robotic tech and massage guns



Would you have a robotic massage? Too futuristic? Well, not so now, being already used in elite gyms and Spas. Tech designing mechanical arms, A1 and sensors can tailor a treatment to your body shape and tension patterns.

The intuitive and healing nature of a therapist cannot yet be mimicked, but they can achieve a practical and fairly effective result. Plus, adding labour-free income, even if priced lower than a manual session, for the companies.

Self-massage guns – are they just another latest gadget?

This recovery tech has exploded in the market for home devices. Most modern athletes have moved from foam rollers to these for reducing stiffness and improving range of movement. Aiding warming up or post recovery for aching muscles, affected by late onset stiffness from the dreaded lactic acid buildup.

Short, targeted work can enhance blood flow and help you between longer sports massage sessions. They are quieter, lighter, and now feature adjustable speed settings and interchangeable heads for more varied, more flexible targeting of areas.

Expert assessment still vital

Overuse, causing tissue damage, can injure more than the aim of prevention. Causing nerve irritation and bruising if worked over bony areas from a lack of anatomy knowledge, and using incorrectly is rife. Symptoms can be aggravated or even mask deeper issues. By relieving any discomfort initially, the client assumes all is ok. Until the next sports session. With the problem of soreness or injury returning.

Sports massage therapists are still key for advice on safety protocol, as well as seeing red flags before they develop into more serious problems. Pain or discomfort is the body alerting us of over use or a problem that might implode deeper.

They are not a fix-all gadget to replace proper diagnosis and care. But if used sensibly as a good sidekick to a maintenance plan, they are indeed worth considering. Combine smart tech with the skill of a hands-on therapist and a great combi hybrid is achieved.



A hybrid approach can be ace.

Allowing a professional, skilled therapist to examine and detect any subtle tension, weakness or extreme tension patterns. They can work out and advise what approach is needed. Speed of the vibration, direction of stroke.

How long and if daily or only after a heavy sports session or game. Otherwise, you are allowing an amateur to use a pneumatic drill-like device on possibly a very vulnerable area. Once a nerve is irritated, it is hard to calm it down. Damage is already done.

They are very delicate structures. Our aim is for the fleshy muscles to soften and allow for stretch. Not to annulate the soft tissues. Being a fairly fast or slow vibration the softly intuitive approach is hard to achieve. As with robotic arm massages.

The movement of rolling or kneading will be fairly fixed, detecting resistance beneath its sensors as tightness, but if the client is fearful and tense for that reason, then heavier pressure from the arm would be a little uncomfortable for the client as they resist the stroke applied.

As humans, we detect this and back off. Allow safety to be acknowledged by the client so that they can let go. We then work more cautiously, not more vigorously. A machine may decide the area is more tense, so more pressure or kneading is required. The client resists more, and it hurts, setting up a cycle.

Innovative Smart Tech

The design of course will improve. Possibly reading oxygen levels, pulse of the arteries and electrical impulses of the muscles as it works over the skin. But the connection and empathy of another human caring for you in a healing, respectful manner would be very hard to replicate in an inert object.

But who knows what may be developed? The job of the athlete is to combine the new tech and utilise both human and humanoid. Designs may be like an actual human. Not just a mechanical bed you lie on or arms that roll over you.

The skill is to surrender your nervous system to relax and trust the artificial intelligence working on you. How calm are you?

By Nicky Abell-Francis





Resilience – Rising from Within

alignment with my values — even when no one is watching, and the rewards aren't immediate.

There have been moments when motivation faded, and momentum was nowhere to be found. That's when resilience stepped in. It became the bridge between what I'd endured and who I was becoming because of it.

The Path That Built My Resilience

I didn't wake up one day resilient. It was built over time, shaped by real moments — not theories. Both in my own transformation and through the people I coach, I've seen that resilience doesn't emerge overnight. It develops as we move through three pivotal phases:

1. **Surrender** — Letting go of control, releasing what no longer serves us.
2. **Waiting** — Navigating the space in between, where growth happens quietly, without applause or visibility.
3. **Consistency** — Staying committed to our values and vision, even when it's hard, inconvenient, or unrecognized.

Each of these stages stretched me. They surfaced doubt, fear, and emotional fatigue. But they also deepened my capacity, clarified my identity, and taught me what lasting strength really looks like.

Resilience in Leadership and Life

As a coach and mentor, I see resilience not just as a personal strength, but as a foundational leadership quality. Whether I'm guiding others, raising a family, or leading from within, resilience allows me to:

- *Stay calm during conflict.*
- *Adapt to unexpected change.*
- *Lead with emotional clarity and maturity.*
- *Model presence and stability — not just performance.*

I don't pretend to have all the answers, and I don't lead from perfection. I lead from experience — from choosing integrity, even in struggle. I've come to understand that real strength isn't dominance or control; it's durability, compassion, and clarity.

A Resilient Identity

Resilience is no longer just something I lean on in hard times. It has become part of my identity — how I make decisions, how I recover, how I relate to others. This has been a spiritual shift, too. I've moved from striving to surrender. From reacting to responding. From needing outcomes to trusting process. This shift has allowed me to lead from a place of stability rather than performance. It's helped me walk through change without losing myself in it.

How I Recognize Resilience in Myself Now

I know resilience is alive in me because I see it in the way I respond differently now:

- *I'm able to stay present in difficult conversations without shutting down.*
- *I've learned to sit with uncertainty instead of trying to control it.*
- *I can begin again after setbacks — without bitterness.*
- *I hold boundaries with greater clarity and less guilt.*
- *And I've found a peace that no longer depends on everything going to plan.*

None of this happened overnight. These are not accomplishments to tick off — they're fruits of deep, internal work. There are signs that something strong and steady has taken root within me.

Walking Forward with Strength That Lasts

For me, resilience is not a single moment of triumph. It's a way of walking through life. It's choosing to trust, to wait, to stay true, and to rise — without needing validation or perfect timing.

I know I'm no longer the person I was when I began this journey. I've become more self-aware, more emotionally equipped, and more grounded in purpose. And no, I don't always feel "ready." But I don't have to be perfect to move forward. I simply need to keep walking — one decision at a time — knowing that the strength I now carry isn't performative.

It is real.
It is rooted.
And it has risen from within.

In both my personal and professional journey, I've learned that there comes a point where surrender, patience, and consistent effort converge into something deeper: resilience. It's not just a concept I teach as a coach — it's something I've had to live through, often quietly, often without immediate evidence of progress. Resilience isn't a motivational buzzword or a badge of toughness.

It's a lived experience — the outcome of navigating uncertainty, waiting through silence, and continuing to show up when the way forward feels unclear. I've come to understand that resilience isn't simply about bouncing back from adversity. It's about growing through it — often in ways no one else sees. It's not just about achieving goals or overcoming setbacks; it's about the kind of person you become in the process.

This is the final stage in the journey I've walked through, letting go, learning to wait, and committing to the discipline of consistency. Resilience is what remains. It is what rises.

What Resilience Really Is — and Isn't

For a long time, I misunderstood what resilience was supposed to look like. I thought it meant being emotionally bulletproof — always pushing through, never shaken, never showing weakness. But life taught me something more honest. True resilience is more nuanced. For me, it's been about staying grounded when life is uncertain. It's meant choosing to stay emotionally and spiritually open, even after disappointment or delay. It's the internal strength to keep acting in

By Marsha Parcou



WHY MOST WEIGHT LOSS FAILS AND 5 TIPS TO MAKE IT STICK

Nearly 8 out of 10 people who try to lose weight regain it within a year—and it's not their fault. ¹ Many people fall into the trap of fad diets, extreme restrictions, or unsustainable routines. But weight loss doesn't have to feel like a battle. By understanding why most diets fail and adopting habits that actually work, anyone can achieve long-term results.

Stop blaming yourself—small changes, science-backed strategies, and mindset shifts can create lasting results.

Why Most Weight Loss Fails Unrealistic Expectations

Crash diets promise rapid weight loss, but studies show that rapid weight loss often leads to weight regain. ² The body responds to severe calorie restriction by entering starvation mode, triggering hormonal changes that increase hunger and reduce satiety.

Overly Restrictive Diets

Extreme calorie restriction may work initially, but it can trigger rebound eating, reduced metabolism, and nutrient deficiencies. ⁴ When calorie intake is severely reduced, the body compensates by slowing its energy use (basal metabolic rate) to conserve energy. This adaptation means you must eat less and less to maintain your weight, eventually reaching a plateau where no further weight loss is possible. Restriction increases the hunger hormone and decreases the satiety hormone. Because the body is starved of nutrients and calories, it compensates by storing any extra energy as fat once normal eating resumes.

Ignoring Mindset & Behaviour

Behavioural and psychological factors strongly influence weight outcomes. ⁵ Ignoring mindset and behaviour causes weight-loss efforts to fail, as habits, emotions, stress, beliefs, and routines drive food choices. When these are not addressed, the plan eventually collapses. Most diets rely on willpower instead of systems. Without behaviour strategies (planning, routines, coping skills), weight loss becomes a constant mental fight – and that is not sustainable.

Lack of Support/Accountability

People who track their progress, have coaching, or work in supportive communities are more likely to succeed. ⁶ When you are accountable only to yourself, skipped workouts become normal, small slips turn into long breaks, and “I’ll start again tomorrow” becomes a refrain. Without external accountability, there’s nothing to pull you back on track before momentum is lost gently. Many people quit not because the plan doesn’t work, but because they feel discouraged and alone. Having support helps people adjust early, rather than giving up later.

The Science Behind Successful Weight Loss

Small, consistent habit changes: Tiny, steady improvements are more effective than drastic shifts. ⁷ These are easier to stick to. Because the change is small, people repeat it, and repetition is what drives results. Gradual changes reduce burnout and build momentum. Over time,

these habits compound, creating meaningful results without the stress of extreme dieting.

Gut health matters

Gut health is a vital and often overlooked factor in weight loss. A healthy gut microbiome can influence metabolism, cravings, and inflammation. It influences how your body processes food, manages hunger, and stores fat. ⁸ Certain gut bacteria help break down food efficiently, while others can slow metabolism or promote fat storage. A diverse gut microbiome supports better nutrient absorption and energy balance, and an imbalanced microbiome may make it harder to lose weight, even with diet and exercise. Gut bacteria produce hormones like GLP-1 and peptide YY, which signal fullness to your brain. A healthy gut helps you feel satisfied sooner. Imbalances may increase cravings for sugar, processed foods, and high-calorie snacks. When gut health is compromised, weight loss can feel significantly harder despite strong effort.

Personalised nutrition wins

One-size-fits-all diets rarely work; your plan should suit your metabolism, lifestyle, and food preferences. ⁹ Your body, lifestyle, gut, and habits are unique – and when a plan fits you, it’s far more likely to work and stick. When nutrition is tailored to the individual, blood sugar control improves, hunger and cravings reduce, and meals feel more satisfying. This makes consistency easier and removes the need for extreme restriction.

5 Tips to Make Weight Loss Stick Mindset Shift

A mindset shift helps weight loss to work because it changes how people approach the process, not just what they eat. When the mindset shifts from short-term dieting to long-term habit-building, weight loss becomes sustainable rather than exhausting. Focus on progress, not perfection. Goal-setting and self-compassion improve adherence. ¹⁰

Build Sustainable Habits

Building sustainable habits makes weight loss work because habits remove dependence on motivation and turn healthy choices into automatic behaviour. When actions are repeatable and realistic, results last. Start with one small habit at a time—like swapping sugary drinks for water or adding a daily 10-minute walk.

Accountability Matters

Accountability isn't about pressure – it's about consistency. It bridges the gap between knowing what to do and actually doing it – consistently, over time. This consistency is what creates long-term weight loss. Track meals and progress, or partner with a coach. Support and accountability significantly boost success rates. ⁶

Celebrate Small Wins

Celebrating small wins reinforces progress, builds confidence, and keeps motivation alive long enough for habits to stick. Reward yourself for achievements. Small victories reinforce long-term change. Small wins keep weight loss moving forward.

The Bottom Line

Weight loss doesn't fail because people lack willpower – it fails because most approaches are unsustainable. When nutrition is personalised, habits are realistic, mindset is supportive, and accountability is in place, weight loss becomes something you can maintain, not constantly restart. Focus on consistency over perfection, and lasting results will follow. Weight loss isn't about quick fixes. It's about creating habits that fit your life, nurturing your mindset, and celebrating progress. The secret to lasting weight loss isn't doing more – it's doing what works for you. Start small, focus on consistency over perfection, and finally, make it stick.

By Anne Anyia

Registered Nutritionist and Certified Health Coach

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How to Keep Your Spirit When Medical Bills Attack



There are two gut punches that come with a terrible medical diagnosis. The first is the word itself. For me, it was «cancer.» The world went numb, and my mind became a gushing waterfall of frantic questions: Oh, my gosh. What does this mean? Am I going to die? I don't have time for this! It was a strange and surreal moment of pure, silent panic. Then comes the second gut punch — the one nobody really warns you about — landing just moments after the first: How much is this going to cost me??

There's a special kind of dark humor in surviving a life-threatening illness only to be financially threatened by the very treatment that saved you. It's the universe's most twisted punchline. You've just fought a war for your body, and now you're being drafted into a second one for your bank account. The exhaustion is real. The injustice is infuriating. And in today's volatile world, this can be very scary for some.

For years, I ran on adrenaline. Juggling a demanding career, navigating natural disasters like Katrina, and supporting my husband through his own terrifying health crisis with MRSA—I just kept going. I ignored my body, my intuition, and my spirit until they collectively staged a coup. My body finally screamed «ENOUGH!» in the form of a breast cancer diagnosis.

One of the biggest lessons that the journey taught me was how to receive. I, the ultimate do-it-all-myself person, physically couldn't. I had to let people in. I had to let them help. And just when I thought I had that lesson down, the bills started rolling in, and I felt that old, familiar pressure to handle it all myself. To be the strong one. Again.

But here's the secret: your spirit isn't forged in the fire of pretending you're fine. It's forged in the messy, beautiful, and sometimes hilarious reality of admitting you're not.

So, what do you do when the financial fallout feels as scary as the diagnosis was? You treat it like you treated cancer. You take back control, one tiny, empowering step at a time.

First, give yourself permission to be absolutely furious. Scream into a pillow. Write a rage-filled, unsent letter to the hospital billing department. The pressure to be a graceful, grateful «cancer warrior» 24/7 is garbage. You can be profoundly grateful to be alive and profoundly pissed off about the cost of it in the same breath. Both are valid.

Next, it's time for what I call the «I'm a Survivor, F-It» budget. This isn't your typical, joy-sucking, no-lattes-for-you budget. This is a radical act of self-preservation. Look at the paper battlefield and ask yourself one question: «What truly matters to my spirit right now?» It's not about a perfect credit score; it's about your sanity. It's about protecting your hard-won peace. Call the hospital. Tell them your story. Ask for a payment plan, for financial assistance, or for a discount. You'd be surprised what's possible when you advocate for yourself with the same ferocity you advocated for your health.

And most importantly, remember the lesson of receiving. You are not alone in this. That sisterhood you found in the chemo suite? The friends who dropped off soup? They are your army. Let them in. Talk about the money stuff. The shame and silence around debt are more toxic than any chemo drug. When you speak it out loud, the monster under the bed shrinks.

My cancer journey, as harrowing as it was, brought with it the most beautiful and miraculous silver lining: a sisterhood with my business partner, Lia and a community that held me. That, I've learned, is the real currency. The bills are just paper. The numbers are just ink. But the love, the laughter, the connection, the sheer, stubborn fact that you are still here to read this—that's the real wealth. And no bill, no matter how astronomical, can ever take that away from you.



You've already conquered one diagnosis. The other one doesn't stand a chance.

By Laila Morcos Zissis

*Professional Certified Coach
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Spiritual Leadership – The Risk of Trust

by Andrea Huber



Twenty blank TEAMS-squares on my screen. Names under some, initials under others, a few in Cyrillic. Behind each box sits someone who would rather be doing anything else than attending an online training on logistics. I run these sessions regularly now – a compulsory course, a wall of unwilling participants at the start and, by the end, a room that somehow feels like a small team: shared jokes, quick help, a kind of quiet pride. Magic? Not really. Risk. And Spiritual Leadership.

Before I ever show a slide or explain a checklist, I ask people to be visible: Camera on. Unmute yourself. Say where you are. Tell us if you've ever worked as a delivery driver before. Small, ordinary prompts. But for a few seconds, they are everything.

There is a little hush that feels like a cliff edge – and I always hold my breath. What if nobody answers? Maybe the boxes will stay dark, and I will look silly? Then, slowly, a face flickers. A hand goes up. Someone laughingly says, "I've never done this. I just love driving." Or, another explains, "I'm an experienced delivery driver, just not in Germany". I'll say, "Great – you'll notice things we miss", or, "Then you're my expert today." The shift is immediate. Shoulders drop. The tone relaxes. Questions come earlier. People help each other. Then training actually begins.

The moment a person smiles without meaning to, the work hasn't started yet – but Spiritual Leadership already has. People stop acting like participants and start acting like contributors. Not because they were pushed – but because they were recognized.

I still get nervous before each session. That quiet moment when you ask for cameras is a gamble. I keep risking openness even though I am aware of the possibility of embarrassment. It's not a method; it's an investment. And the investment pays off: participation, attention, people doing the small extra thing that makes the day run better.

Recently, the experiment turned inward. After years of freelancing, I signed a contract for a permanent role. I admit I was terrified. Experiences had taught me: freedom costs safety, but security costs the life you would otherwise choose. So, when the company manager said, "Work wherever you want. Performance is what matters," I first felt overwhelmed.

We amended the contract clause accordingly, yet I did not immediately relax. Years of conditioned beliefs don't simply vanish because of a signature. Freedom and responsibility at the same time? The unfamiliar permission to enjoy trust before I had proven myself simultaneously created an immediate desire to contribute all my energy and experience to the company.

The pattern is always the same – trusting a stranger. The trainer decides to make someone a partner. The manager signs a contract and says, "We believe you will do it." In every case, people respond because they are given a role to live into. Give someone a place; they will always try not to disappoint you.

Social psychologists call this phenomenon "reciprocity". But naming it isn't the point: When we start by offering trust, the room changes. People turn possibility into action. They show up differently. The small act of opening a camera or assigning a "today's expert" slot creates an atmosphere in which mistakes are tolerated and questions are rewarded. That's the fertile ground for learning, for loyalty, and yes, for productivity.

This is not naïve idealism. It's an everyday calculation. Trust is risky. People will disappoint. Sometimes the gamble fails. But the alternative – designing systems that assume distrust and build layers of verification around every minor decision – eats motivation and creativity for breakfast. We end up with tidy processes and disengaged humans.

If you lead a team, consider this small experiment: Make the first move. Offer a role. Propose visibility before the work begins. You may feel exposed. You may be embarrassed sometimes. But you will also, more often than not, be pleasantly surprised. Gestures so small you could call them trivial – they aren't. They are the risk that starts everything worth doing. This is the part I call "spiritual" in leadership. Connection. Relationship. Trust doesn't make people less accountable. It makes them willing. And willing people rarely do the minimum.



'The moment a person smiles without meaning to, the work hasn't started yet – but Spiritual Leadership already has.'



Inner Transformation as the Foundation of Holistic Health Integrating Spiritual Insight, Psychology, and Modern Wellbeing Practice

Health has never just been about the body. Across different cultures and time periods, people have recognised that wellbeing involves the inner life as much as physical functioning. Ancient spiritual traditions and modern health science keep arriving at the same conclusion: real, lasting wellbeing requires inner transformation.

What early Christian mystics called divine knowledge looks remarkably similar to what we now understand as psychological, emotional, and neurological integration. This perspective fits well with holistic frameworks like Rejuvenise 360® holistic health living, promoted through Synaptic Fit Fusion Pros®, which focuses on helping people build sustainable health from the inside out.

Divine Knowledge as Inner Change

In early Christian mystical writings, especially texts linked to Mary Magdalene, like *The Gospel of Mary*, divine knowledge isn't about believing the right things or accepting doctrine. It's experiential. It changes you. The soul's journey is described as moving away from fear, domination, ignorance, and internal fragmentation toward clarity, freedom, and coherence. Knowing the divine isn't an intellectual exercise—it transforms how you see yourself and the world (King, 2003).

This sits uncomfortably with later religious models that emphasised obedience to external authority. In mystical Christianity, salvation happens inside you. It's not imposed from outside. The transformed person doesn't just adopt new beliefs—they inhabit a different way of being (Pagels, 1979). The theological language is obviously different from how we talk today, but the psychological process underneath is recognisable.

Parallels in Modern Psychology

Contemporary psychology reaches similar conclusions, just through research rather than theology. Modern therapeutic approaches focus

on metacognition, emotional regulation, and how people construct their personal narratives. Lasting mental health improvement doesn't come from just suppressing symptoms. It comes from developing awareness of thoughts, emotions, and behaviour patterns.

Cognitive behavioural therapy demonstrates that changing how people interpret and respond to their thoughts produces measurable therapeutic outcomes (Beck, 2011). Mindfulness interventions show that how a person relates to their internal experience matters more than the content itself (Segal et al., 2013).

Transformation involves shifting from reactive to responsive, from autopilot to conscious choice. This mirrors the spiritual movement from ignorance to insight that mystical texts describe. Psychology uses secular language, but the process is functionally the same as what spiritual traditions have long called awakening or illumination.

The Mind–Body Connection and Holistic Health Holistic health frameworks like Rejuvenise 360® take these insights further by explicitly integrating mental, emotional, physical, and existential aspects of wellbeing. Instead of treating health as separate systems, holistic models recognise the continuous interaction between psychological states and physiological processes.

Chronic stress, unresolved emotional tension, and persistent threat responses contribute to immune dysregulation, inflammation, metabolic problems, and fatigue. Research in psychoneuroimmunology has established clear pathways between psychological stress and compromised immune function (Kiecolt-Glaser et al., 2002).

The reverse is also true: inner coherence, emotional processing, and psychological safety support physiological regulation. When people experience meaningful inner change, you often see improved sleep, stronger immune resilience, and better energy

“Wellbeing happens at the level of synaptic change and neuroplasticity. Inner transformation is both psychological and biological.”

levels. These aren't just subjective feelings—they reflect actual shifts in nervous system functioning, hormonal regulation, and neural connectivity (Porges, 2011). Inner transformation has real biological consequences.

The Role of Synaptic Fit Fusion Pros®

Synaptic Fit Fusion Pros® promotes Rejuvenise 360® by focusing on service and performance optimisation. The core mission is helping people translate inner transformation into sustainable practice. Health isn't framed as the absence of symptoms but as the capacity to regulate, adapt, and recover.

The approach emphasises nervous system regulation, cognitive fitness, and embodied awareness. Wellbeing happens at the level of synaptic change and neuroplasticity. Inner transformation is both psychological and biological. When people develop awareness, reframe their personal stories, and engage meaningfully with their bodies and environments, neural pathways reorganise.

Research on experience-dependent neuroplasticity shows that sustained changes in behaviour and attention patterns produce measurable alterations in brain structure and function (Davidson & McEwen, 2012). Health doesn't emerge through force or discipline alone—it comes through alignment and integration.

Reframing Divine Knowledge in Contemporary Terms

Viewed this way, divine knowledge can be understood as symbolic language for integrated self-awareness. It represents the point where insight becomes embodied, perception becomes coherent, and behaviour aligns with values and meaning. The development of coherent personal narratives is recognised as central to psychological wellbeing and identity formation (McAdams & McLean, 2013). What ancient texts expressed as liberation of the soul, modern science describes as adaptive neural reorganisation and psychological integration.

This challenges reductionist health models that focus only on external intervention or behavioural compliance. Both ancient wisdom and contemporary research suggest that without inner change, wellbeing stays fragile. Real rejuvenation requires engaging with the whole person, cognition, emotion, physiology, and purpose, working together as an integrated system.

Conclusion

The overlap between early Christian mystical insight and modern holistic health practice isn't accidental. Both describe a process where inner transformation is the foundation of lasting wellbeing. Rejuvenise 360® holistic health living, promoted through Synaptic Fit Fusion Pros®, represents a contemporary expression of this idea. By placing inner change at the centre, it offers a model of health that's sustainable, humane, and aligned with how people actually heal. The ancient truth still holds: lasting health doesn't begin with controlling the body—it begins with transforming the inner life.

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The Era of the Self-Directed Woman

Why more women are choosing alignment over approval



There comes a time in many women's lives when the version of success they worked so hard to achieve suddenly feels...hollow.

On paper, everything looks right. The career is established, the calendar is full, and the milestones strived for have been met. Yet beneath the productivity and polish, there's a sense of unease—an unspoken question that won't settle...Is this it?

This shouldn't be seen as a failure; it's awareness. This realisation often arrives quietly, not as some sort of dramatic breakdown, but as a subtle disconnection from a life that once felt aspirational.

The Cost of Chasing the Right Things

For years, women have been navigating systems that reward endurance over their wellbeing and visibility over their fulfilment. We learned early on how to perform, be competent, reliable and resilient. We became very good at being 'low maintenance', at making ourselves indispensable, at carrying more than we were ever meant to.

Success, we were told, would bring satisfaction, security and ease.

Instead, many women reach this stage only to discover that the ladder they were climbing was leaning against the wrong wall. The exhaustion isn't always physical; often, it's existential. A tiredness that sleep doesn't touch, a sense that life has become a series of obligations rather than personal choices.

When Ambition Evolves

But what's changing now isn't women's ambition—it's its orientation. More women are questioning not how to do more, but why. They are becoming less interested in external validation and more attuned to internal coherence. Less willing to chase opportunities that look impressive and ones that feel misaligned.

However, this shift is usually not dramatic nor loud; it's reflective. It shows up practically as quieter calendars, clearer boundaries, and decisions made from a place of self-respect rather than fear. It's the realisation that a successful life is not one that looks good from the outside, but one that feels honest on the inside.

Business as an Extension of Self

In this reflective turn, business stops being something women do and starts becoming something that reflects who they are. Careers are no longer just about progression; they're about integration. How work fits into life, not the other way around. How values show up in decisions and how energy is protected, not just spent. Women are re-evaluating success through

different metrics: freedom of time, quality of relationships, creative expression, health, and a sense of meaning that doesn't depend on constant achievement. This doesn't mean opting out of ambition. It just means redefining it.

The Quiet Rebellion of Enough

Perhaps the most profound shift is this: women are beginning to trust their own sense of "enough." Enough money. Enough recognition. Enough responsibility. In a culture that thrives on more—more growth, more hustle, more consumption—choosing enough is quietly radical.

It requires discernment, listening, and the courage to disappoint expectations that sometimes were never truly yours. This doesn't always lead to easy decisions. Sometimes it means stepping back, and sometimes it means starting again. Often, it means letting go of identities built for survival rather than fulfilment.

Style and Presence

This reflective shift shows up externally, too— a soft alignment between inner and outer worlds. Women begin to dress less for attention and more for resonance. They occupy space without apology. There's less effort to impress and more intention to express. Presence replaces performance, and in that presence, there is a quiet authority that no title can confer.

Redefining a Life Well Lived

What many women are discovering is that fulfilment is not found at the end of striving—it's found in the quality of attention brought to everyday life. In choosing work that feels meaningful rather than impressive. In valuing time as much as money. Being in relationships that are reciprocal, not draining and allowing life to be spacious again.

This isn't a retreat from the world. It's actually an important return to self. And it's happening to women across industries, ages, and life stages.

The Wisdom of the Pause

This new pause is leading to a more fulfilled place. Reflection is not a weakness in such a fast-paced world.

It allows women to step out of inherited narratives and write their own definitions of success—ones that honour both ambition and humanity.

When success stops making sense, it's not a sign that something has gone wrong. It's often a sign that something more truthful and authentic is waiting to be built.

By Angela Haynes-Ranger



Style Coach & Award Winning Mentor
www.adourable.com

Feeling Safe in Spring

Nurturing Your Nervous System to Flourish



Can you feel it? Spring is gently unfolding all around us. Mother Nature is waking up from her winter rest, and with that comes a beautiful invitation: a chance for growth, renewal, and blossoming.

After a season of nurturing and nourishing — those long, quiet months of winter when our bodies and minds often crave deep rest — spring calls us to emerge, to stretch, and to step into a new phase of life. But this process isn't a race or a destination. It's a gentle, unfolding journey where feeling safe in our bodies and minds is the foundation.

Why Feeling Safe Matters

Our nervous system is the incredible internal network that helps us respond to the world around us. When it feels safe, it allows us to relax, connect, and thrive. But when it's triggered by stress or overwhelm — even small daily stressors like clenching our jaw or holding our shoulders tight — it can keep us locked in a state of tension or alertness.

Spring offers a natural reminder to let those tensions soften. Imagine dropping those tight shoulders or unclenching your jaw right now — feel the relief? That small shift is part of how we create safety in our nervous system.

Spring as a Season of Growth and Safety

Spring isn't just about the flowers blooming or the sunshine returning (though those are wonderful too). It's about what the season symbolizes: the possibility to grow, evolve, and become more fully ourselves. But growth only happens when our nervous system feels secure enough to open.

When we feel safe, we can enjoy life more deeply. We can have fun, connect authentically with others, and be creative. We can let go of the little things — the everyday stresses and worries — that hold us back, as well as the bigger challenges.

Practices to Support Your Nervous System This Spring

Here are some simple, gentle ways to support your nervous system's sense of safety so you can bloom into this new season:

- **Get outside and soak in sunlight.** Natural light on your skin and in your eyes helps regulate your body's rhythms, lifts mood, and supports your immune system. A walk among daffodils or tulips isn't just beautiful — it's healing.
- **Connect with others.** Humans are wired for connection. Spring's longer, lighter days invite us to go out, meet people, and build community — all of which nourish our nervous system.
- **Practice mindful breathing or gentle movement.** Simple breathwork or stretches can ease tension held in your jaw, neck, and shoulders, helping your body signal safety.
- **Rest and honor your pace.** Some of us may still be in a season of healing, needing extra time to just be. That's okay. There is no rush. Life is a journey, not a race.
- **Create small rituals of gratitude and presence.** Taking moments to notice the blooming flowers, the warmth of the sun, or the sound of birdsong can anchor you in the present and cultivate calm.

Honoring Where You Are

If you're feeling ready to step into growth and change this spring, wonderful. But if you're still needing that nurturing winter energy, know that it's okay to slow down. Your nervous system is always guiding you toward what you need most — whether that's rest, connection, or movement.

There's no "right" way to experience this season. What matters is creating a sense of safety within yourself, so you can move forward in a way that feels natural and sustainable.

By Amanda Whitehead

Spring is here, inviting us to blossom — gently, safely, beautifully.

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LEADERSHIP READINESS GROWS THROUGH ACCOUNTABILITY AND CARE

Across large organizations, many leaders step into roles with good intent. They show up. They stay busy. They focus on keeping work moving. From the outside, leadership looks active and engaged.

Yet teams stall. Engagement dips. Trust weakens. Progress slows. The gap rarely sits in effort. More often, it sits in accountability. Many leaders believe leadership means managing tasks. Timelines, deliverables, and outputs receive most of the attention. These matter. Leadership still rises or falls through people.

When accountability lacks clarity or consistency, teams struggle to move forward. When accountability gets avoided, confusion grows. The impact spreads beyond one team and touches every department connected to the work.

Promotion often comes before readiness.

In organizations with 1,000 or more employees, promotion often moves fast. High performers earn advancement through results and reliability. What follows is often a leadership role without preparation for people leadership.

Leading people requires a different skill set.

- *Setting clear expectations.*
- *Holding consistent standards.*
- *Giving timely feedback.*
- *Addressing issues early.*
- *Supporting growth through honest conversations.*

Without these skills, leaders return to what feels familiar. Tasks. Tasks feel safer than holding people accountable. Tasks feel measurable. Tasks feel productive.

Accountability brings clarity, not conflict.

Accountability often gets misunderstood. Accountability provides direction. Strong accountability answers three questions.

- *What is expected?*
- *How is success measured?*
- *What support or adjustment follows missed expectations?*

When leaders avoid these conversations, teams fill in the gaps themselves. Assumptions take over. Frustration builds. Engagement drops. Many leaders believe avoiding accountability protects morale. In reality, it creates uncertainty. People want to know where they stand. Clear direction builds stability.

Task focus keeps teams busy, not aligned.

Teams often stay active without moving forward when leaders manage tasks instead of behavior and performance.

Without accountability:

- *Missed deadlines repeat.*
- *Quality becomes inconsistent.*
- *High performers take on more.*
- *Underperformance continues.*
- *Trust erodes quietly.*

Research continues to show managers play a central role in engagement. When accountability weakens at the leadership level, engagement follows. The leader stays busy. The team stays reactive.

Over time, other teams feel the strain. Delays ripple across departments. Collaboration weakens. What started as a leadership gap turns into an organizational issue.

People development changes the outcome.

Organizations that focus on leadership readiness before promotion experience different results.

- *Expectations stay clear.*
- *Feedback becomes normal.*
- *Performance issues surface sooner.*
- *Teams trust decisions.*
- *Progress feels steady.*

These leaders are not perfect. They are prepared. Leadership skills developed before the title shape stronger outcomes after promotion.

As a leader, I hold a simple standard for myself. If my team succeeds only at completing tasks, I have not fully done my job. Success also means growth. It means building skill, confidence, and readiness for what comes next. That requires pushing people into uncomfortable moments with support, clarity, and accountability. Growth does not happen through comfort. It happens when leaders create space for challenge, learning, and progress, while staying present through the process.

Accountability strengthens trust.

Leaders often worry that accountability harms relationships. The opposite proves true. Trust grows when accountability stays fair, consistent, and clear.

Teams trust leaders who:

- *Address concerns directly.*
- *Follow through.*
- *Apply standards evenly.*
- *Support growth with honesty.*

Avoidance creates doubt. Clarity builds confidence.

Employees disengage faster when leaders ignore problems than when leaders address them with respect and care.

Leadership readiness is a shared responsibility.

This challenge is not about blame. It reflects systems. Organizations grow faster than leadership capability unless development remains intentional. Titles change quickly. Preparation often lags behind. The result shows up as leadership that works hard yet lacks influence.

Closing this gap does not require more tools or meetings. It requires preparing people to lead people. When leaders hold teams accountable with clarity and empathy, progress returns. Teams move forward together. Other departments feel the difference. Trust strengthens. Leadership accountability defines who owns the outcome.

Without that clarity, teams drift and progress slows. Accountability alone does not carry work forward. Communication determines whether teams reach the outcome without confusion. When leaders fail to communicate clearly, accountability breaks under pressure. As organizations look ahead, the next challenge becomes clear. Strong leadership requires both ownership and communication that holds when the stakes rise.



By Emily Apell



Seeing vs. Being

How Noticing Your Thoughts Can Change Everything

We all have thoughts swirling around our heads all day long. Some are quiet and practical, just helping us get through our routines, from making coffee to answering emails and ticking things off the list. These are autopilot thoughts, and most of the time, they don't affect us much at all.

Then there are the other thoughts. The ones that stop us in our tracks. The ones that tighten the chest, knot the stomach, or send the mind racing.

"I'm not good enough." "This is too much." "What if it all goes wrong?" When these thoughts show up, and we get caught in them, we don't just have the thought - we become it. We see the world through it. And that's when emotions like anxiety, sadness, frustration, or fear take hold.

Here's something incredibly important that many of us were never taught: We don't feel the way we feel because of what's happening; we

"I'm feeling how I feel because I'm thinking my thinking."



feel the way we feel because of what we're thinking about what's happening. Or, put simply: "I'm feeling how I feel because I'm thinking my thinking."

That one sentence alone can be freeing. It reminds us that our feelings are not a sign that something is wrong with us. They're simply feedback from our thinking in that moment. I learned this during times when my health concerns felt overwhelming. My body was tired, and my mind was loud. Thoughts spiralled usually about the future, about not doing enough, about things never changing. And, naturally, my emotions followed that line of thinking.

Once I understood that my feelings were coming from my thoughts and not from some broken part of me, everything began to shift.

Nikki is a Mind Detox Practitioner, Meditation Teacher, and Therapeutic Coach based in Scotland, helping you release limiting beliefs and create a life of freedom and peace. She offers heart-led coaching and guides restorative wellness retreats designed to nurture the mind, body, and spirit.

This is the work I now do with my clients. Helping them see that they are not their thoughts - they are the observer of their thoughts. And that realisation alone is powerful.

Because here's the really easy part: You don't have to finish a thought. Let that land for a moment. Most of us believe that once a thought starts, we have to follow it all the way to the end. We chase it, analyse it, catastrophise, and exhaust ourselves with it. But you don't have to do that. You can notice a thought mid-sentence... and stop engaging with it.

When a negative thought arises, I invite my clients to say gently: "I notice I'm thinking that....." fill in the blank. That's it. No fixing. No arguing. No forcing a positive thought in its place and just noticing. One day, my own mind said, "You'll never get through this." In the past, I would have followed that thought all the way down the rabbit hole.

Instead, I paused and said, "I notice I'm thinking that I'll never get through this." And just like that, the pull was broken. The thought didn't disappear, but it lost its grip. I wasn't inside it anymore; I was simply watching it. This is what's often called the witness position. It's the moment you step out of your thinking and observe it, rather than being swept away by it. You move from being in the storm to watching the clouds pass by.

When you can see your thoughts, their emotional charge naturally softens. Why? Because you're no longer believing everything your mind says. You can use this practice anywhere, from lying awake at night to the middle of a difficult conversation to when emotions feel intense.

That simple sentence: I notice I'm thinking that.....creates space. And in that space, calm returns. With practice, you start to understand this deeply: You are not your thoughts. You are the awareness noticing them.

So next time you feel overwhelmed, remember this: "I'm feeling how I feel because I'm thinking my thinking." Then step into the observer role. Notice the thought. And remind yourself how cool it is to know you don't even have to finish it.

Because real freedom doesn't come from stopping thoughts. It comes from seeing them clearly... and choosing not to live inside them.

By Nikki Hillhouse

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THE RISE OF THE EMBODIED WOMAN

There was a time in my life when I was praised for being strong. Strong enough to endure. Strong enough to carry everything. Strong enough to keep performing while quietly unraveling. But what no one saw — not even me — was that my strength was rooted in survival.

I was achieving, producing, and leading... yet deeply disconnected from myself. I had mastered resilience but abandoned embodiment. I was visible in rooms, but absent in my own body. And disconnection, when prolonged, becomes costly. This is the story of how I moved from survival to sovereignty — and why feminine embodiment is not a lifestyle trend, but a leadership paradigm shift.

The Hidden Cost of Disembodiment

Disembodiment rarely announces itself. It develops subtly. It begins when emotional expression is labeled excessive. When intuition is dismissed. When accommodation is rewarded more than authenticity. When independence becomes armor instead of empowerment.

High-achieving women are particularly vulnerable to this pattern. We become hyper-capable. Hyper-responsible. Hyper-independent. We override fatigue. We silence discomfort. We rationalize misalignment. We call it discipline. But often, it is dysregulation disguised as strength. For years, I operated in that state. Professionally, I thrived. I built stability and credibility. On paper, I was successful. Internally, however, I felt fragmented. Emotional wounds — subtle but cumulative — had eroded my confidence and my sense of safety.

I did not fully trust my voice. And when a woman does not trust her voice, she cannot lead from a place of sovereignty. She leads from vigilance.

The Cultural Myth of the “Strong Woman”

Modern culture celebrates the woman who can “do it all.” The woman who needs no support. The woman who never falters. The woman who endures without complaint. But what if much of that celebrated strength is simply unprocessed trauma wearing competence? Hyper-independence is often a survival adaptation. When we have experienced dismissal, betrayal, or silencing, we learn that reliance is risky. We internalize the belief that control equals safety. So we armor up. We suppress emotion. We prioritize productivity over presence. We equate faith with silent endurance rather than relational trust.

I lived within that narrative. I believed leadership required invulnerability. I believed visibility demanded perfection. I believed resilience meant emotional suppression. But suppression is not sovereignty. Sovereignty requires integration. When I slowed down long enough to listen to my body — to the tension in my chest, the fatigue beneath my drive — I realized I was surviving efficiently but living incompletely. There is a critical distinction between capacity and wholeness. One sustains output. The other sustains identity.

Defining Feminine Embodiment

Feminine embodiment is frequently misunderstood. It is not aesthetic softness. It is not passivity. It is not performative gentleness. Embodiment is the capacity to inhabit your body safely and fully. It is the nervous system regulation that allows discernment instead of reactivity.

It is emotional literacy without emotional volatility. It is trusting intuition as a legitimate source of intelligence.

It is the alignment between internal truth and external action. Embodiment is coherence. When what you feel, what you say, and how you lead are congruent, authority emerges organically. For me, embodiment began with awareness. I had to identify where I was overriding internal cues, where I was saying yes while my body signaled no, where I was performing strength rather than embodying stability. Slowing down was uncomfortable. Because when performance stops, sensation surfaces. Embodiment requires the courage to feel without immediately fixing, suppressing, or escaping. It requires presence.

The Turning Point: Choosing Alignment Over Approval

My transformation was not instantaneous; it unfolded through intentional decisions. There came a season when external success no longer compensated for internal misalignment. I had constructed a stable life, but it lacked resonance. I was operating from obligation rather than conviction. The defining shift occurred when I made a decision anchored in faith rather than fear. I left corporate America. That choice was not merely professional — it was existential. It signified a commitment to alignment over approval. It required relinquishing certainty for integrity. From that place, I began building what would become Let’s Break the Silence — initially as a podcast, ultimately as a movement.

What began as conversations about healing evolved into a platform for integration. Women were not simply sharing stories; they were reclaiming agency. As I spoke publicly, something recalibrated internally. Voice is embodied alignment expressed. The more I articulated truth, the more integrated I became. Silence had fragmented me. Expression restored me.

Faith as the Foundation of Integration

My journey into embodiment was inseparable from my faith. For years, I conflated spiritual strength with silent endurance. I believed faith meant tolerating discomfort without acknowledgement. But mature faith is not suppression. It is intimacy. In stillness, I began to reconnect with parts of myself I had compartmentalized. I recognized that God was not asking for endurance at the expense of authenticity. He was inviting wholeness. Wholeness demands integration.

It requires acknowledging pain without allowing it to dictate identity. It requires forgiveness without forfeiting boundaries. It requires humility without self-erasure. Through that process, I stopped identifying as broken. I began identifying as sovereign. Sovereignty, in a spiritual context, is not control. It is stewardship — of voice, of body, of purpose.

Embodied Leadership: A New Paradigm

As I integrated, my leadership evolved. Previously, I led based on performance metrics. I optimized outcomes. I managed perception. I believed influence correlated with flawlessness. Embodied leadership operates differently. It is regulated rather than reactive. Grounded rather than performative. Intentional rather than impulsive. When a leader is embodied, decisions are not driven by panic or scarcity. They are guided by clarity.

Through my coaching frameworks, global speaking engagements, and transformational retreats, I now teach women to lead from sovereignty rather than survival. Sovereignty redefines power. It does not require dominance. It does not depend on exhaustion. It does not seek validation. Embodied leaders: Listen before responding. Set boundaries without hostility. Build strategically without self-abandonment. Create impact without sacrificing nervous system stability.

This is not merely personal development. It is organizational evolution. As more women ascend into leadership, embodiment becomes essential infrastructure. A dysregulated leader cannot sustain a healthy culture. A fragmented leader cannot model integration. Embodiment is no longer optional; it is strategic.

The Strategic Advantage of Embodiment in Business

There is a misconception that embodiment is incompatible with ambition. In reality, embodiment sharpens ambition. When I stopped operating from fear-based urgency, my clarity intensified. My collaborations became more aligned. My brand voice strengthened. My decision-making accelerated — not because I rushed, but because I trusted myself. Embodiment enhances influence. A regulated presence commands attention without force. When a woman is grounded, she does not chase approval; she attracts resonance.

Within both empowerment coaching and the beauty and wellness industry, I emphasize that confidence is not cosmetic. It is somatic. External transformation without internal integration is unsustainable. You cannot scale impact while ignoring your body's signals. You cannot build a legacy on chronic dysregulation. You cannot innovate while depleted. Embodiment protects energy capital. It reduces reactive decision-making. It prevents burnout cycles. It enhances discernment. In an era defined by constant stimulation, embodiment is a competitive advantage.

Winter as a Metaphor for Integration

This message feels especially resonant within a Winter Edition. Winter is often perceived as stagnation. In truth, it is preparation. It is the season where roots deepen unseen. Embodiment requires winter seasons. It requires intentional pauses. Reflection without distraction. Integration without audience. There was a winter in my life when visibility decreased, and internal work intensified. I confronted patterns I had normalized. I released identities that no longer aligned.

I allowed certain ambitions to be refined rather than amplified. Winter taught me that growth is not always expansion. Sometimes growth is consolidation. Without stillness, there is no clarity. Without integration, there is no sustainable momentum. If you are in a winter season, resist the urge to accelerate prematurely. Sovereignty is cultivated in stillness.

The Rise of the Embodied Woman

We are witnessing a cultural shift. Women are no longer satisfied with performative empowerment. They seek embodied empowerment. They want nervous systems that feel safe. Leadership that feels aligned. Faith that feels relational. Success that feels whole. The embodied woman does not apologize for depth. She does not over-explain boundaries. She does not confuse silence with

peace. She does not confuse softness with weakness. She understands that true power is regulated, integrated, and rooted.

Through international retreats, speaking engagements, and transformative programs, I have observed women transition from fragmentation to coherence. From hyper-independence to collaborative strength. From survival to sovereignty. The shift is rarely dramatic. It is deliberate. It is not loud. It is lasting.

Sovereignty as Daily Practice

Sovereignty is not an arrival point; it is a practice. It looks like pausing before responding. Consulting your body before committing. Honoring fatigue without guilt. Trusting intuition without excessive justification. It is self-leadership enacted consistently. For me, sovereignty means I no longer perform strength — I embody stability. I no longer build to prove worth — I build from alignment. I no longer suppress discomfort — I investigate it. And the paradox is this: the more embodied I become, the greater my influence expands.

Because embodied leadership is contagious. When one woman regulates, others feel safe. When one woman speaks truth, others recalibrate. When one woman honors her body, others reconsider their own boundaries. Movements are not built through noise. They are built through integration.

From Survival to Sovereignty

To the woman still surviving, I offer this: Your endurance is admirable — but it is not your ceiling. You deserve embodiment. You deserve leadership that does not cost you your peace. Success that does not fracture your nervous system. Faith that restores rather than suppresses. Moving from survival to sovereignty is not about becoming someone new. It is about returning to who you were before fear required fragmentation.

The embodied woman is not emerging because she is fashionable. She is rising because she is foundational. As leadership evolves — across industries, communities, and faith spaces — the future will belong to those who are not merely powerful, but integrated. From survival to sovereignty. From silence to embodied significance. This is the rise of the embodied woman. And she is not performing anymore. She is present.

By Angeline Mitchell

www.letsbreakthesilence.com

About Angeline Constantinou

Angeline Constantinou is a faith-driven empowerment leader, global speaker, and founder of Let's Break the Silence, a global platform dedicated to helping women move from survival to sovereignty. With a background in corporate leadership and entrepreneurship, Angeline now equips high-achieving women to reclaim their voice, regulate their nervous system, and lead from embodied confidence.

Through transformational coaching programs, international retreats, and her globally streamed podcast, she merges trauma-informed principles, spiritual integration, and strategic leadership development to cultivate sustainable success without self-abandonment.

Recognized as an Established Expert by Expert Profile Magazine and featured on MSN.com as one of 2025's Top Standout Entrepreneurs Redefining Innovation and Success, Angeline is committed to redefining modern leadership through wholeness, faith, and feminine embodiment.



ENERGY MATTERS

EMBODYING 2026 - THE YEAR EMPATHS RISE

2026 isn't asking us to do more. It's asking us to be more embodied. For years now, empaths, sensitives, and intuitively wired people have been doing the inner work - clearing emotional baggage, healing old patterns, and becoming more aware of energy. Yet many still find themselves feeling overwhelmed, overstimulated, or quietly exhausted, as though life keeps pulling at them from every direction.

The energy of 2026 marks a turning point. This is not the year for empaths to shrink, hide, or overextend themselves. It's the year for empaths to rise - not as over-givers or emotional sponges, but as empowered, discerning creators of their lives. To truly embody 2026, empaths must learn one essential skill: how to contain their energy, rather than leak it.

Empowerment comes from choice. Clarity comes from focus. And freedom comes from directing your energy intentionally rather than scattering it everywhere. This year invites us to shift from being energetically available to everything to being energetically aligned with what truly matters.

There are four key elements that support this shift - four foundations that allow empaths not just to cope, but to thrive.

1. Discernment: Where Your Energy Goes, Your Life Follows

Discernment is not judgment. It's self-respect. For empaths, discernment is the difference between feeling nourished and feeling depleted. It is the conscious awareness of where your time, attention, and emotional energy are being directed - and whether those choices are actually supporting you. Every decision carries an energetic consequence. Every yes, every obligation, every conversation, either: fuels your energy, or drains it.

Without discernment, energy leakages occur. They often show up as exhaustion, resentment, loss of motivation, and the feeling of being "off track" without knowing why. In 2026, unconscious choices are costly. Empaths are especially sensitive to environments, relationships, and emotional undercurrents. When energy is consistently poured into situations that don't align, the result is burnout rather than fulfillment. Discernment asks simple but powerful questions: Does this choice empower me or deplete me? Does it bring joy, meaning, or momentum? Or does it flatten my energy and pull me away from what I'm here to create? This isn't selfishness. It's an energetic responsibility.

When empaths become discerning with their choices, they stop leaking energy into obligations that no longer fit - and begin conserving it for what truly matters.

2. Imagination: Creating From Soul, Not Survival

2026 invites us into a lighter, more expansive way of creating - often referred to as 5D consciousness. This is creation driven by soul rather than fear, intuition rather than pressure.


In old, dense energy patterns, creation is often motivated by survival, comparison, or ego. In higher, more conscious energy, creation comes from inspiration, curiosity, and inner alignment. Imagination is the bridge. Your imagination is not unrealistic or indulgent - it is a creative intelligence. It allows you to see beyond current circumstances and open yourself to possibilities that don't yet exist in physical form.



For empaths, imagination is especially powerful because it bypasses logic and taps directly into intuitive vision. In 2026, you are invited to imagine: a life that feels lighter and more spacious work that feels meaningful rather than draining relationships that nourish rather than consume success that doesn't cost your nervous system This is about imagining not just what you want, but how you want to feel.

The future is created first in imagination, then in energy, and finally in form. When imagination is engaged, energy lifts - and new pathways begin to reveal themselves.

3. Intention: Focused Energy Creates Momentum



Imagination opens the door.
Intention directs the energy through it. Intention is the conscious act of focusing your energy with clarity and purpose. It is what transforms vision into momentum.

There is a simple, energetic truth:
Where your attention goes, your energy flows.

When attention is scattered - across too many responsibilities, emotional demands, and distractions - energy becomes diluted. Progress slows. Frustration builds. But when intention is clear, energy becomes coherent.

In 2026, empowered empaths learn to:
Say no without guilt Release the need to please Stop explaining their choices

Hold steady, focus on what truly matters
Intention doesn't require force. It requires presence. When your energy is directed with clarity, creation becomes far more effortless. This is how imagination becomes reality - through consistent, intentional energy.

4. Intuition: The Rise of Intuitive Intelligence

This is the year intuition moves from optional to essential. Emotional intelligence taught us how to understand feelings. Intuitive intelligence teaches us how to navigate life.

Intuition is your internal GPS - your true north. It doesn't shout. It doesn't argue. It simply knows. In 2026, empaths are being called to trust what they sense inside, rather than relying solely on logic, approval, or external validation.

Intuition speaks through the body and through energy. It tells you when something is aligned - and when it isn't - often long before the mind catches up. This year is about: trusting what feels right, honouring inner signals choosing authenticity over expectation and following paths that feel true, even when they're unfamiliar.

When intuition guides imagination, intention becomes natural - because you're no longer forcing your life. You're flowing with it.

Containing Your Energy So You Can Fly

The final key to embodying 2026 is containment. Empaths feel deeply - but that doesn't mean they must give their energy away indiscriminately. This year is about reeling your energy back in, holding it steady, and directing it with purpose. Think of your energy like fuel in a tank.

If it leaks constantly, momentum is impossible. When it's contained, you have the strength to move forward with clarity, confidence, and direction. Empowered empaths are not drained empaths. They are discerning, imaginative, intentional, and intuitively guided.

2026 isn't asking you to become someone new. It's asking you to embody who you already are fully. And when empaths stop leaking their energy and start living in alignment, they don't just survive - they soar.

Want more support on living with empowered energy? Explore intuitive guidance, conscious tools, and aligned living at www.sallyestlin.com.

About the Author

Sally Estlin is an Intuitive Healer and Coach and founder of Self Empowered Lifestyles and Empowered Clothing. Through her work, she supports empaths and conscious individuals to live in energetic alignment, trust their intuition, and make empowered choices in everyday life.

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Reawaken - Planting the seeds of Be-Brain-Breath

"The heart is like a garden. It can grow compassion or fear, resentment or love. What seeds will you plant there?" – Jack Kornfield

Oh, how I love Spring! To be honest, I love the diversity of all seasons. Like human beings, every season offers something unique. Spring comes after our inner ground has rested. It comes with the promise of intention, cultivation, and curiosity. Here we can land softly and take hold of new beginnings and the seeds that we will plant. It feels like an inner awakening. One where the sunlight gently warms the body. Where a gentle breeze disperses the stagnancy of winter, and the vibrancy of colours begins to emerge with freshness, like opening up a new pack of markers. Light returns, illuminating our path. With this newness, this awakening, what can we plant today? What parts of our lives can we begin to colour in?

This year, I'm introducing "Be-Brain-Breath" into my practice. A program designed to help people move from daily stress to calm presence by blending mindfulness, brain awareness, and circular breathing. Together we'll learn to pause, connect with our mind and use breath as a tool for clarity and calm.

Why is this important? It creates space to discover our own innate wisdom, which is already within us. The focus is simple:

Be: Present with purpose.

Engage in mindful micro-moments, 30 seconds at a time, exploring what lies within without judgment.

Brain: Activating the parasympathetic nervous system.

Practice deep, slow breathing, meditate, or spend time in nature, whatever the weather.

Breath: Leaning into a breathing practice.

Try 4x6 breathing. Inhale for a count of four and exhale for a count of six. A longer exhale signals safety to the nervous system, allowing the body to shift into a 'rest and digest' state where creativity and clarity can flourish.

Over the next few months, we'll lean into each aspect a little bit deeper. Again, I ask, "What seeds are you planting this spring?"

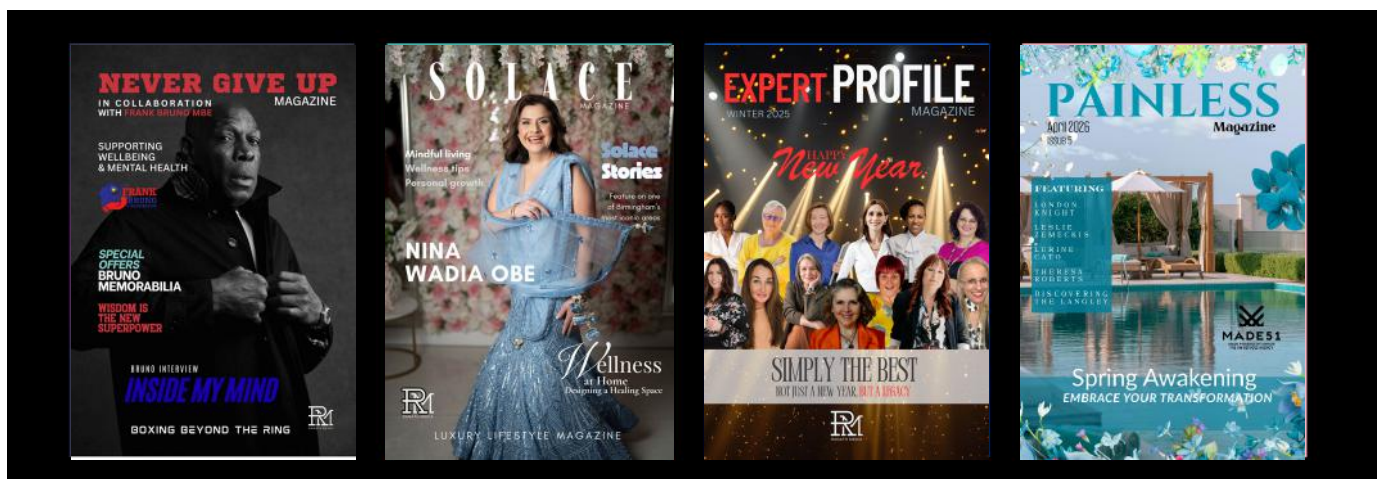
Did this column spark curiosity? We'd love to continue the conversations.

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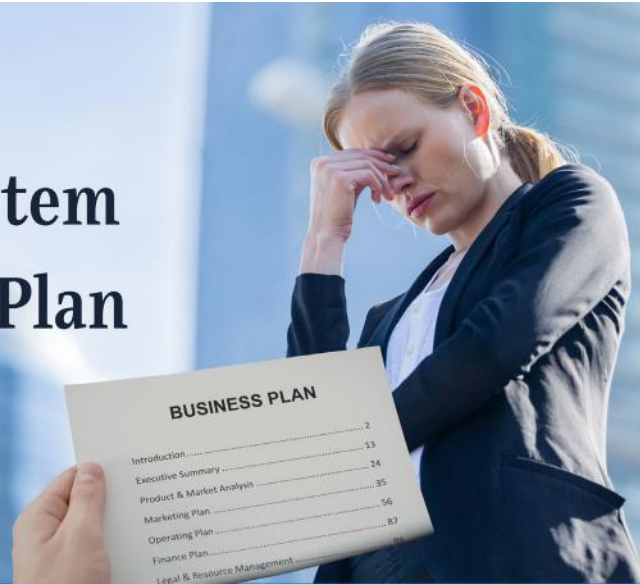
By Darlene Wierski-Devoe
Wellness Facilitator, Author & Speaker
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Your Nervous System Is Your Business Plan



What no productivity hack will ever fix — and what will.

Let me ask you something no business coach ever will: What if your strategy isn't the problem? What if you — your body, your biology, your baseline — is the variable no one taught you to optimize?

I learned this the hard way.

My first corporate job didn't just drain me professionally — it rewired me. I walked into that environment as a high performer who could feel her own potential, but I couldn't yet articulate it, advocate for it, or protect it. The culture didn't value me.

The ceiling was invisible but immovable. And somewhere between the microaggressions, the unmet ambitions, and the daily performance of «fine,» my nervous system gave out. I developed anxiety. Then depression. Not because I was weak — but because my body was doing exactly what bodies do when they are chronically under threat: it shut down non-essential functions to survive.

Here's what they don't tell you: performance is one of the first things to go.

When I left that environment and launched my business, I thought I was free. What I didn't realize was that I had carried the wreckage with me. The same dysregulation that made it hard to focus in a toxic workplace made it hard to think strategically in my own. Content creation felt impossible. Decision-making felt paralyzing. My confidence — which I knew was in there — was buried under a nervous system that still believed it was under siege.

This is the conversation **#bodyandbusiness** was built for.

Your nervous system is not a wellness concept. It is an operational system. It governs focus, emotional regulation, creativity, risk tolerance, and the ability to execute — every cognitive function that underpins business performance. When it is dysregulated, chronic stress floods your body with cortisol, suppressing the prefrontal cortex — the part of your brain responsible for planning, problem-solving, and

judgment. In plain terms, you cannot think your way out of a stressed body. The strategy sessions, the vision boards, the productivity systems — they will all underperform if the human running them is running on cortisol and depletion.

Research backs this up. Studies in occupational neuroscience consistently link chronic workplace stress to measurable declines in cognitive performance, including memory, focus, and decision quality. But here's what the research won't tell you — the damage doesn't clock out when you do. It follows you home. It follows you into your next chapter. It followed me into my business.

The recalibration didn't come from working harder or planning smarter. It came from learning to regulate first. Breathwork. Movement. Rest as a strategy, not a reward. Nervous system regulation became a business practice — because I finally understood that I was the infrastructure on which everything else was built.

So here is your challenge, and I mean it:

Before you audit your marketing, your offers, or your revenue streams — audit your nervous system. How are you sleeping? How is your body responding to stress? Are you operating from clarity or from chronic survival mode?

Because the most expensive business problem you may have isn't your pricing or your positioning. It might be that your body has been in emergency mode so long that it has forgotten what expansion feels like.

Your body is not separate from your business. It is your business. And it's time to treat it like your most important asset — because it is.

By Taneka Johnson



SPRING'S AWAKENING LIGHT

ALIGNING WITH THE ENERGY OF BECOMING



As the stillness of winter gives way to the quiet re-emergence of spring, the world awakens through colour and light. Buds unfurl, sunlight lingers a little longer each day, and nature gently invites us to breathe deeply once again. Spring calls us forward gently, inviting movement that is not rushed or forced, but conscious and alive with possibility.

In this article, we'll explore the art of conscious manifestation - how to attract through energy, emotion and gratitude. Together, we'll awaken your inner landscape of possibility - supported by journalling, crystal energy, and chakra alignment for a season of pure creation and renewal. During this season of transition, meditation becomes a vital companion. Just as the earth pauses before it blooms, we too are invited to slow down and listen inwardly. Through meditation, we create space to notice what is stirring beneath the surface - the intentions, emotions, and dreams ready to rise.

Meditation creates a gentle bridge between stillness and movement, helping us attune our inner world to the energy of renewal unfolding around us. Spring is a season of new beginnings. A sacred threshold where seeds of intention are planted, fresh dreams are nurtured, and our hearts begin to open again. It reminds us that life itself is cyclical. What once rested quietly beneath the surface now stirs, stretches, and begins to grow.

Spring does not rush its unfolding; it teaches us that growth does not come from pressure, but from presence. True manifestation begins with energy, the emotional frequencies we choose to inhabit each day. Rather than focusing on the object of desire, we are invited to connect with the feeling behind it. The universe does not respond to our words or written lists, but to the energies we consistently embody. Allow this season of awakening to guide you into alignment with your dreams. Trust in divine timing. Dream boldly and let gratitude become your daily practice. The universe is always listening, and this spring, it is ready to bloom alongside you.

Soul Notes: Spring Manifestation Journalling Practice

This season calls for heart-led intention, grounded in feeling rather than thought. Manifestation is not about distant or random wishing; it is about recognising what is already ready to bloom within you.

As you write, imagine your intentions as living realities, already unfolding in your life. Let your words carry certainty, devotion, and most importantly, trust. When your inner vibration aligns with the feelings you long to experience, the world around you begins to reorganise naturally to that frequency. Opportunities appear, clarity sharpens, and momentum builds - not through force, but through resonance.

Write like you mean it:

- **Get really specific.**
- **Dream big - anything is possible.**
- **Include a gentle future timescale.**
- **Show each intention with gratitude.**
- **Focus on the feelings and emotions behind your desires.**
- **Write in the present tense, as though it has already unfolded**

Begin each sentence with 'Thank you for...', allowing gratitude to raise your vibration and anchor you in faith.

Gently explore the following prompts, allowing your pen to flow freely:

- **What do I truly dream of?**
- **What am I ready to attract into my life this season?**
- **How will it feel when these dreams are my reality?**
- **What emotions do I wish to live in - joy, peace, excitement, purpose?**
- **What am I ready to release, to make space for what is new?**

Write from the knowing that it is already in motion - present and unfolding now. Allow your language to be guided by feeling and truth.

As you write, listen to your body. Notice the softening, the clarity, the gentle emotional shifts. These felt responses are the true seeds from which manifestation grows. When your words feel complete, gently close your eyes. Place your hands over your heart and whisper: "I am ready to receive. I trust that what is meant for me is already finding its way."

Remain with the breath, letting gratitude ripple quietly through your body.

Supporting Growth, Clarity & Heart-Led Manifestation: Crystals for Spring Alignment

Crystals are powerful companions during meditation, helping to steady the mind and anchor the body as you align with growth and renewal. Their natural frequencies support a deeper state of presence, allowing your energy to settle and open more easily to clarity, intention, and inner guidance.

Use your crystals intentionally within your meditation practice. Hold them as you sit in stillness, place them beside a candle or freshly picked spring flowers, gently infusing them with your breath and gratitude. As you meditate, allow their individual energy to support your focus - creating a calm, receptive space where insight can arise and renewal can naturally unfold.

Green Aventurine: Luck - Opportunity - Confidence

- *Green Aventurine gently opens the heart to trust in divine timing, reminding you that opportunity often arrives quietly, asking only that you say yes.*
- *This stone supports courageous steps forward, helping you move beyond hesitation and into action guided by inner knowing rather than fear.*
- *Like spring unfolding in its own rhythm, Green Aventurine encourages steady expansion, aligning you with abundance that feels grounded and true.*

Citrine: Creativity - Manifestation - Joy

- *Citrine awakens your inner light, dissolving doubt and inviting ideas to flow freely, infused with confidence, playfulness, and possibility.*
- *This radiant stone reminds you that attraction works best when fuelled with gratitude, not pressure, helping your intentions to take shape through optimism and trust.*
- *Like the first warm sunlight after winter, Citrine lifts mental fog and rekindles motivation, inviting steady forward movement guided by purpose and ease.*

Rose Quartz: Love - Compassion - Emotional Healing

- *Rose Quartz opens the heart gently, creating a safe inner space where compassion can settle, and healing can begin.*
- *This gentle stone reminds us that when intentions are rooted in self-worth and kindness, what we attract unfolds with harmony and grace.*
- *Like a steady heartbeat, Rose Quartz gently holds space for old wounds to soften, allowing trust, connection, and emotional safety to bloom once more.*

Chakras & Spring Renewal: Awakening Energy for a Season of Growth

Spring carries a rising current of energy - one that moves upward through the body, inviting flow and expansion. As the earth warms and life begins to stir, our energetic

system responds instinctively. Meditation during this season allows us to consciously connect with this upward frequency, creating space to notice how the energy is shifting within us.

During spring, the Sacral, Solar Plexus, and Heart centres are most responsive to the season's energy, supporting creativity, confidence, and emotional expansion. Together, they form a natural pathway from feeling to action to love. Through meditation, we can gently awaken these centres, allowing creativity to flow, confidence to strengthen, and the heart to open with greater trust and receptivity.

When these chakras are supported through mindful awareness and meditation, we move through spring not with force, but with resonance. We create with ease, act with purpose, and attract from a place of openness. This is growth guided by presence - a return to flow, shaped by stillness and attunement to the rhythms of the season itself.

The Sacral Chakra

Spring stirs creativity and emotional flow, echoing the essence of the Sacral Chakra. An invitation to move with life rather than against it - creating, feeling, and allowing abundance to flow naturally when we honour joy and follow what feels alive within us.

Affirmation: I trust the rhythm of life. I create with openness and passion, allowing abundance to move freely through me.

The Solar Plexus Chakra

With the return of warmth and light, the Solar Plexus awakens our inner fire. This is the energy of confidence, direction, and forward motion. In spring, this chakra supports us in taking clear, empowered steps toward what we desire, transforming intention into purposeful action.

Affirmation: I am confident, capable, and a magnet for success. My energy attracts opportunities aligned with my purpose.

The Heart Chakra

Spring mirrors the heart's natural rhythm - opening, softening, and expanding after a season of rest. As nature begins to bloom, the Heart Chakra invites us to lead with gratitude and love, reminding us that the most powerful manifestations arise when the heart feels safe, open, and ready to receive.

Affirmation: I welcome love and harmony into my life. My heart is open to the beauty and promise of new beginnings.

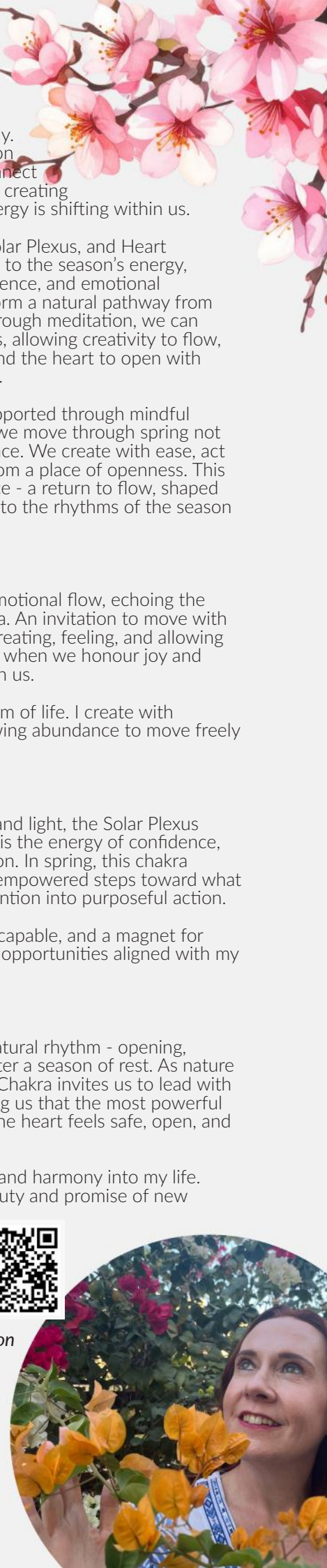
By Helen Gullick



Spring Meditation

International Usui Reiki Master Teacher, Angel Reiki Master, Advanced Crystal Therapy Healer, Professional Practitioner Diploma, Manifestation Coach, Holistic Partner at Tara Rose Salon UAE & Insight Timer Teacher.

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How much blood do you give away?

"These young people," Esther said, shaking her head. "Generation Z. They don't take responsibility. They use AI to write their reports instead of thinking for themselves. They don't see the bigger picture. So I do it. The paperwork, the planning, covering their shifts, fixing their mistakes. If I don't, it just... won't."

Esther is 56 and works in healthcare, supporting people with intellectual disabilities. She's the oldest on her team and informally manages several younger colleagues. When she arrived at my practice, she was exhausted. Her manager had been direct: "Esther, you take everything on yourself. You need to empower your colleagues." She wanted to argue. But she was tired. And somewhere, she knew it was true. That's when she called me.

Rescuer Blueprint

In my previous articles, I've explored how the role you played in your family of origin shapes your adult life. Of all the roles I see in my practice, one appears more than any other: the Rescuer.

Since Esther was little, she never felt appreciated by her mum. She has many memories of her mum telling her how bad and stupid she was. For whatever reason, Esther's mum was unable to fulfil her motherly role in a loving way. She did what she could, but it was not what Esther needed. And it still isn't.

Gabor Maté says it beautifully: "**Trauma is not what happens to you, it is what happens inside you.**" Within little Esther, a belief started to grow: if I try harder, then my mum will appreciate and love me. She translated that into being a nice, caring person to everyone around her. And in that sense, it's no surprise she started working in healthcare.

Research confirms she's not alone. Studies show burnout rates of nearly 50% among healthcare workers overall, with nurses reaching 56% and social workers even higher. People with the Rescuer pattern are drawn to helping professions—that way, they can keep rescuing. The childhood pattern that once felt safe and earned praise now burns them out.

There are many ways a rescuer pattern can emerge, but the result is always the same: taking care of others while neglecting yourself. You see this pattern in highly successful people, too. They are unconsciously still trying to be seen by one or both of their parents. And because they will never be seen the way they needed to be as children, they keep working harder. These are the driven people you read about in magazines or see on television—and they believe they have a very good reason. It's always a bigger purpose: make the world a better place, give women a bigger voice, help children get an education, or...

The danger she is trying to avoid

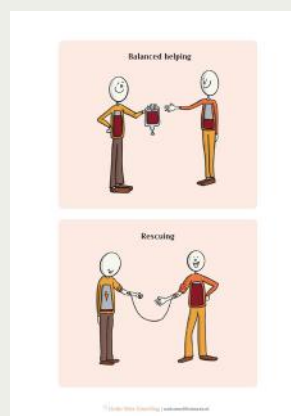
Esther's little child is still running her life, even now at 56. This little child is convinced that if she takes care of others—without minding her own boundaries—there will come a day when she is finally loved and seen by her



mother. She just needs to try a little bit harder, and then life will be good.

But it will never be like that. Our unconscious is designed to avoid danger. If Esther had to truly feel that she didn't belong, that she wasn't loved by her mother in the way she needed, that would feel like pure danger to a little human being. A deep loneliness and sadness. So that is never the path we automatically take. From this perspective, it's not strange at all that Esther or any other person starts to rescue. We all want and need to belong.

Balanced helping versus Rescuing



I showed Esther my Rescuer coach card. It shows the difference between balanced helping and rescuing. With balanced helping, you only give as much as you can miss. You are aware of your own boundaries—like the oxygen mask on an aeroplane: first put it on yourself before you help others. The second picture shows a pure rescuer. Firstly, you don't have any blood left for yourself—and

we all know what that does to us. But secondly, shown by the line, you become totally dependent on the other. In psychology, that's called codependency.

Esther, like many of my clients, asked immediately: "But how do I stop doing that?"



On the back of the card is a flowchart—easy to follow, step by step. But not always easy to execute.

A pattern that has been there for years and unconsciously protects you from danger doesn't vanish by following a flowchart.

But it can help you take a first step and become more aware. Every change starts with awareness.



What should you do?

"She's never been warm to me," Esther admitted about her mother. "But I still visit twice a week. I handle her appointments, her shopping, everything." I asked, "What would you have to accept if you stopped taking care of her?"

A long silence.

"I would have to accept that she never was and never will be the loving mother I needed and wanted." Her eyes filled with tears. "And that hurts." This is what lies underneath the rescuing. Pain. The pain of a little girl who didn't get the love she needed. That pain needs space. It needs to finally be given the attention it deserves. This is her Child ego state still running the show—the little girl trying to earn love. Moving into Adult means she can finally face what the child couldn't bear.

Learning to feel

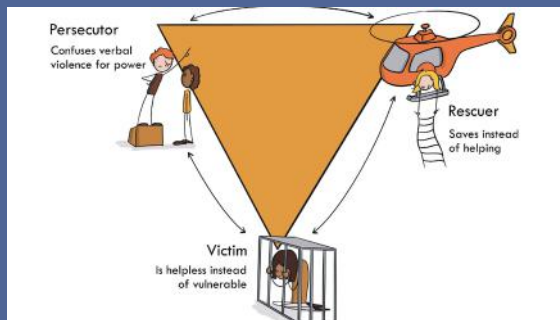
I used to be terrified of feeling. I thought if I started, I would end up as a puddle of water. That nothing would be left of me, that I would lose all control. But I found out it's not as scary as I thought.

Dr Jill Bolte Taylor discovered something remarkable: when an emotion is triggered, the chemical process in your body lasts approximately 90 seconds. After that, any remaining emotional response is your choice to stay in that loop. I find this deeply comforting. I won't drown. The emotional wave will pass.

So I taught Esther to pause. To notice where in her body she felt the emotion—the tight chest, the heavy stomach. To name it without judgment: "I feel sad." And to breathe. Stay present for those 90 seconds instead of running. The nervous system settles. The feeling moves through.

As Edith Eger writes: "You cannot heal if you don't feel. Don't run from it. Don't fight it. Any feeling is your feeling—invite it in. Feel it. Then release it." Esther is learning. She still catches herself reaching for other people's problems. But now she pauses—and sees something different. They don't have a problem. She has a need. And recognizing that the urge comes from her, not from them, makes it so much easier to put it down.

The Game we tend to play



The flowchart shows how you can stop rescuing. But Stephen Karpman's Drama Triangle shows what happens when you keep rescuing. It's a game between Rescuer, Victim, and Persecutor.

The Rescuer swoops in like a helicopter, lowering a ladder to save someone who didn't ask to be saved. They don't listen, don't show gratitude. And that triggers the Rescuer's deepest fear: I don't belong. The Rescuer becomes the Persecutor: "You never listen to me." And finally ends up the Victim: "I'm so tired, and nobody takes responsibility, so I need to do it all by myself."

Here's the trap Esther couldn't see: she wasn't observing a truth about Generation Z. She was observing the result of her own pattern. Every rescue sent an unconscious message: You can't handle this. And her colleagues, over time, believed her.

They stopped taking responsibility—because someone else always would. The more you rescue, the more others step back. The more they step back, the more evidence Esther gathers that she is indispensable, which justifies more rescuing.

You don't want to be in the drama triangle. Never. Not at work, not at home, not with friends. Never play this game.

By Linda Wes

Senior Executive Life Coach
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STEPS TO DECIDE WHETHER TO STAY OR LEAVE YOUR MARRIAGE WITHOUT REGRET



Introduction

Making the decision to remain in or leave a marriage is one of the most difficult and emotionally complex choices a person can face in their life. It is rarely a clear-cut moment of certainty. Instead, it often unfolds over months or even years of internal questioning, emotional turmoil, and reflection. When a relationship has been part of your life for decades, the decision carries additional weight. There are shared memories, mutual responsibilities, family connections, financial ties, and the simple reality of having built a life together. The 'me' becomes 'we'. But what about when the 'we' becomes 'me' again?

For many people, the thought of ending that chapter can feel overwhelming. Some clients even describe the idea of leaving as if all those years might have been "a waste." Yet, that is rarely the case.

Research shows that more people in midlife are facing this crossroads than ever before. Several societal changes contribute to this. People are living longer, which means the prospect of spending decades in an unhappy relationship feels harder to sustain and accept. Women now have greater economic independence, giving them more freedom to make choices about their future. Many couples also experience a shift when children leave home, known as the 'empty nest' stage, which can reveal issues that were previously hidden by the busyness of family logistics and life.

Retirement can bring further changes. When couples suddenly spend far more time together, the quality of the relationship often becomes impossible to ignore. Many people realise they are unwilling to spend the next twenty or thirty years in a marriage that no longer brings them fulfilment and joy.

If you find yourself at this turning point, you are not alone. The purpose of this article is to guide you through a thoughtful, step-by-step process so you can gain clarity and move toward a decision that feels right for you and your wellbeing, both now and in the future.

1. Let go of the fear of making the "wrong" decision

One of the biggest reasons people remain stuck in indecision is the fear of making the wrong choice. Many people imagine that if they leave, they might regret it forever, or if they stay, they may be settling for less than they deserve.

It is important to acknowledge something early on. There is rarely a perfectly right or wrong decision in situations like this. Life is complex, and the meaning of our choices often becomes clear only with time and reflection. What often keeps people frozen is not the decision itself, but the fear surrounding it. We start being paralysed in our decision-making through over-analysis and perhaps even through our imagination.

Our brains are wired to seek safety and familiarity. The primitive part of the brain prefers routine and predictability because these things feel secure. Change introduces uncertainty, and uncertainty can trigger fear. Fear then keeps us stuck in a loop of the same thoughts. It's like being on a hamster wheel of questions, but constantly looking for the answers.

This fear often shows up in practical concerns. For example,

- What will happen financially?
- Where will I live?
- How will this affect the children?
- What will others think of me?

Emotions such as guilt, shame, or fear of judgement can also feel overwhelming. It can feel as though one wrong move will cause everything to collapse, like the domino effect.

However, acknowledging these fears is the first step toward loosening their grip of paralysis. Instead of avoiding them, ask yourself three honest questions:

- Am I staying out of love, or out of fear?
- If nothing changed in this relationship, how would I feel five years from now?
- Is this marriage capable of healing, and if so, how much am I willing to invest in that process?

These questions can gently begin to reveal what is truly holding you back. Fear versus change.

2. Check in with your wellbeing

Many people approach this decision entirely from a logical perspective. They analyse the situation, list pros and cons, and try to think their way toward clarity. While thinking is important, it is not the only source of guidance. We experience life through all our senses. Our emotions, physical sensations, and intuition often carry valuable information that the rational mind alone may overlook or undermine. The body can sometimes recognise stress or misalignment long before the mind fully understands it. I have firsthand experience of this because of living in my own 'Maybe Years'. Maybe things would improve; maybe, if I just changed my approach, our connection would blossom; maybe our relationship has run its course.

I reconnected with my inner wisdom, my body and really checked in with myself, not just intellectually but physically and emotionally. Here are my suggestions for you to consider.

- Do I feel more drained than uplifted in this relationship?
- What emotions arise most often when I think about my partner: anxiety, sadness, numbness, or happiness?

- Do I experience physical symptoms of stress such as headaches, poor sleep, tension, or constant fatigue?

Our bodies often whisper quietly and honestly. Listening to those signals can provide insight into what your deeper self is trying to communicate. Your inner knowing.

3. Look at the relationship without rose-tinted glasses

No marriage is perfect. Every relationship goes through difficult periods and moments of disconnection. However, there is a difference between temporary challenges and deeper patterns that consistently undermine the relationship.

At times, it becomes necessary to step back and look at the situation as objectively as possible. For me, I took the fall on my 30-year marriage, and saw it through an unhealthy cocktail of menopause, depression, loneliness, empty nest and lack of purpose.

What about you? Here, I share some common barriers to a healthy marriage.

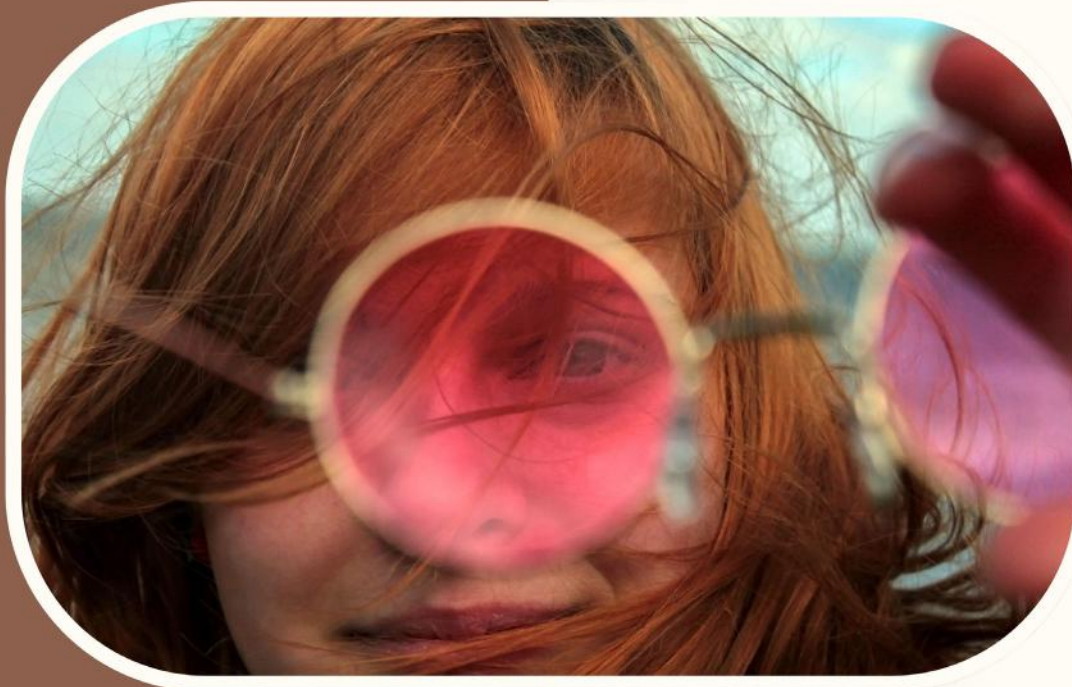
- A lack of emotional or physical intimacy.
- Frequent conflict, disrespect, or unresolved resentment.
- Differences in core values or life goals.
- A loss of trust due to behaviours such as dishonesty or infidelity.

In more serious cases, there may be forms of domestic abuse, including emotional, verbal, physical, or financial abuse.

These situations should never be ignored. This is an area that's increasing in my practice, with many clients totally unaware of the red flags; they just put it down to 'this is how it's always been' or 'this is how we rub along in our marriage'.

Looking clearly at these patterns does not mean blaming yourself or your partner. It simply allows you to understand the true condition of the relationship so that your decision is based on reality rather than imagination and hope.





4. Ask yourself if you've truly given the marriage your best effort

Before making a final decision, it can be helpful to ask what I often call the "No Regrets Test."

This means reflecting on whether both partners have genuinely attempted to improve the relationship. This has a timeframe of 3 months. When you consider it, it's a very short test when a marriage has spanned decades. Yet it's long enough to know whether you and/or your partner are giving your marriage one last and best shot, or if the writing is on the wall.

Communication through a three-pronged approach is what I advocate.

- Having open and honest conversations where the focus is on listening rather than blaming or defending. By taking turns, review what was great about the past week, what could be improved on, and how you'd like to connect for the next week coming. I call this my Sunday Summit. With no kids, no alcohol and no sitting across the table from one another.
- Invest in you and your insights. Through relationship and divorce coaching, I often work with clients who want to shine a light on their own patterns and behaviours. This then builds self-awareness. Because you can't change what you don't know until you know it.
- Love languages would be the final piece. Often, we express love from our frame of love, thinking that our partner has the same approach and needs. Instead, find out your own love language and then that of your partner's. Then have a conversation as to how you would love to be expressed and your partner's love language. I highly recommend Dr Gary Chapman's Love Language Quiz, as he was the founder of this phenomenon.

Sometimes these efforts lead to meaningful change and renewed connection. Other times, they reveal that the relationship may not be able to evolve in the way both partners need it to.

If you have genuinely tried these avenues and little has changed, it is important to recognise that effort and what you've done. Hold your head up high and stand in your power. Walking away after giving your best shows courage, honesty, and respect for both yourself and the relationship you once had.

5. Turn toward your fears and examine them

Human beings are natural storytellers. When we feel uncertain or afraid, the mind often creates narratives that amplify those fears through our imagination. That image then becomes fact. When in fact, it's a made-up story. Sometimes fear appears like a large shadow on the wall. From a distance, it looks intimidating and overwhelming. Yet when we turn around and face the object casting that shadow, we often discover that it is far smaller than we imagined.

The same principle applies to many fears around separation and divorce. Instead of avoiding those fears, call them out and step into curiosity.

- Am I more afraid of being single or of remaining unhappy?
- If finances are a concern, what options might be available to me?
- What example of relationships am I modelling for my children?

Facing these questions directly can transform any future anxieties into more practical and logical challenges that can be addressed through a pen and paper exercise.

6. Visualise both possible futures

Visualisation can be a powerful tool for gaining perspective. It allows you to mentally explore potential futures and observe how each scenario feels in your body. It also shifts you from facts into a future that your mind's

eye can make compelling, drawing you closer to reality.
The staying put scenario.

Picture your daily life if you remain in the marriage.
How do mornings feel when you wake up beside your partner?
How do the two of you communicate throughout the day?
How do the dynamics between you make you feel?
On a scale from one to ten, how would you rate your level of happiness in this future?

The leaving and letting go scenario
Now imagine life after the relationship has ended.
There may be practical challenges, such as new routines, financial adjustments, and living arrangements, as well as your emotional state.
After the initial transition, how do you feel about your life?

Do you sense relief, freedom, sadness, peace, or perhaps a mixture of emotions?

By visualising both these scenarios, you can provide valuable insights into what you'll feel and what the future may hold.

7. Be your own cheerleader for your decision

After working through these steps, you may find that clarity begins to emerge. Ultimately, no one else can make this decision for you. Friends, family members, and professionals may offer guidance, but the final choice belongs to you. You own your life, and your decision is as unique as your thumbprint.

Take comfort in knowing that you have not rushed the process. You have reflected carefully, considered multiple perspectives, and explored the emotional and practical realities involved.

If you choose to stay, commit to actively working on the relationship. Even if your partner is hesitant, focusing on your own growth can often create positive shifts within the dynamic around you. Relationships are interconnected systems. When one person changes, the ripple effect can influence the whole. If you decide to leave, aim to make the transition as respectful and constructive as possible. The end of a relationship does not have to be filled with animosity and bitterness. With maturity and support, it can become a process that prioritises wellbeing and, where relevant, the needs of children.

Building a supportive "breakup team" can be incredibly helpful. This might include legal advisors, financial planners, therapists, or a relationship and divorce coach who can guide you through the transition.

The beginning or the end

Deciding whether to stay in a marriage or leave it is never simple. Yet clarity often emerges when you are willing to be honest with yourself and take thoughtful steps to explore your options. Your life belongs to you. Whatever decision you make should ultimately lead you toward greater peace, self-respect, and the possibility of a fulfilling and exciting future.

Sometimes the most courageous choice is not the one that appears easiest, but the one that allows you to live more authentically.

Take the next step

Book a coaching call with me today and begin building the support you need to regain control, move forward with confidence, and make the decision that is truly right for your life, both now and in the future.

By Jennie Sutton

www.untyingtheknot.me





By Gayle Swaffield

The Hidden New Year in Feng Shui

January is widely accepted as the start of the year, but energetic reality tells a different story. The expectation to accelerate on January 1st does not align with how energy actually behaves, and this is why so many people struggle to gain momentum in the first weeks of the year.

The traditional New Year on January 1st falls in the depths of winter in the Northern Hemisphere and in the height of summer in the Southern Hemisphere, neither of which supports new beginnings. We expect forward motion at a moment when nature is either dormant or intensely active, but not renewing.

If you feel misaligned at the start of the year, that's because the energy is guiding you.

To understand where the year truly begins, we must look beyond the Western calendar and into the energetic structure that Feng Shui is built upon.

A New Year Anchored in the Solar Calendar

The Feng Shui New Year begins on the Chinese Solar Calendar, not the Gregorian one. Specifically, it begins when the sun enters Aquarius, around February 4th each year, marking the start of spring in the Chinese solar cycle.

This represents a natural turning point in energy, when qi begins to rise and move outward again.

By contrast, the traditional Chinese New Year follows the Lunisolar Calendar and begins on the second new moon after the winter solstice in 2026, which falls on February 17th.

Why February, not January, sets the energetic tone for the year ahead

These two dates often create confusion, but they serve different purposes.

The Feng Shui New Year follows the Solar Calendar, which tracks the sun's position and the seasonal flow of qi through the environment. The traditional Chinese New Year follows the Lunisolar Calendar, which is based on lunar cycles and determines the zodiac animal of the year. Both systems are energetically significant, and while they serve different functions, together they provide a complete picture of how annual energy shifts and expresses itself throughout the year.

This distinction is why energetic timing in Feng Shui does not always align with the traditional Chinese New Year.

How the Zodiac Cycle Connects (Without Confusion)

Although Feng Shui calculations are tied to the Solar Calendar, the Chinese zodiac animal cycle follows the Lunisolar Calendar. These systems are distinct, yet they intersect in meaningful ways. The zodiac sign describes the overarching energetic theme of the year, while Feng Shui identifies how that energy interacts with specific spaces and directions.

Together, they offer a broader understanding of the year's momentum, and this is a powerful foundation for introducing the shift from the Wood Snake year to the Fire Horse year.

From Internal Preparation to Active Momentum

In 2025/2026, we move from the energetic theme of the Wood Snake into the Fire Horse. This transition does not replace Feng Shui principles, but it complements them by providing context to the overarching "mood" of the year.

The Wood Snake

The Wood Snake energy is characterised by:

- Quiet strategy
- Precision
- Internal refinement
- Seed planting
- Gradual repositioning

It was for working beneath the surface while clarifying direction, learning, strengthening systems, and building foundations. It may have felt slow, and you may have felt impatient, but sowing seeds also needs to be nurtured. For me, this period involved deeper learning, refining my processes, and strengthening the structural aspects of my business. It felt like preparation rather than expression, and that was exactly its role.

The Fire Horse

The Fire Horse brings a very different quality, one that aligns strongly with the upward movement of spring energy recognised by Feng Shui.

This year's energy is characterised by:

- Activation
- Visibility
- Forward movement
- Opportunity
- Strong directional momentum

The Fire Horse is dynamic and bold, but also benefits from grounded intention. When paired with the foundations built during the Wood Snake year, this energy can accelerate progress in a purposeful, sustainable way. This is not chaotic acceleration; it is momentum that responds well to clarity, direction, and intentional action.

What This Rising Energy Means for Your Environment

As the upward movement of qi increases through February and into spring, your environment becomes a key factor in whether your intentions gain traction.

A home or workspace that felt adequate in winter can suddenly feel heavy or stagnant as energy rises. This is your environment signalling that movement is beginning and adjustments may be needed.

In Feng Shui, the environment shapes intention by either supporting its expression or slowing its development. Your space actively influences how you think, feel, and respond to opportunities.

Key areas to observe include:

- Where energy slows or gets blocked
- Where clutter accumulates
- Where light is restricted
- Where important activities feel unsupported

When you adjust these areas in alignment with the rising energy of the year, progress feels more natural and less forced.

How to Harness Fire Horse Energy in Your Home

The Fire Horse year responds particularly well to environments that are clear, intentional, and directed. If you want your space to support this momentum, consider the following principles:

1. Maintain clear sightlines in key living and working spaces.

The Fire Horse thrives on direction and flow. Keep entrances, pathways, and work areas open and unobstructed to encourage smooth, energetic movement.

2. Strengthen areas associated with purpose and visibility.

Zones connected to career, reputation, or future direction should feel bright, organised, and intentionally arranged. Fire energy responds well to clarity.

3. Use meaningful objects to reinforce direction.

Select items that represent focus, aspiration, or personal significance. This is about intention, not themed décor.

4. Ground high-energy areas with balance.

The Fire Horse can build speed quickly. Bedrooms and restorative spaces benefit from calm colours, minimal clutter, and stability to counterbalance the year's momentum.

5. Align your environment with your priorities.

Decide what you want to advance this year and ensure your space reflects it. When your surroundings support your intentions, progress becomes more fluid and coherent.

Looking Ahead

Working with natural timing changes the way progress feels. Progress becomes more efficient, more aligned and far less exhausting.

February marks the true energetic beginning.

When you understand how the year starts and how your environment can anchor that shift, you stop pushing against the season and start moving with it.

Momentum strengthens.

Direction clarifies.

Opportunities surface more naturally.

Because the real beginning of the year is determined by energy and not just tradition.

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Reiki on Steroids



“From devastation, solutions miraculously appeared.”



In my previous article on what if rituals could supercharge your energy field, like Reiki on steroids, once the understanding of everything is energy, we can shift and shape the environment around us.

Collectively, humanity has moved from a Number 9 in 2025, and the Year of the Snake, representative of endings: relationships, situations or old ways of thinking, completion and transformation. In 2026, we stepped into a Number 1 cycle and the Year of the Fire Horse. This symbolises new beginnings, co-creative experiences and taking positive action. With this change in numerology and frequency, people are organically shifting away from large corporations and consumption, craving smaller community networks and making deeper authentic connections.

And have you noticed more synchronicity and miracles occurring in your life where things fall into place effortlessly, or finding yourself in the right location at the right time? This is a clear indication you are aligned with a higher power.

Take for example, whilst on a weekend reset with friends, the bike rack attached to the SUV snapped off during the journey destroying 3 out of 4 bicycles. As we stood in shock on the isolated country road surveying the damage, a vehicle stopped to assist. Not only did the young driver live in the town we were heading to, but he was also towing a trailer and transported the wreckage to his home where he generously serviced and loaned us 3 spare bikes for the duration of our stay. From devastation, solutions miraculously appeared.

Despite our financial loss, I took this as a teaching opportunity for our group to focus on the positives of the situation and suggested we purchase a dining voucher for the struggling family at the local pub,

emphasising what could have been a disastrous weekend incident became a fortuitous divinely orchestrated experience with a memorable story to share. Delving deeper, the underlying lesson was connection, kindness and gratitude that has since rippled through our lives, similar to the ‘Pay it forward’ concept.

Despite global physical and cultural differences, we are all interconnected living in unprecedented times where things are rapidly expanding, and distraction has become the norm. Not since the Industrial Revolution has such mass growth occurred, namely technology. These days it is virtually impossible to research anything via the internet without various AI programs responding instantly.

AI is a game changer, both with time saving benefits and immediate access to information, and adverse consequences. It's staggering that a reply rapidly appears, yet many people are oblivious to the environmental impact, unaware that copious amounts of water are required to generate queries, and to cool and maintain computer data systems.

Are you aware that AI also subtly suppresses our creativity and innate intuition? When writers block reared its head, I was occasionally tempted and to be honest, impressed by the results. It was a little like riding a carnival ride, caught up in the moment then realising how unbalanced it made me. Something was off kilter. Stepping back observing the subtle sugar-coated hook, I recognized a less clear connection to spirit; a powerful learning as a facilitator to practice and implement what I teach.

‘Conscious technology’ is where the magic happens. Despite the word ‘technology,’ this is a heightened state of consciousness beyond the five senses of sight, sound, touch, feel and taste. This awareness

grants access to higher harmonic frequencies, where a clear heart opening connection to Source energy occurs. It is often referred to as the fifth dimension, a vibration rich with contentment, happiness and love. Once experienced, it's virtually impossible to return to a denser vibration. And why would you? So how do we connect to conscious technology and stay balanced in an unstable world? The answer is living from moment to moment, without holding onto the past nor projecting into the future. Sounds easy? With practice, it is.

The issue is the distractions around us and the thirst for consumerism and competition. Think of consciousness as walking a straight line without being sidetracked and simply enjoy 'being' rather than caught up in endless tasks of 'doing'. In other words, individually, we need to be the change we want to see globally, though the energy of mastering our words, mindfulness and actions. Yes, it takes discipline. Think of a time when you made a New Year's Resolution, determined to give up smoking, lose weight or implement an exercise program only to abandon it a few days or weeks later.

Spring is an ideal time to make a new commitment to yourself. Did you know it takes approximately 21 days to reprogram the brain for lasting results? Decide what you would like to experience whilst bringing in the energy of excitement and anticipation. Now write this down to cement the energy. It also acts as a prompt when excuses, including 'it doesn't work,' arise. Be patient and gentle with yourself as the rewiring occurs. Remember, everything is energy and the vibration you send out, is the vibration you receive back.

I invite you to explore other concepts in this Number 1 Year, including the symbolic practice of ritual. Intention is key to manifestation and empowerment. Begin with something simple, maybe a Spring Renewal Ritual to energetically clear away the winter blues, release stagnation vibes and welcome in new beginnings. Start with inhaling deeply through your nose then exhaling through your mouth and repeat 3 times.

Then, using pen and paper, write one sentence beginning with: 'This season, I am growing...' and add your goal. Fold and place somewhere meaningful; on an altar, in a journal or under a crystal to anchor your objective. You may also like to plant a seed as a symbolic gesture of growth or stand on the earth in the sunlight, with your hand on your heart and visualise light filling your chest whilst saying, 'I welcome the energy of Spring and personal fulfilment'.

A Spring vision board, generally performed around the Spring Equinox is a fabulous visual reminder to attract your desires, achieve goals and commit to experiences.

Using your imagination write, draw or paste images onto a board and place somewhere sacred as reminder, letting go of expectations or specific outcomes, allowing Source to co-create in the best possible way and perfect time.

Remember, although it may appear that globally things seem hopeless, there's a quiet transformation taking place. No shouting from rooftops or fanfare, simply quiet whispers.

Ritual is found in everyday mindfulness, in community, connection and collaboration. This is a year where conscious technology will come to the fore as we unlearn what we've been programmed to believe, individually and collectively. It's time to unplug from negative news streaming, reduce screen time and embrace the multi-dimensional frequencies and beings that are here to help us expand awareness.

What miracles do you want to co-create in this new cycle?

By Claire Chitty

Claire is an author, teacher and facilitator in multi-dimensional healing, dedicated to empowering clients on their wellbeing journey. Deeply involved in Women's Sacred Circles, she also leads transformative programs including Galactic Connection, Return to Love and Happiness and Reconnect to Clarity.

She has channelled 26 etheric sprays, each one a unique portal for emotional healing, energetic clarity and soul alignment.

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WHAT TO DO WHEN YOU TRIGGER SOMEONE (IT DOESN'T MEAN APOLOGIZING)

Every so often, we inadvertently trigger someone. Not intentionally, but it happens. When it does, there's usually this instant response where we feel responsible. Like, we need to fix it immediately. Through personal experience and work with clients, I've realized that this automatic reaction isn't always the right one, and honestly, this matters.

Learning how to process what happened is more important than the speed of your response. Without that pause, you'll either apologize for things that aren't yours to own, defend yourself when you shouldn't, or spiral due to the intense emotional response you feel.

This matters because we want to own our response - not leave important parts of ourselves at the door just to keep the peace. When we react without processing, we often abandon ourselves in the moment, and that causes us far more emotional strain, both short-term and long-term.

It comes back to presence and choice. Being present enough to pause instead of react and having the choice to respond from clarity instead of guilt or defensiveness.

Start With What Actually Happened

First: what are the actual facts? Strip away the emotion and the story your brain is spinning, and just describe what happened. What did you say or do? What was their response?

This gives you breathing room from the narrative your mind wants to create. Our brains love a good story, especially the kind that makes us the villain. Your brain will immediately try to keep you safe - pushing you toward familiar patterns of response, whether that's people-pleasing, withdrawing, or taking the blame. None of which may fit the situation if you were to consider it carefully.

Understand Your Actions and Motivations

What need were you meeting for yourself in that moment? What were you responding to? Maybe you were protecting your energy, honouring a boundary, or stating a preference. Maybe you were just being honest.

Could you have shown up differently? Was there a way to say it that would have landed better without compromising yourself? Sometimes yes - there was a clearer way to communicate. Sometimes, what you said was reasonable and aligned with your values. This distinction matters because it will inform how you choose to respond.



Figure Out What's Actually Yours

This is where you separate what's yours from what's theirs. You're accountable for how you said it - your delivery and tone. You're accountable for honouring your own boundaries and needs. You're accountable for your actions and reactions, and whether they aligned with your values and intentions. You are not accountable for healing someone else's wounds, their inability to communicate what they need, or their unspoken opinions and expectations.

So were your actions aligned with who you are and what you intended? This matters because if you're genuinely accountable, you should own it and be willing to correct it. If it's not yours to carry, could you be brave enough to honour yourself by putting it down?

Decide What Comes Next

Do you need to make this right?

If you've figured out you're genuinely accountable - your delivery was off, you acted out of alignment with your values, you could have shown up better - then yes. Own it. Make amends. If what you did was reasonable and aligned with who you are, then no. You don't need to fix something that isn't broken just because someone else is uncomfortable.

Now For The Inner Work

This part isn't easy, but it's important: acknowledge that they are being triggered, and that they triggered you too. That activation you felt? That's where your work lives - it shows you the parts of yourself that still need attention.

What emotions came up? Shame? Anger? Defensiveness?

You're accountable for your own triggers. Be willing to dig deeper into why you reacted the way you did. Is there a pattern here? Does this happen with a certain type of person or in certain types of interactions? If you're seeing a pattern, you need to own it and be willing to work on it, or it's very likely to persist.

Take The Learning Forward

Consider what you learnt about yourself through this. Maybe you need to be more aware of how you deliver your responses. Maybe you need to work on the patterns that keep showing up. Maybe it's time to stand firm in who you are and be okay with not apologizing when you've done nothing wrong. This is about consciously using this experience as leverage - so you can show up in a way you're proud of.

The Bottom Line

You're going to trigger people. It is an important part of the human experience. The work isn't avoiding it. The work is being present enough to pause, clear enough to know what's yours, and brave enough to either own it or put it down. That pause between trigger and response? That's where you stop abandoning yourself. That's where you get to choose who you actually are instead of who you think you need to be. This is how you show up with integrity - even when it's uncomfortable.

Author - Chantelle Dantu
Master Leadership & Depth Coach



Chantelle Dantu is a Master Leadership & Depth Coach and founder of The Feminine Lead, where she helps female leaders and executives free themselves from Imposter Syndrome, fear, doubt and overwhelm, without having to change who they are.

www.thefemininelead.com

BE HEARD. STAY CONNECTED.



BY MARTINE GARABETTE PHD

For a long time, I thought my communication was authentic. I said what I thought. I didn't sugar-coat things. I prided myself on being direct.

And yet there was a gap I couldn't see – between what I felt, what I needed, and what I actually communicated. After long, intense days in senior leadership roles, I would arrive home carrying the residue of holding it all together. What I needed was space, reassurance, and a moment to decompress. What came out, however, was something quite different – a harsh rejection of my husband asking me how my day was. It took time – and reflection – to realise that this wasn't about being brutally honest. It was about awareness—to understand the impact of how I communicated in that moment.

I was communicating from exhaustion and emotion – not intention – and expecting others to just 'know' what I meant and be OK with it.

The hidden cost of unregulated communication

From personal experience – including that of my own, those closest to me, and those I have worked with – and from my professional experience as an executive coach, I see broadly two patterns of 'unregulated' communication.

Holding it in

- Have you ever found yourself prioritising harmony or “staying nice” over saying what you really mean or want?
- Have you recognised a rising sense of resentment because others seem to walk all over you, or you just don't seem to get what you want?

Spilling it out

- How often have you 'reacted in the moment' and said something too harshly, too loudly or too quickly? Or have you noticed this in others?

Despite appearing to be polar opposites, both patterns stem from an emotional core.

Holding it in can come from a position of avoiding the discomfort of putting your needs ahead of others or being seen as the “bad guy”; *Spilling it out* from communicating – or reacting – from emotion. Both can be enveloped

with regret, and both can undermine connection—often without us realising.

Making the connection

It's often not what we say but how we say it that has the greatest impact on how we connect to others. As a coach, I am trained to listen for what is not being said and to mirror back to my clients what they may not yet see. Connecting the dots of how we communicate and under what circumstances can support us to move towards another, potentially more rewarding way of communicating.

To build awareness, it can help to pause and notice what's happening in you before and during difficult conversations:

- Under pressure, do I tend to go quiet, react quickly (or overreact) or oscillate between the two?
- When conversations don't go as I hoped, what state am I usually in?
 - What emotional residue might I be carrying from a prior interaction?
 - Have I skipped lunch?
 - Drunk too much caffeine?
 - Do I have 'talk fatigue' from an endless schedule of back-to-back meetings?
- What do I need (or need to do) to reconnect to the present moment?
- What would it look like for me to respond rather than react?

Being intentional: being heard

Whether we speak up, spill it out or go quiet, we are always communicating. The question is whether we are doing so with intention.

When we react from exhaustion, emotion, or self-protection, our impact can be very different from what we want. When we can pause, notice the state we are in, and choose how we show up, communication becomes clearer, kinder and more effective. That's when we're more likely to be heard – and to stay connected in the moments that matter most.

By Martine Garabette PhD

Martine is a woman of remarkable resilience and determination, having faced more challenges in a few short years than she would have wished for in a lifetime. With a PhD in neuroscience and leadership experience as Managing Director in medical communications, she blends sharp insight with intelligence and deep empathy. Drawing on her ADJUST Coaching™ framework, Martine helps people navigate life's transitions with clarity, courage and confidence.

Becoming the Person Who Can Hold the Life You Want



There's a moment most people don't talk about. It's not the moment you decide you want more. And it's not the moment you finally get it either. It's the uncomfortable space in between, where your life starts asking you to become someone slightly different in order to hold what you say you want.

I've been thinking about this a lot recently, both personally and professionally. For years, my work has been about helping people show up more clearly, on stages, in business, in leadership, and in life. I've helped people step onto TEDx stages, reposition their businesses, find their voice, and grow in ways that feel aligned rather than forced. And yet, even with all that experience, I've found myself face-to-face with the same question many of the people I work with wrestle with: Am I actually showing up as the person who can hold the next level of success I say I want? Because wanting success and being ready for it are not the same thing.

The identity shift nobody prepares you for

We talk a lot about confidence, mindset, and visibility. But what's often missed is the deeper identity shift that has to happen underneath. Success isn't just about doing more. It's about becoming someone who makes different decisions.



That might mean: charging properly instead of being liked being clear instead of being accommodating letting go of roles that once fit, but no longer do. These shifts can feel unsettling, especially for women who've been rewarded for being helpful, adaptable, and quietly capable. This is something I see again and again with the quietly brilliant women I work with, women who are respected, relied upon, and admired... yet somehow still overlooked when it comes to recognition, opportunity, or income. Not because they're lacking talent. But because they're still showing up as a previous version of themselves.

When visibility isn't the real issue

We're often told that if things aren't moving, we need to be more visible. Louder, more active, more present. But visibility alone doesn't create trust, and it doesn't create authority.

I've met countless people who are visible everywhere, yet still feel unseen in the ways that matter most. And I've met others who say very little publicly, yet are chosen again and again because their clarity does the talking for them.

What makes the difference is not volume, but alignment. Alignment between who you are now and how you present yourself. Alignment between the level you're operating at and the decisions you're willing to make. Alignment between the success you want and the identity you're holding onto.

Why this matters now

Recently, I've been stepping more fully into naming my own work, not changing it, but owning it. Alongside my role as a TEDx speaker and co-curator, and through the events and conversations I'm now hosting, I'm seeing something very clearly- people don't need more noise.

They need clarity that matches where they are now. This is especially true for leaders and founders who have outgrown their old ways of showing up, but haven't yet updated how they see themselves or how they allow others to see them. That gap is where people stay stuck. And it's also where the most meaningful shifts happen.

A quieter, braver question

Instead of asking:

"How do I get more success?"

The more powerful question is:

"Who do I need to become to hold it calmly, confidently, without apology?"

That question changes everything.

It changes how you speak.

How you price.

How you choose opportunities.

How you allow yourself to be seen.

And it often marks the beginning of a much more sustainable kind of success, one that doesn't require constant proving.

A closing thought

Quietly brilliant was never about staying small.

It was about trusting that substance travels further than noise.

As we move into a new season, I find myself increasingly interested in this quieter kind of courage, the courage to evolve your identity, not just your output. Because the life you want isn't waiting for you to work harder. It's waiting for you to arrive as the person who knows they belong there.

By Debbie Bryan

International Motivational Speaker and Award Winning Business Coach





Beyond 'Whatever It Takes' Leading with Purpose

There is a phrase that slips easily into leadership conversations: "Whatever it takes." It sounds decisive. It sounds committed. It sounds like the kind of thing serious leaders say when the stakes are high and the mission matters.

And yet, "whatever it takes" is rarely brave or strategic.

More often, it is a way of bypassing the harder work of thinking clearly about limits, trade-offs and sustainability. It signals urgency, but strategy is the art of making hard decisions about what we are not going to do in order to make space to focus on what matters.

Jason Fried captures this neatly in *It Doesn't Have to Be Crazy at Work*: "You almost surely haven't budgeted time, energy, or dollars for whatever it takes. That's code for 'at all costs.' When you stop discussing costs, you know they're going to spiral."

This is the uncomfortable truth behind the rallying cry. When leaders say "whatever it takes", they are often stepping away from responsibility rather than towards it. At first, it can feel energising, and teams rally. Late nights are worn as badges of honour.

The mission takes centre stage. But beneath the surface, plans become brittle. Decisions become reactive. The system begins to rely on heroics rather than design. Leadership, particularly in complex and human systems, cannot survive indefinitely on adrenaline.

One of the greatest challenges leaders face is learning to hold ambition alongside constraint. We are conditioned to believe that strong leadership means boundless capacity, endless resilience, and a willingness to sacrifice everything. But this belief is both misleading and damaging. It quietly teaches people that rest is weakness, boundaries are optional, and wellbeing is a luxury reserved for later.

"Whatever it takes" avoids more interesting and more responsible questions.

What will it take?

Is it worth that?

What are we not going to do in order to do this well?

What does success look like if we have to live with the consequences for five years, not five weeks? What are we asking of people that we have not acknowledged, resourced or protected?

These are not questions that dampen ambition. They sharpen it. They move leadership away from performative intensity and towards thoughtful stewardship.

There is a particular irony here. Leaders often reach for "whatever it takes" because they care deeply about the mission. They want to make a difference. They want their work to matter. Yet by refusing to engage with limits, they risk undermining the very purpose they are trying to serve.

Burned-out people do not build enduring change. Fragile systems do not contribute reliably to society. Confidence in leadership does not come from pretending there are no costs. It comes from being honest about them.

Wellbeing, too, is not something that sits outside the work. It is part of the work. When leaders model a more grounded approach, one that acknowledges energy, time and attention as finite resources, they give others permission to do the same. This creates cultures where people can contribute fully without being consumed.

There is also a quieter benefit. Leaders who stop defaulting to "whatever it takes" often rediscover a sense of agency. Instead of being trapped in perpetual urgency, they regain the ability to choose. To design. To prioritise. To say yes with intention and no without guilt.

Purpose deepens when it is sustainable. This does not mean lowering standards or avoiding challenge. Some moments genuinely require extraordinary effort. Crises happen. Deadlines loom.

But asking people to sprint is something you can only do now and then; no one can sprint forever, so play your cards carefully. The difference is that extraordinary effort becomes a conscious decision, not a permanent operating mode. It is recognised, recovered from, and not expected forever.

Perhaps the most generous thing a leader can do is replace "whatever it takes" with a more interesting question. One like:

What would it take?

Is it worth that?

In a world that often confuses intensity with impact, this kind of leadership is radical. It builds trust. It builds resilience. And it reminds us that contributing meaningfully to society is not about burning brighter at all costs, but about staying in the work long enough to make a difference.

By Lucy Chambers





Muscle Testing

The Ancient Smartphone of Your Body

Our bodies know exactly how to heal themselves. We just need to use the right tools and ask the right questions.

Wouldn't it be nice if your body had access to a smartphone like you do, so it could call you when it needed help? The human body is beautifully designed so that it does not need any cutting-edge technology to communicate.

Since the human body's inception, it has used the tried-and-true ability to give us symptoms, which most of us like to ignore. Some symptoms seem to disappear without our noticing, only to manifest elsewhere in the body later, while others get progressively worse until we can no longer ignore them.

How can we effectively communicate with our bodies? Muscle testing. Muscle testing is a tool, not a diagnosis, but when used properly, it can give you important information about your symptoms and how to get to the root of what is causing them.

This will give you the ability to rebalance your body, which can lessen and potentially relieve the symptoms. I have seen this firsthand in my business as an Energy Therapist. Everyone can learn how to muscle test; it just takes time and practice.

Muscle testing stands out as a practice that bridges the physical and energetic realms. Known formally as applied kinesiology, muscle testing has evolved from its roots in Traditional Chinese Medicine and chiropractic care, to today's world of energy medicine, where it is a widely used tool for accessing the subconscious mind by-passing the

conscious mind. It can identify emotional blocks (even those causing physical symptoms), nutritional needs and energetic imbalances.

Here is a simple example of how anyone can use muscle testing. Your doctor tells you that you need more Vitamin C. Obliging, you run out to your local pharmacy to get it. When you get there, you are hit with multiple varieties of Vitamin C.

What typically happens here? If you are like me, your eye is immediately drawn to the nicest label. You may discern if you like tablets over capsules, but really, how else do you know which Vitamin C bottle on the shelf holds the best type for your body?

You can use the Sway Test. This is a form of Muscle Testing that you can easily practice on your own.

In this scenario, to use the Sway Test, hold the bottle of Vitamin C in your hands, take a deep breath and try to clear your mind. Ask out loud or in your head: Is this Vitamin C in my highest and best good? If it is, your body will sway slightly forward, just a little bit, you won't fall over. My body sways a little sideways forward.

If the Vitamin C you are holding is not good for you for whatever reason, your body will slightly sway backwards. How I remember which way is which, you always want to be moving forward in life, not living in the past (or behind you).

A fun way to practice this or create a cool party trick is to try the cup game. Have someone put water in one cup, and something not good for you, like laundry detergent, in another, then try the Sway Test in front of each cup, asking, "Is this in my highest good to consume?" Practice makes perfect, so be sure to look in the cup before drinking! This is also a fun way to get your children to start to learn the Sway Test for themselves.

Other ways to muscle test include the O-Ring or Finger Pull test, or using a pendulum to get the yes-or-no answer you are looking for.

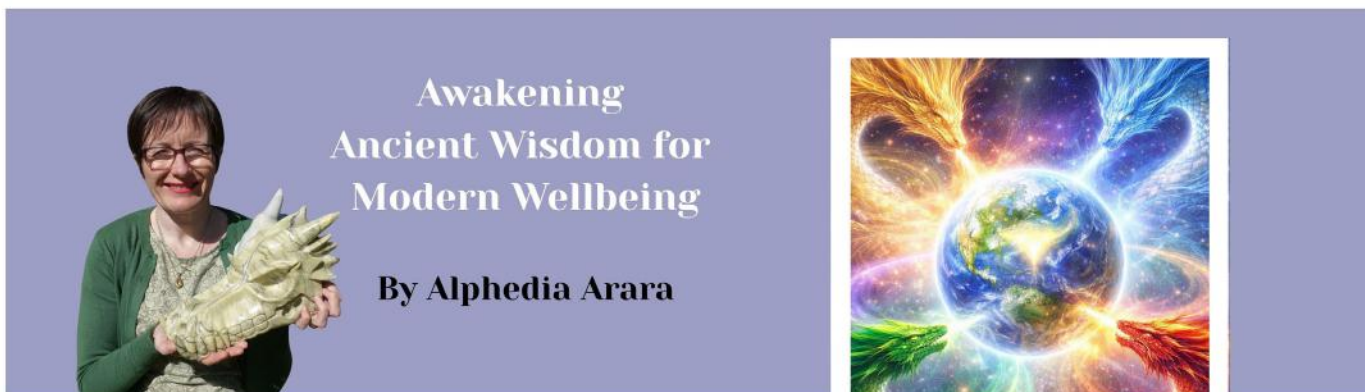
Muscle testing is more than a diagnostic tool; it is a bridge between the conscious and subconscious, the physical and energetic. It invites us to listen to the body's wisdom, to trust the subtle signals that guide us toward balance and healing. Muscle testing, when used with integrity and intention, can transform the way we approach health and self-awareness.

By Sue Campanella

Sue Campanella, founder of Transformations Life Coaching & Healing, LLC, is an award-winning energy therapist, an acclaimed speaker, and co-author of several books, including Chicken Soup for the Soul. She has empowered thousands of awakening women—those seeking to reclaim their voice and truth—through spiritually guided coaching, the Emotion, Body, and Belief Code modalities, and bespoke tools for lasting alignment. For over a decade and a half, Sue has embodied empowerment as a lifestyle, guiding women to live authentically and consciously every day.



Dragon Intrigue



Awakening Ancient Wisdom for Modern Wellbeing

By **Alphedia Arara**

Dragons have captured the human imagination for thousands of years. Found in mythologies from East to West, they appear in artwork, folk tales, and religious teachings, often as celestial serpents, elemental guardians, protectors of wealth, and keepers of sacred knowledge. Since the 21.12.12 portal, New Age community's interest has ignited in these mystical, beautiful beings once again; many seekers experience Dragon encounters in meditations, healings, channelled guidance and dreams.

In 2013, after five years of Dragon encounters in meditations and visitations at sacred sites, the Dragons (who I hear through my profound clairaudience abilities) asked me to set up an Online Dragon School to share their wisdom. At this time, few were working with Dragons, yet many of those who were felt the Dragon call to come along to my courses and retreats from all over the world. Now, many are actively working with Dragons, and it is becoming more mainstream in spiritual circles to ask Dragons for help and life healing.

Who are the Dragons?

On Earth, Dragons exist within the Devic Realm, a nonphysical plane of existence shared with Fairies, Mermaids, Unicorns, and other Elemental Beings. Dragons exist, however, in many celestial dimensions residing on other planets, star systems and planes of existence. From Wealth Dragons to Love Dragons, Golden to Rainbow, Dragons appear in different frequency bands of light to assist us, supporting our ascending consciousness as we move into higher-dimensional awakening.

Spiritually, Dragons are associated with sovereignty, protection, transformation and the awakening of inner power. When human consciousness rises enough out of ego-driven, illusion-filled drama, the Dragons come forth to support the soul as it ignites into remembering life beyond the physical. Dragons are powerful beings of mystique and intrigue who can burn away illusion, inner fears and limitations through the symbolic fire of truth.

Elementally, Dragons are masters of Earth, Air, Fire, Water, Ether, Metal and Wood. In traditions such as Traditional Chinese Medicine, imbalance within these elements is believed to manifest as illness or disharmony. Dragon energy helps restore this balance. Fire Dragons ignite courage and purification. Water Dragons enhance emotional healing and intuition. Earth Dragons bring grounding and manifestation. Air Dragons offer clarity, communication and expanded perspective.

When these elemental forces are harmonised within us, we experience greater wellbeing in body, mind and spirit. Dragons are also considered keepers of ancient wisdom. Esoteric teachings suggest that dragon consciousness holds memory from earlier civilisations and cosmic cycles. In this sense, dragons are not bound by linear time but operate as guardians of universal knowledge.



Dragon Healing

When I started working with Dragons to heal my physical body and my wealth flow, my life underwent a dramatic transformation in consciousness and a heightened sense of psychic abilities. They brought through many channelled meditations and teachings, and initiated many Earth-healing experiences that catapulted my spiritual growth stratospherically. For five years, I had been offering local courses on Angels and Fairies, but the Dragons opened me up to International Clients with now 82 countries in my client base! Dragon energy is often invoked for empowerment and energetic clearing as they assist in dissolving stagnant energy, cutting cords of unhealthy attachment and reigniting personal will.

Dragons are great for burning away self-doubt, fear and inherited belief systems that no longer serve soul growth. Taking us into higher states of consciousness and understanding, and supporting us with their protective, healing light. Anyone can ask the Dragons for help and assistance. Here is an invocation prayer to say:

"I call upon the Dragons to come and connect with me now. I open up to your loving, powerful healing light to support me at this time. Please transform all the blocks in my energy field and inspire me to follow my higher, soul-led path of light. Adoni"

Meditate or journal to receive the Dragons' guidance and healing.


Dragon Skulls

In more recent years, the Dragons have guided skilled crystal carvers to create Dragon Crystal Skulls. Dragon Skulls are powerful meditation tools to expand our consciousness, bring through Divine dragon healing energies and assist us with our soul manifestations. Each crystal skull holds a unique Dragon consciousness that will resonate with the soul of their guardian. Different crystals allow the Dragon consciousness to express in physical form to support the spiritual growth of their guardian.


Ultimately, crystal dragon skulls invite us into partnership with our own higher consciousness. They enable multi-dimensional journeying, channel profound wisdom soul teachings and are powerful spiritual protectors. Dragons remind us we have all the power within us to succeed and support us in transforming all limitations as we rise collectively to higher consciousness, living, and well-being.

Alphedia Arara is the Founder of the Dragon Wisdom School and Elemental Beings. Visit our websites www.dragonwisdomschool.org and www.elementalbeings.co.uk if you would like to purchase a Dragon Skull or take part in Dragon Channelled Courses

For more information
www.instagram.com/alphedia_channel/



The Hidden Identity Gap



Why change keeps backfiring after healing

For many people who have done years of inner work, the most disorienting moment does not arrive at the beginning of the journey. It arrives after. It arrives when insight is no longer the problem — when self-awareness is high, patterns are understood, and the inner landscape feels familiar. The origins are known. The language is there. The coping strategies can be identified as they occur. And yet, real-life change keeps collapsing or feels incredibly slow. Boundaries do not hold.

Decisions feel clear in theory but difficult to sustain in practice. When something is at stake — a relationship, a reputation, a sense of belonging, behaviour quietly defaults. This is not because people lack courage or desire. It is not because they have failed to heal “enough.” It is because many reach a point where who they know themselves to be internally has changed, but the nervous system has not yet learned how to live from that identity when life applies pressure.

This is the Hidden Identity Gap: the space between internal awareness and embodied capacity. It remains largely unnamed because it does not show up as confusion or dysfunction. It shows up in people who are articulate, reflective, emotionally literate — people who appear healed. Internally, it is often experienced as a persistent tension: the discomfort of knowing one’s truth with clarity while repeatedly watching behaviour fall short of it. The gap only becomes visible in moments of consequence, when insight alone is no longer sufficient to carry behaviour forward.

When healing stops translating into life

After enough healing, most people are not confused about what they want. They can describe, often with striking clarity, the relationships they want to be in, the work they want to do, the way they want to move through the world. They can feel the truth of it internally. They know what no longer fits. Something has shifted.

And yet, externally, very little changes.

The same conversations are avoided.

The same environments are tolerated.

The same roles reappear the moment there is discomfort, uncertainty, or relational cost.

This does not usually present as dramatic self-sabotage. It appears in ordinary moments: a truth rehearsed, a text message written 12 times and then softened; a boundary nearly held and then delayed; a decision deferred once the imagined consequences come into view.

Because this phase follows significant effort, the disappointment is acute. People do not invest years in therapy, coaching, somatic work, or spiritual inquiry for intellectual enrichment. They do it because they believe — consciously or unconsciously — that healing will lead to a different life. When it does not, the conclusion becomes personal.

I must not be ready yet.

I must be missing something.

I need to go back and keep working on myself.

What is rarely articulated is that this moment is not always a signal to return inward. Often, it marks the beginning of a different developmental phase. Healing is designed to build awareness. It teaches people to recognise their patterns, understand their history, and relate to themselves with greater honesty and compassion. The next phase asks a different question.

Not Why am I like this?

But what is required of me now?

How identity actually forms

The difficulty many people encounter at this stage is not a lack of insight, but a misunderstanding of how identity stabilises. Identity is not formed by understanding alone. It is formed — and maintained — by repetition.

By the thoughts that are returned to under pressure.

By the beliefs that organise decisions.

By the behaviours that are relied upon when something is at stake.

Over time, these repetitions consolidate into personality, and personality produces lived reality. This is why insight, while necessary, is not sufficient. Healing can radically change how someone sees themselves. It can dismantle old narratives, expose survival adaptations, and restore access to a more authentic internal reference point.

But unless behaviour changes in real situations, identity does not fully reorganise around that awareness. This is where the hidden identity gap emerges. Internally, a person recognises who they are becoming. Externally, their nervous system still defaults to responses that were rehearsed over years of coping, accommodation, or self-protection. The result is a persistent mismatch between self-concept and lived experience.

Why knowing does not equal fluency

A useful way to understand this gap is through language. It is possible to understand a new language long before it can be spoken fluently. Someone may know exactly what they want to say — yet when they are tired, emotionally activated, or socially exposed, they revert to their native tongue. Sometimes, they say nothing at all. Not because they lack comprehension. Because fluency under pressure requires practice. Identity functions in the same way.

Healing expands awareness faster than the nervous system can stabilise new behaviour. Insight arrives before fluency. Knowing precedes doing. Without lived repetition, the body relies on what it has rehearsed most often — not what the mind has recently learned.

This is why people can name a pattern while enacting it. ***Why can they articulate a boundary that they still struggle to hold?***

Why can they sense the truth of a different life and still default when the moment arrives?

What is often framed as an unresolved past is frequently something else entirely. An untrained present.

Not because the crossing has become more dangerous — But because awareness has expanded without movement. Over time, a pattern forms. Each retreat quietly teaches the nervous system that wanting leads to withdrawal. That desire must be managed. That clarity is safer when it remains theoretical. The river widens — not from failure, but from accumulation.

More insight.

More awareness.

More longing — without a way across.

Healing expands the map.

Without a practiced crossing, the map becomes painful to hold.

The lens that determines the outcome

At this stage, what determines whether change becomes possible is not what arises internally, but how that experience is interpreted. The same sensations can point in very different directions, depending on the lens being used.

Through a healing lens, discomfort signals something unresolved. Activation prompts introspection. The implicit question becomes: What do I need to understand or process before I can move forward?

This lens is not wrong. It is how awareness is built. But once healing has generated sufficient awareness, the same lens can begin to distort what is happening in real time because expansion in the beginning does not feel like confidence. It feels like unfamiliarity.

How the gap widens

The hidden identity gap does not remain static. It widens. Each time someone moves toward the life they want, their nervous system responds. Sensation arises — uncertainty, contraction, unfamiliarity. When this is interpreted through a healing framework, it is read as a signal to stop, reflect, and return inward.

So they do.

They step back from the edge and go back to healing.

They think more deeply.

They understand themselves more clearly.

They refine their language.

They see with greater precision what no longer fits — and what they want instead.

This is where the widening begins.

It is like standing at the edge of a river you intend to cross. Each time you approach the water, you feel its coldness and step back, telling yourself you will cross once you feel more ready. You return to the bank, gather more information, study the terrain, and imagine the other side in greater detail. But the river does not stay the same.

Each return sharpens your vision. You see further. You want more. The life on the other side becomes clearer — more specific, more compelling. And with every delay, the distance between where you stand and where you want to be feels larger.





Not danger.
Newness.

When unfamiliarity is misread as a problem, people slow down, analyse, and stop — precisely at the moment growth becomes available.

If we were to look at the same situation through a different lens, it would ask a much simpler question. Am I actually unsafe right now? If the answer is no, the work shifts from analytical to practical.

The question is no longer why this sensation is here, but whether you can stay present with it long enough for something new to be learned. Can you tolerate the discomfort of not managing the outcome?

Can you remain steady while someone is disappointed, uncertain, or upset by your choices? Can your nervous system experience — in real time — that choosing differently does not result in danger, abandonment, or loss of connection?

***Nothing dramatic is required.
No breakthrough moment.
No emotional resolution.***

The signal itself has not changed.
Only the meaning assigned to it has.
What matters from here is not further insight, but how that insight is carried when there is pressure, consequence, or relational cost.

This phase is often referred to as integration, though it is rarely articulated clearly...What is required next is a shift in focus — from insight to lived capacity. From understanding who you are to learning how to live as that person.

It is not a continuation of healing in the inward sense, but a distinct developmental stage: the repeated practice of new responses in real situations until they stabilise. Until the body no longer defaults to what was once familiar, simply because it hasn't rehearsed something else often enough to hold.

Embodiment is the outcome of that process.
It is what it looks like when behaviour begins to match internal clarity — not because it feels comfortable, but because it has become lived.

The Hidden Identity Gap

What closes the hidden identity gap is not more healing. It is learning how to live from a changed identity when the conditions are no longer internal, but real.

Healing alters awareness.
Integration — in its truest sense — alters behaviour under pressure.

Until that translation occurs, people can know themselves deeply and still live lives that no longer reflect who they are. Not because they are resistant or afraid, but because no one ever taught them how to stabilise a new identity in motion.


The hidden identity gap closes when insight is no longer treated as the destination, but as the beginning of a different phase of development — one where life, not introspection, becomes the training ground.

By Kate Kleeberg

Consciously Evolving

www.consciouslyevolving.com.au





I'm Suzie Yoder, a licensed marriage and family therapist in Akron, Ohio. I am the founder of Cypress Therapy Center. My work is grounded in the belief that relationships matter deeply to all of us and can become one of the most painful parts of life when they begin to break down.

Most people come into my office hoping for similar outcomes. They hope to feel close again, to feel understood, and to feel emotionally safe with their partner. For many people seeking my help, conflict or betrayal has entered their relationship, and they don't know what to do next. It is at this point many people realize they were never taught how to move through very difficult conversations and reach repair. Instead, distance grows, conversations shut down or become explosive, all of which are very painful.

A large part of my work focuses on helping individuals and couples slow down and understand what is happening beneath the surface for themselves and their partner. This involves the inner work of understanding reactive triggers, perhaps why infidelity occurred or what micro moments of disconnection are really about. I also work extensively with infidelity and betrayal repair. This involves supporting clients as they process a sense of disorientation, shock, anger, self-doubt, and grief and beginning to create a new relationship based on healthier dynamics.

There is a moment in the musical Hamilton, in the song "It's Quiet Uptown," that I believe captures the hope and meaning of my work with couples. It is the moment when Eliza takes Alexander Hamilton's hand after his betrayal. "Forgiveness... can you imagine?" are the powerful words that accompany this scene. It is a quiet act of grace and a profoundly transformative moment for their relationship. That moment gives me chills every time I see or hear it because it reflects something I have the privilege to see in my work. Not every relationship should continue, and not all attempts to repair result in a renewed relationship.

However, people are capable of moving towards each other once more, even after the deepest of hurts. When that happens, the vulnerability of the movement creates something almost magical. It is possible to create a level of depth and connection that didn't exist before. Something new can emerge from the rubble. It's a privilege to walk with people through this type of transformation within themselves and within their relationships. If you're wondering, please know this is not a quick process. Typically, the moment described in Hamilton is possible for couples after about 2 years of hard work rebuilding trust, friendship and emotional safety.

It requires consistent dedication to show up and be transparent and vulnerable with one another. It is a true honor to guide people through their most vulnerable conversations. It is humbling to witness the power of human love and grace and see moments like those described in Hamilton happen in front of my eyes in my office.

In addition to formal psychotherapy from my Ohio office, I offer relational coaching in the form of a 6-week support group for women (all over the world) healing after infidelity. This is a closed group, which means once it starts, it remains with the same participants to create stronger bonds and safety. There are always two groups running, and when someone joins, they will be placed in the group beginning next.

Some women in this group have left their relationships and are seeking healing to begin their next relationship stronger. Most, however, are doing the hard work of repair with their partner while also receiving this additional support. Group work is so effective for healing because shame grows in isolation. There is power in hearing from others and walking together through similar pain. If you are interested or know someone who may benefit from this work, please reach out to find out when the next group begins.

I'd like all readers to consider if there is distance in an important relationship in your life, and consider gently turning towards the hard conversations. If you're unsure how to begin, find a relationally trained therapist, such as a marriage and family therapist, to support you. Meaningful change can begin with one honest conversation.

Please reach out via suzie@cypresscouples.com or follow me @afterinfidelity on Instagram. For more information or to join the healing group for women please visit

cypresscouples.com/after-infidelity





The Power of the Gut Microbiome

Why Stress Is Not Psychological, Performance Is Not a Mindset Issue, and Identity Is Biological

By **Letizia Mantovani MSc**

In the first article of this series, I outlined the origin of the Mantovani Method®.

Not as a concept, but as a response to a recurring problem I encountered in high-performing individuals: persistent decline in performance, clarity, and resilience that could not be explained by mindset, motivation, or conventional health metrics.

This second article explores where that decline actually begins. Not in psychology. Not in attitude. But in biology. More specifically, in the gut microbiome and its role in regulating stress, cognition, and what I refer to as the Biology of Identity.

Stress Is a Biological State.

Stress is still widely treated as an emotional or psychological issue. In practice, it is a measurable physiological state involving continuous communication between the gut microbiome, immune system, nervous system, and brain. When this system is regulated, pressure is processed efficiently, and recovery follows. When it is not, the nervous system remains reactive, tolerance narrows, and performance becomes increasingly effortful.

In my clinical work with executives and entrepreneurs, I rarely see sudden burnout. What I see first is a subtle change. Decision-making slows. Emotional resilience drops. The individual reports feeling "less like themselves", despite an unchanged workload or capability. These are not personality shifts. They are regulatory failures.

The Gut Microbiome and Identity Expression

The gut microbiome plays a direct role in stress responsiveness and neurological regulation. Specific bacterial populations influence neurotransmitter signalling, inflammatory load, and gut barrier integrity. When microbial balance is disrupted, the nervous system compensates by prioritising protection over performance. The result is not illness, but restriction. Restricted cognitive flexibility. Restricted emotional range. Restricted access to one's usual decisiveness and authority.

This is where the concept of identity becomes biological. Identity is not only a psychological narrative. It is the expression of a regulated system. When regulation falters, identity expression changes, often before any clinical symptoms appear. This principle sits at the core of the Mantovani Method®.

Why High-Performers Notice First

High-performers operate close to their regulatory threshold. They rely on precise gut-brain-vagus nerve communication to sustain output, clarity, and recovery.

When that communication weakens, they feel it immediately. Confidence becomes less embodied. Recovery takes longer. Resilience feels forced rather than natural. Others may not register these changes for years. High performers do because their baseline is higher. The issue is not reduced ambition or discipline. It is reduced biological support.

Regulation Declines Faster Than Assumed

One of the most damaging assumptions in performance culture is the idea of time. Chronic stress alters gut microbiome composition and inflammatory signalling within weeks to months. The nervous system adapts to this state, recalibrating stress as normal. By the time overt symptoms appear, compensation is already entrenched. Burnout is not the beginning of dysfunction. It is the endpoint. Early intervention requires recognising biological signals before collapse forces attention.

From Mindset to Biological Alignment

This is why generic optimisation strategies fail. You cannot override dysregulated biology with willpower. You cannot mindset your way out of gut-driven inflammation. And you cannot sustain high performance when identity expression is biologically restricted.

The Mantovani Method® addresses this gap by focusing on regulation rather than motivation. It does not attempt to change who the individual is, but to identify what is interfering with their ability to access themselves fully. The gut microbiome is not treated in isolation, but as part of an integrated regulatory system that determines performance capacity, resilience, and identity expression.

A More Useful Question The question is not: "How do I push harder?" It is: "Is my biology still supporting the level of performance I am demanding from it?" Stress is not failure. It is information. When interpreted correctly, it provides an opportunity to recalibrate before decline becomes irreversible.

The Mantovani Method®

Data provides clarity. The Mantovani Method® provides direction. This work is intentionally selective and designed for high-performers who recognise these patterns early and prefer precision over guesswork. Those who resonate with this approach are invited to request an eligibility review. If suitable, we begin with a comprehensive assessment and build a personalised regulatory strategy grounded in biological alignment.

Your system is already signalling. The outcome depends on how you respond..



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Can We Talk About How Much You're Actually Carrying?

There was a time when things were more clearly split. He earned the income, she held the home and the emotional glue that kept everything together. That came with its own problems, but at least it was two separate jobs for two separate people.

Now, a lot of us are carrying both.

You're hustling the kids out the door at 8 am, writing a proposal by 9, fielding a difficult client at 10 and making a call that affects someone's job by noon. And then you're picking up a sick kid from school, figuring out what's for dinner, remembering the birthday card you still haven't got, knowing which friend needs a text today and which child is quietly struggling at school.

The same person, the same day, moving between roles that pull in completely different directions. And here's the thing: it isn't just you. This has been a whole cultural shift, and nobody during that shift ever said, 'Hey, this is going to demand more from you than anyone has ever prepared you for.'

Because what you're actually being asked to do is move between two completely different versions of yourself, repeatedly, without pause. Decisive and strategic one moment, warm and emotionally present the next. That kind of switching isn't neutral, and it requires a kind of internal capacity that most of us were never shown how to build.

You may not have come across the terms masculine and feminine energy before, but bear with me, because this is the part that actually explains why it feels the way it does. Feminine energy at its best is creative, intuitive, and relational. It bends without breaking. I picture it like a flower moving in the breeze, alive and attuned to everything around it.

Masculine energy is different. It's structured, directional, and built to hold weight without buckling, more like a steel table, solid and designed to carry a load. Both are powerful. Both are necessary. But they function very differently.

If you had something heavy to put down, you wouldn't rest it on a flower. You'd put it on the table built for that exact purpose. The softness isn't the problem. The absence of structure underneath it is.

What I see in so many women I work with, and in myself not so long ago, is that we built the outward stuff long before we dealt with what was happening inside. We grew the business, created the income, and started showing up. But we never stopped to build the internal foundation that could hold all of it without something starting to give. So we oscillate.

We over-function at work and feel guilty that we weren't more present at home. We harden to cope and then feel sad that we're not as soft as we used to be. We lie awake running through tomorrow's list because the thing holding everything together is willpower and adrenaline, not actual capacity.

And willpower runs out. Adrenaline runs out. Capacity, when you actually build it, doesn't.

The answer isn't to pull back from ambition, nor is it to stop being the warm, caring person you are. It's to build the internal foundation strong enough that

structure and softness can actually coexist without one crushing the other.

So if you recognise yourself in any of this. If you're exhausted in a way that sleep doesn't fix. If you feel like you're doing everything and still somehow falling short. If you're capable and driven, but also running on empty more often than anyone around you knows. I want you to know that you're not weak, you're not failing, you're not too much or not enough.

You're just carrying a lot, more than one person was ever really meant to carry alone, and you've been doing it without anyone stopping to ask whether you had the capacity for it, let alone helping you build it.

But running on empty isn't a badge of honour, and pushing through isn't the same as being okay.

You deserve to enjoy this life, not just survive it. And that is what needs to change.

By Jodie Hayward

www.jodiehayward.com



THE ART OF PAUSE

Mindfulness Tools for Rest in a World That Never Slows

For many adults navigating high-pressure careers, frequent travel, and full calendars, rest can feel like a luxury rather than a necessity. Days are optimised, scheduled, and measured, yet genuine presence often feels increasingly rare. Ironically, the path to mindfulness rarely comes from adding more practices, more routines, or more goals. It comes from noticing what is already there.

This quieter approach to mindfulness is particularly relevant for many people juggling commitments. In this piece, we explore practical mindfulness tools that support rest and presence without asking you to step into something completely new, but let you know that the things you do already may have a bigger impact than you noticed before.

Why Mindfulness Isn't About Doing More

Mindfulness is often framed as something to achieve: longer meditation sessions, disciplined morning rituals, or perfectly curated wellness routines. For busy adults, this can feel like just another obligation layered onto an already demanding day.

At its core, mindfulness is not about effort. It is about attention. It is the ability to notice what is happening in the body, the mind, and the environment without immediately trying to change it.

This shift in perspective is liberating. It means mindfulness can coexist with ambition, travel, and responsibility. Rather than requiring time away from life, it invites you to experience life more fully as it is.

Everyday Mindfulness Tools That Create Space

The most effective mindfulness tools are subtle. They don't disrupt your schedule, but refine how you experience each moment.

1. The Micro-Pause

A micro-pause is a deliberate moment of stillness lasting just 10 to 30 seconds. Before starting work, answering a call, or moving into your next meeting, pause briefly. Feel your feet on the floor. Notice one full breath from beginning to end. This simple tool interrupts autopilot and gives your nervous system a signal to soften, even in the middle of a busy day.

2. Sensory Awareness

Mindfulness often begins through the senses. Throughout the day, gently bring attention to what you can feel, hear, or see without analysing it

- just notice.

You might notice:

- The weight of a cup in your hand
- The texture of fabric against your skin
- The most distant sound in the room

This type of sensory awareness anchors you in the present moment without requiring any change to your surroundings.

3. One Task Attention

Multitasking is often celebrated in professional environments, yet it fragments attention and increases mental fatigue. Choose one everyday activity and do it with full awareness. This could be walking on your daily commute, making a drink or reading. Allow that task to be the only thing you are focusing on for those few minutes. It is one of the most accessible mindfulness tools. Simple, quiet, and surprisingly restorative.

Reconnecting With the Body

Many people spend much of their day in their heads, focused on their lane. Mindfulness tools become especially powerful when they bring awareness back into the body and reset the nervous system.

Simple body-based practices include:

- Softening the jaw and shoulders when tension appears.
- Lengthening the exhale during stressful moments.
- Placing a hand on the chest or abdomen to reconnect with the breath.

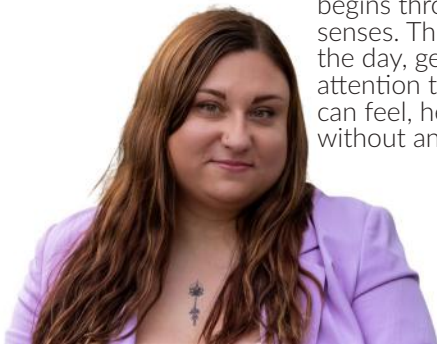
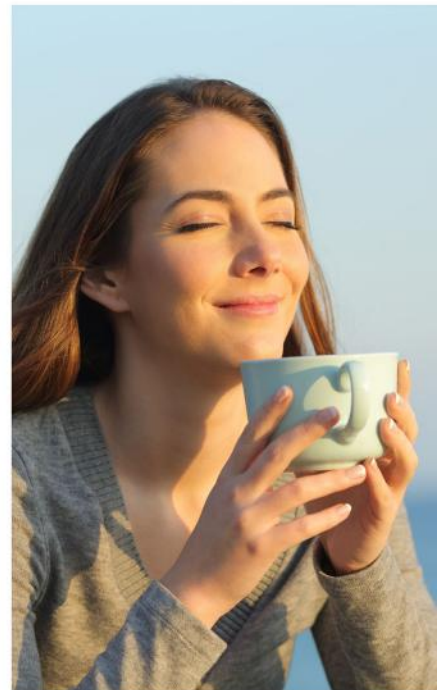
These gestures may seem small, but they create a felt sense of safety and rest, even in demanding times or environments.

For adults juggling busy schedules, mindfulness does not need to look minimal, silent, or stripped back. It can exist within full, beautiful, ambitious lives. The most effective mindfulness tools are not those that ask you to escape your world, but those that help you inhabit it more deeply. Presence becomes a way of moving through your day with clarity rather than urgency.

Choosing the Pause

In a world that rarely slows, choosing to pause is a subtle but powerful act. Mindfulness is not about doing more, but it is about noticing more: the breath you are already taking, the space you are already in, the moment that is already here.

By integrating gentle mindfulness tools into everyday life, you can experience deeper rest without sacrificing momentum. The invitation is simple: pause, notice, and allow presence to do the work.



By Pamela Redford
www.livingwelldaily.co.uk

Why Reformer Pilates is Becoming a Secret Weapon for Athletes



LAUREN KAY

Founder of ReformHer Pilates & PT,

Lauren Kay is a women-focused Reformer Pilates and personal training studio specialising in strength, rehabilitation and performance training.

She works with women at all stages of life, from postnatal clients to professional athletes, and has recently supported England Lioness and former Manchester City and England captain Steph Houghton with reformer-based training to enhance strength, performance and longevity

By Lauren Kay, Founder of ReformHer Pilates & PT

Walk into almost any elite training environment now, and you'll likely find a reformer sitting somewhere between the squat racks and the physio tables. Once perceived as gentle or purely rehabilitation-based, Reformer Pilates has become one of the most effective tools for building resilient, high-performing athletes.

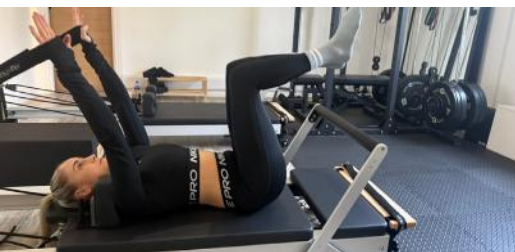
As a coach working with both everyday women and professional sportspeople - including England Lioness, former Manchester City captain and England captain Steph Houghton - I'm seeing first-hand how reformer training is bridging the gap between rehabilitation and performance. It isn't a replacement for strength and conditioning or sport-specific work; rather, it enhances it. Reformer Pilates allows athletes to move better, train harder and recover more efficiently, all while reducing injury risk.

STRENGTH WITHOUT THE STRAIN

Athletes are accustomed to high loads: heavy squats, sprint training, plyometrics and intense conditioning. But performance isn't just about producing force - it's about controlling it. Many injuries occur not because an athlete isn't strong, but because they lack control or stability through certain ranges of movement.

The reformer uses spring-based resistance rather than relying solely on gravity. This allows athletes to build strength through full ranges of motion while maintaining alignment and control. It challenges deep stabilising muscles around the hips, shoulders and spine without the same compressive load placed on joints during traditional lifting.

For footballers, runners and field-based athletes, this is particularly valuable. We can strengthen the posterior chain, glutes and hamstrings while reinforcing pelvic stability and core control. This helps reduce strain on the lower back and improves how force is transferred through the body during sprinting, kicking and change of direction.



INJURY PREVENTION AND MOVEMENT EFFICIENCY

Most injuries are not the result of one single incident. They develop over time through repeated imbalances - tight hip flexors, underactive glutes, limited thoracic mobility or poor core engagement. Over weeks and months, these small issues can compromise movement efficiency and increase the likelihood of overload. Reformer Pilates allows us to slow movements down and focus on quality. It

gives coaches and athletes the opportunity to identify asymmetries, rebuild stability and retrain movement patterns that carry directly into sport. Because the resistance is adjustable and the exercises are highly adaptable, it's suitable for both athletes in peak condition and those returning from injury.

For athletes transitioning out of elite sport, reformer training also offers a way to maintain strength and structure without the same physical toll. It provides challenge and purpose while supporting long-term joint health and longevity.

CORE STRENGTH THAT TRANSFERS TO SPORT

The word "core" is used frequently in fitness, but for athletes, it's about more than aesthetics. The core is responsible for stabilising the spine and transferring force between the upper and lower body. Whether sprinting, striking a ball, rotating or absorbing impact, core control is fundamental to performance.

On the reformer, core strength is trained dynamically. Instead of relying only on static holds, we use resisted movement, anti-rotation exercises and controlled spinal articulation. This builds strength that translates directly into sport. Athletes often notice improved balance, stronger lifts and better awareness of how their body moves after just a few sessions.

MOBILITY WITH STRENGTH

Flexibility without strength can leave joints vulnerable. Athletes need mobility they can control, a range of motion supported by muscular engagement. The reformer allows movement through larger ranges while maintaining stability, helping improve joint integrity and reduce injury risk.

This is particularly important in sports requiring repeated sprinting, kicking, jumping or overhead movement. Reformer training helps restore symmetry between sides of the body and ensures muscles are working together efficiently. Over time, this can improve performance while also reducing wear and tear.

"Reformer Pilates challenges athletes in a different way. Rather than simply pushing harder, it requires focus, precision and control."

LAUREN KAY

FOCUS AND BODY AWARENESS

Reformer Pilates challenges athletes in a different way. Rather than simply pushing harder, it requires focus, precision and control. Many athletes find that it develops a deeper awareness of their body, helping them understand how they move and where they compensate.

That awareness often carries back into strength training and sport. Athletes become more efficient in their movement patterns, which can enhance performance and reduce unnecessary strain.



A COMPLEMENT TO PERFORMANCE TRAINING

Reformer Pilates works best when integrated alongside traditional strength and conditioning, not instead of it. When programmed correctly, it can enhance lifting mechanics, improve running efficiency and support recovery between high-intensity sessions.

Whether working with elite professionals or recreational athletes, the aim is the same - to build a strong, balanced body capable of performing under load and recovering well. The goal isn't just peak performance for one season, but longevity in sport and in life.

As more athletes and coaches recognise its benefits, Reformer Pilates is no longer viewed as an optional extra. It's becoming a key component of modern athletic training - a tool that supports strength, resilience and long-term performance.

Gen Z's Anonymous Social Media Revolution



“Deliberate anonymity is not merely a tactic - it’s reshaping what it means to succeed and connect online.”

Among respondents, those who spent more than two hours per day on social media reported the most negative impact.

- By 2025, the trend is clear. According to Deloitte’s UK Digital Consumer Trends survey, 53% of Gen Z support banning social media for those under 16. Nearly a third deleted at least one app in the past year. They often cite lost time or mental health harm.

Deloitte’s Paul Lee calls this digital fatigue. He notes that consumers are intentionally reducing screen time and deleting apps. These findings highlight Gen Z’s focus on mental health, prompting reduced social media use and foreshadowing big shifts in digital culture.

It’s 3 am. Sarah just uploaded her fifteenth TikTok of the day. Exhausted, she meets the algorithm’s demand for consistency. Her ring light highlights her tiredness as she pitches skincare to an audience expecting constant availability and perfection.

Three time zones away, “FinanceGuru_2025” posts a daily market analysis using only an AI voice and professional graphics. The channel matches Sarah’s viewership, triples her revenue, and helps her avoid performance anxiety.

Social media fatigue is prompting Gen Z creators to pursue new strategies. Deliberate anonymity is not merely a tactic - it’s reshaping what it means to succeed and connect online. This approach redefines content as a product, minimising personal risk and emotional toll, while asserting control over creative output. Gen Z is using anonymity strategically to regain autonomy over their online presence and well-being.

A Generation Opts Out

Gen Z didn’t just grow up online – they grew up performing online. Every lunch, every breakup, every bad-hair day became content. They were promised that influence would equal income, but at what cost?

Now, a growing body of data shows that Gen Z is pushing back against the very platforms on which it grew up.

- A 2022 McKinsey survey found that 25% of Gen Z reported their mental health had worsened over the past three years, while 16% rated their mental health as poor or very poor.

Reboot

Gen Z is challenging the norm of constant online exposure by redefining what it means to succeed as a creator. Embracing faceless content creation, they show that sustainable income and personal privacy can coexist, emphasising that content -not personality - drives success.

- TikTok’s ‘# faceless’ hashtag has over 1.1 billion views.
- Industry trackers estimate that about 38% of newly monetised YouTube and TikTok channels created in the past year are faceless.

By using voiceovers, animation, or AI avatars, these creators maintain privacy while effectively conveying messages. Audiences support the change. Surveys show most Gen Z viewers prefer quality content, often finding faceless creators more authentic because the message matters more than the individual.

- According to eMarketer, U.S. influencer marketing spend is projected to reach \$7.1 billion in 2025, with the fastest growth in campaigns built around anonymous or avatar-led creators. Brands have noticed this high engagement and lower risk with faceless creators. Companies like Nestlé and Nike are testing synthetic spokespeople who operate across languages and markets, avoiding scheduling and reputational risks.

Anonymity: A Growth Engine

A personal brand is fragile. Traditional influencers rely on their personality and presence; revenue depends on their ability to stay visible by filming, posting, and livestreaming. If the influencer takes a break, income drops. And as the product is theirs, it can’t be licensed or sold without their ongoing involvement. As one agency executive told AdWeek, “You can’t scale a face.”

Faceless creators reverse the influencer model by turning ideas into scalable, monetisable assets, not relying on personal brands.

- A successful faceless channel can use AI voiceovers, hire editors, or assign scripts to freelancers without the audience noticing a change.

- The strength of Gen Z's anonymous revolution lies in its scalability. Without a personality anchoring the brand, faceless content creators now operate like resilient media companies, expanding reach and revenue beyond individual presence.

AI's Promotion: From Editor to Co-Creator

Previously, AI tools cleaned up audio, removed backgrounds, or auto-captioned video.

The latest AI platforms enable creators to produce polished, creative assets with original voices, branded visuals, and synthetic presenters. AI can invent spokespeople, design formats, and automate publishing at scale.

- Platforms like Runway, Synthesia, HeyGen, and Pika can turn a short text prompt into full video segments or realistic avatar hosts, delivering scripts in any language.

- Voice synthesis from ElevenLabs or Descript Overdub allows users to clone or create voices, enabling a faceless brand to launch podcasts or narration without recording a single word.

- Automated editing & distribution with Opus Clip or Kapwing cuts long videos into social-ready clips, adds captions, and schedules posts across platforms.



- AI writing tools like ChatGPT, Claude, and Jasper draft scripts, ad copy, and captions, while Midjourney or DALL·E generate unique artwork and thumbnails.

Gen Z: Curator, Director, but Never Performer

By combining the use of different AI systems, a Gen Zer can type a concept, have AI write a script, generate a human-sounding voiceover, pair it with AI-created visuals, and schedule the finished product - often in a single afternoon.

Picture Don Draper, the chain-smoking ad man of Mad Men fame, surveying this new landscape... "Let me get this straight. One person and a machine invent a character, clone the voice, run the shoot, and flood the feeds - all without ever stepping in front of a camera. ... and you dare call that advertising?"

And top faceless creators are already commanding five-figure monthly brand deals. A creator profiled by The Money Times in 2025, Cooke operates several content verticals using AI-generated voices, automated video, and cross-platform bots.

His material spans finance education, productivity tips, and tech reviews - all delivered by a rotation of AI avatars. He builds audience loyalty through frequent posting and valuable insights, never revealing personal information. By using three distinct "personalities", Cooke's revenue for the past year exceeded US\$700,000.

Future Release

Gen Z is leading the creator economy into a high-tech future. Generative AI tools will increasingly make creativity effortless. A young creator with a laptop can already launch multiple brands quickly, maintaining operations from anywhere.

Platforms are working to keep pace. Meta is testing AI Studio, which lets users create custom "AI personas" for Messenger and Instagram DMs. TikTok is experimenting with in-app AI music tools and watermarking to help distinguish between synthetic and authentic content. Amazon is integrating generative AI into its advertising platform, enabling sellers to create images and videos at scale.

However, innovation often leads to litigation. And the negatives are almost as scalable as the technology. If anyone can clone a voice or likeness, misinformation and deepfake fraud are surely set to explode. With lawsuits expected, EU lawmakers are sharpening the AI Act, while the U.S. debates a federal right-of-publicity law aimed squarely at voice and image cloning.

Seb's Final Word

For Gen Z, anonymity is not just an escape from burnout - it's a deliberate reinvention of what online success means. By embracing anonymity, Gen Z proves it's possible to thrive and set new rules for the creator economy, prioritising privacy and well-being over visibility.

The combination of widespread anonymity and AI-generated content is transforming the way information flows online. **When creators can hide their identities while producing convincing synthetic content, we lose the two traditional markers of credibility: knowing who made something and being able to verify its authenticity.** This creates an environment where even legitimate information becomes suspect, as audiences lack reliable methods to distinguish between genuine communication and manufactured deception.

Trust fragments across digital platforms as users struggle with verification overload. People either believe everything or trust nothing, retreating into smaller, verified communities where identity can be confirmed through personal relationships. Traditional news sources and institutions are losing their authority as anonymous creators produce professional-looking content. This speeds up the creation of separate information bubbles, each following its own rules about what's true.

The problem with fake news extends far beyond simply spreading more lies. Bad actors can now create personalised false content on a massive scale, crafting specific lies designed to fool particular groups of people. Even worse, since any content might be AI-generated, dishonest people can now dismiss uncomfortable facts by simply saying, "That's probably fake." This breaks down the shared understanding of basic facts that communities need for healthy debate and decision-making.

Navigating this new digital landscape will require clearer and actionable methods to verify information that do not depend solely on knowing who created it or whether it appears genuine. Developing such solutions will help sustain trust online as the creator economy evolves. Gen Z is not to blame for this crisis - they are just the first generation to navigate a world where anyone can create anything anonymously. The same tools that empower their creativity and protect mental health also complicate the search for truth. Still, by embracing faceless content creation, Gen Z may help shape more democratic, reliable ways of verifying what is real online, forging a new path where trust can adapt alongside technology.

Don Draper's world was built on knowing exactly who was selling you what. Gen Z's world proves you don't need to know the salesperson to trust the product. Either way, 'being online' will never mean being visible; for Gen Z, real influence is now measured by impact, not exposure.

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Butterfly Lessons Asking for Help and Opening Up to Opportunity in the Chrysalis

You're in the chrysalis now. It is that tender in-between space where you're no longer who you were, and not yet who you're becoming. If you made one wee change during a CRISIS, you've cracked the egg. You chose.

Change starts with choice. This is where it gets interesting and a bit scary. Two moves matter most in this stage. Ask for Help and stay Open to opportunities.

The Help You Need (Even When You Don't Want to Ask)

The H in our CHOICES framework stands for Help. Inside a chrysalis, transformation depends on conditions such as warmth, protection, and support. A butterfly doesn't brute force its way to wings. Neither do we.

We resist asking for help because it can feel like failure. It is not. It is wisdom.

Sarah, who we met last time, started with a small choice, going to bed 30 minutes earlier. Three weeks in, she was still exhausted. Instead of giving up, she asked for specific help. One conversation with her doctor revealed an iron deficiency. A simple supplement changed her energy and momentum. The right help turns effort into progress. Sometimes it's a listening friend, sometimes a professional, and sometimes someone who simply reminds you you're not mad for wanting something different.



The Art of Assessing What You Actually Need

In your chrysalis moment, be honest about what's not working. Clarity beats self-criticism. Ask yourself what precise help would move me forward right now?

Maybe you need one of the following

Someone to teach you a skill you're missing
A friend who checks in on your progress each Friday
Professional guidance for the thing you keep avoiding
Permission to rest without guilt
Help spotting your blind spots

The butterfly doesn't grow everything at once. It focuses on what's needed at this stage. Do the same. Choose one area where you're stuck and make one clear ask this week. Keep it simple. I'm working on X. Could you help me with Y

Opening to Opportunities (They're Not Always Obvious)

Now for the O in CHOICES. It means Open. We picture opportunities as lightning bolts. In real life, they arrive as small, slightly awkward whispers.

Emma, one of our clients, felt trapped in accounting and dreamed of a career in design. Nothing perfect appeared until a colleague asked if she'd help with the company newsletter. Not glamorous. But she said yes. That led to a website refresh, then freelance requests, a portfolio, and her first design client: no lightning bolt, just a string of small, aligned yeses.

Being open does not mean saying yes to everything. It means testing possibilities. A small yes is a reversible experiment, not a forever commitment. Ask yourself whether this opportunity stretches you a little and points in the direction you want to grow.

The Growth That Happens in the Waiting

Here is the chrysalis truth. Most change happens when you can't see it. Inside, the caterpillar essentially dissolves before reorganizing into something new.

Your work is the same. Ask for help even if you've always been the helper. Notice small opportunities instead of waiting for a perfect one. Practice active patience. Keep showing up while results assemble.

Practical ways to practice

Schedule your support (calls, sessions, check-ins) like appointments with your future self
Keep a weekly list of tiny opportunities and choose one to test
Review what worked every Friday. Adjust your next small ask or small yes

Your Chrysalis Toolkit

As you navigate this stage of Change Starts With Choice, remember this

Egg is the moment you choose a tiny action
Chrysalis means you build conditions and support
Butterfly is emerging when consistency meets readiness

This week, pick one help request and one small opportunity

Help example I'm working on X. Could you do Y for the next two weeks
Opportunity example: Say yes to something 10 per cent outside your comfort zone that points toward who you're becoming

Asking for help does not make you weak. It makes you wise. Opportunities rarely arrive with fanfare. They appear as doable steps. Growth lives in the space between action and results.

You're not stuck. You're becoming. What help will you ask for today? What small opportunity will you say yes to? Your wings are forming. Change Starts With Choice. Keep choosing.

By Ev Foster



Signs your intuition is awakening

Have you ever thought, “That’s strange...? I thought that was going to happen?” Or brushed something off as just a coincidence? You are growing more and more each day. Perhaps you are learning to trust yourself, your intuition, and your inner guidance. You may even feel as though you are spiritually awakening. If this feels familiar, you are not alone.

The Year of the Snake: A Time for Inner Wisdom

We are currently in the Year of the Snake in the Chinese Zodiac, moving towards the Year of the Horse on 17th February. Spiritually, the Snake year brings heightened intuition and psychic awareness. It encourages introspection rather than external validation. This is a powerful time for spiritual study, intuitive development, and meditation. The Snake symbolises wisdom and transformation, making this an ideal year for healing. Many people experience profound breakthroughs during this period, especially when they slow down and truly listen.

Signs Your Intuition May Be Awakening

You may notice:

- Vivid dreams

- Strong gut feelings about people or events
 - An inner knowing that something is going to happen
 - Feelings that are difficult to ignore
 - Increased sensitivity to people’s energies
 - Absorbing others’ emotions as if they were your own
- These experiences are common signs of intuitive awareness becoming more active.

Synchronicities and Angel Numbers

As intuition strengthens, many people begin to notice synchronicities – meaningful coincidences that feel guided. You might be questioning a business decision and suddenly notice the number 111, a sign that your manifestation is aligning. Or perhaps you’re working on a new project and see 333, which relates to creativity, communication, and alignment with your soul’s purpose. Personally, I frequently see 555, a number associated with change and transformation. You often begin to notice angel numbers once you start trusting your intuition – they are one of the universe’s ways of communicating with you.

Here is a brief overview of common angel numbers: Angel Number Meanings



111 – Alignment & Manifestation

- New beginnings
- Manifestation alignment
- A reminder to focus on what you want.

222 – Balance & Trust

- Trust the process
- Relationships and emotions are coming into balance
- Patience and faith are required

333 – Support & Divine Guidance

- Growth and expansion
- Creative expression
- Alignment with your soul purpose

444 – Protection & Stability

- Strong foundations are being built
- You are protected and supported
- Steady, disciplined progress

555 – Change & Transformation

- Release of old patterns
- Transformation and freedom
- Necessary change for growth

666 – Rebalancing & Self-Reflection

- Return to self-care and balance
- Release worry and overthinking
- Grounding in love and compassion

777 – Spiritual Awakening & Wisdom

- Inner wisdom
- Soul alignment
- Trust in your intuitive path

888 – Abundance & Flow

- Prosperity and karmic balance
- Rewards for past effort
- Harmonious energy exchange

999 – Completion & Closure

- Endings and release
- Forgiveness
- Preparing for a new chapter

Ancestors, Spirits, and Signs

Our ancestors and loved ones in spirit are always with us, often offering gentle reassurance. Seeing a robin is a sign that a loved one who has passed away is with them. For me, it symbolises my grandmother – a guiding presence who brings comfort.

Simple Ways to Strengthen Your Intuition

- Create moments of stillness to quiet the mind and hear your inner voice through meditation, breathing, or silence
- Use journaling to allow intuitive thoughts to flow without overthinking
- Listen to your body and notice physical sensations when making decisions
- Pay attention to signs, synchronicities, and repeating patterns
- Trust and act on small intuitive nudges to build confidence in your intuition

The more you listen and trust your intuition, the stronger it becomes.

Vivid Dreams and Intuitive Messages

My intuitive abilities started in childhood, often through vivid dreams. Sometimes the details would fade in the brief moment between sleep and waking. I dreamt of flying, travelling, and having wonderful adventures. Understanding how you receive intuitive messages is often the first challenge, as intuition communicates differently for everyone. Once you begin to recognise your own unique way of receiving guidance, your connection to your intuition strengthens, allowing messages to come through clearly and frequently.

I keep a dream journal to record my dreams, as they carry important messages. Had I ignored my intuition, I wouldn’t be where I am today – supporting others through intuitive readings, healing, and coaching.



By Crystal Johns

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How to stop overwhelm WITH THE WHOLE PERSON SOLUTION

A whole person approach

After supporting my daughter through terminal illness and rebuilding my own life from the inside out following her passing, I learned a fundamental truth: sustainable wellbeing comes from addressing the whole person, not isolated symptoms.

When mind, body, and inner life are supported together, wellbeing becomes more stable and resilient. Anxiety reduces because the nervous system is allowed to settle and breathe. Energy becomes sustainable because depletion is addressed at its root. Overwhelm reduces because space is created to decompress and reconnect with what genuinely lights us up.

You may have tried the meditation app, the therapy sessions, or the resilience masterclass. Yet here you are again, feeling overwhelmed as the cycle repeats itself. You are not failing; it is just that each wellbeing solution is working in a silo. The truth about overwhelm is that it will keep returning until we address the whole person, not just individual parts.

The pattern you may not see

For many professionals, the modern, intense daily rhythm has become the norm. Wake up already under pressure, move straight into over-giving and problem-solving, firefight throughout the day, little time to decompress, then collapse into exhaustion at night, only to repeat the cycle again the next morning.

Should our lives be in content survival mode? I see this pattern constantly with the professionals and executives I work with. They are capable, driven, and positive about wanting a better work-life balance. They have previously invested in solutions and ticked the wellness boxes, yet still get caught in the same burnout loop. When one area is supported in isolation, the rest of the system remains worn out. Overwhelm re-emerges because the whole person has not been addressed.

Where overwhelm really lives

Think about the last time you felt truly overwhelmed. Where did you feel it? Your mind raced with revolving to-do lists, decisions, and worst-case scenarios. Your body held tension, particularly in the shoulders and jaw, while your nervous system stayed on high alert, disrupting rest and sleep. Beneath this, a deeper sense of disillusion: where is the joy, and the meaningful moments that make life feel rich?

Overwhelm does not live in one place. It moves through mind, body, and inner life simultaneously. Yet most approaches treat it as a single issue. Difficulty sleeping is met with supplements. Anxiety is addressed with meditation. Boundaries are tackled cognitively. Each can be helpful, but none alone is sufficient.

You cannot resolve overwhelm through mindset alone, when the body remains in a state of tension, or create calm when internal patterns continue to drive relentless activity. Without reconnecting to what truly matters, even the best strategies struggle to take hold.



This insight led to the creation of the Galena Wellbeing Method, a joined-up framework that works with the mind, body, and inner world.

- **Connect** – Reconnect with the whole self, noticing what the body needs and what the inner parts of self are calling for.
- **Activate** – Address emotional barriers and limiting beliefs that keep people stuck, allowing movement forward from a grounded place.
- **Reflect** – Integrate insights from the mind, signals from the body, and inner wisdom so patterns become visible and change is possible.
- **Energise** – Take aligned action from balance rather than high alert urgency, creating sustainable wellbeing instead of further exhaustion.

What changes when the whole person is addressed

Sustainable wellbeing allows energy to regenerate naturally because all parts of the person are nourished. Mental clarity emerges as the body rests and the nervous system settles. Stress is reduced not through constant management, but because its root causes have been addressed across the whole system.

Life moves from survival into a place of presence and harmony.

Start with whole person awareness.

A simple daily practice can begin this shift. At the end of each day, ask yourself:

- **What supported my body today?**
- **What supported my mind?**
- **What nourished my inner world?**

This brief check-in highlights where imbalance may be developing and builds awareness across all three areas. Over time, patterns become clear and meaningful change becomes possible. The robust wellbeing toolkit supports the whole person in harmony.

Ready for your reset?

If you are ready to move beyond silo fixes and experience a whole person reset, I would love to support you. The Galena Reset is a 90-minute session that addresses mind, body, and soul together - not just symptom management, but genuine transformation.

You do not have to keep carrying it all alone. Book your Galena Reset: www.galenawellbeing.co.uk/shop/p/wellbeing-session

Louise Dicks is the founder of Galena Wellbeing and an empowerment & wellbeing specialist collaborating with professionals and executives worldwide.

Horoscope for

Spring 2026 marks one of the most significant astrological turning points in decades. This season, three major “outer planets”, the heavy hitters that shape our long-term direction are shifting signs simultaneously.

Saturn and Neptune both move into Aries, while Uranus makes its grand entrance into Gemini. This creates a collective atmosphere of “urgent innovation.” We are moving away from the dreamy, sometimes confusing fog of recent years and into a period of bold action, pioneering spirit, and rapid communication. It is time to stop planning and start doing.

These transits take time to manifest into your life and the wider world, although we can already see the shift in energy by recent world events. Many of these changes will be generational.

Let us now take a look at how each sign will fair during this time. Remember to read your Sun, Moon and Ascendent to get a more detailed description.

Aries

This is your “re-launch” season. With Saturn and Neptune entering your first house, you are feeling a deep sense of responsibility for your own life. You might feel a bit more serious than usual, but this is the universe helping you ground your wildest dreams into reality. It’s out with the old “you” and in with a more authentic, disciplined version.

Your Power Mantra: “I embrace my new responsibilities with courage; my discipline is the foundation of my freedom.”



Aries

Cancer

Your professional life is under the cosmic spotlight. Saturn in your career zone brings a “promotion or pivot” energy. You’re being asked to step into a leadership role or take your ambitions more seriously. Fortunately, Jupiter in your own sign gives you the confidence and “luck” to handle any extra pressure with grace.

Your Power Mantra: “I step into my power with confidence, knowing I am fully supported as I reach for my highest goals.”



Cancer

Taurus

Spring is a time for closure. As Uranus finally leaves your sign, the chaotic unpredictability of the last few years, since 2018 begins to settle. You are being asked to look inward; Jupiter in your communication sector suggests that journaling or therapy could lead to massive “aha!” moments. Use this time to rest before your next big chapter begins.

Your Power Mantra: “I release what no longer serves me to make space for the quiet wisdom of my inner self.”



Taurus

Leo

Adventure is calling. Spring 2026 shifts your focus toward travel, higher learning, and big-picture thinking. You might feel a pull to go back to university or book a long-haul trip. It’s about expanding your mind and breaking out of your daily routine to see the world from a fresh perspective.

Your Power Mantra: “I expand my horizons without fear; the world is my classroom and I am ready to learn.”



leo

Gemini

Prepare for a lightning bolt of energy. Uranus enters your sign this spring, sparking a seven-year journey of radical self-reinvention. You’ll feel a sudden urge to change your look, your career, or your lifestyle. Embrace the “weird” and the wonderful! Your unique ideas are your greatest asset right now.

Your Power Mantra: “I am open to radical change; my curiosity turns every disruption into a brilliant opportunity.”



Gemini

Virgo

This season is about deep dives and shared resources. You’re looking at your finances, investments, and intimate bonds with a more critical eye. It’s a brilliant time for sorting out taxes, Wills, or joint bank accounts. Emotionally, you’re learning that true strength comes from being vulnerable with those you trust.

Your Power Mantra: “I find strength in my vulnerability and clarity in my connections with others.”



Virgo

Spring 2026

Libra

Your relationships are undergoing a major "level up." With Saturn entering your partnership zone, casual flings might turn serious, or business partnerships will require clear boundaries. You're learning who is truly "for you" and who was just for a season. Quality over quantity is your mantra this spring.

Your Power Mantra: "I honour my worth by choosing partnerships that offer mutual respect and lasting substance."



Capricorn

Your "home base" is the priority. Whether you're moving house, renovating, or simply redefining what "family" means to you, spring brings a focus on your roots. You're building a foundation that is both spiritually fulfilling and physically solid. It's a great time to reconnect with your heritage.

Your Power Mantra: "I nurture my roots so that I may grow tall; my home is my sanctuary and my strength."



Scorpio

It's time to get your house in order. The focus this spring is on your health, daily habits, and work environment. You might feel inspired to start a new fitness regime or overhaul your office space. Small, disciplined changes made now will lead to massive long-term improvements in how you feel every day.

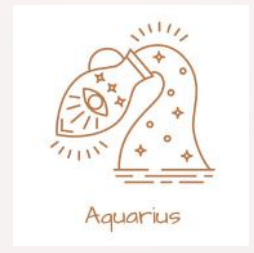
Your Power Mantra: "I master my daily rhythms to create a life of physical vitality and mental peace."



Aquarius

Your local world is buzzing. Expect a flurry of activity involving siblings, neighbours, or short trips. Your mind is moving at 100mph, and you'll have a knack for solving problems that stump everyone else. It's a fantastic season for learning a new skill or starting a community project.

Your Power Mantra: "I speak my truth clearly and stay open to the magic found in my everyday surroundings."



Sagittarius

Creativity and romance are taking a more structured turn. You might find yourself taking a hobby more seriously or looking for more stability in your dating life. Uranus moving into your relationship sector suggests that someone very unconventional or "outside your type" could catch your eye.

Your Power Mantra: "I ground my creative sparks into reality, finding joy in the commitment to my passions."



Pisces

Financial clarity is your spring theme. After a long period of feeling "in the flow," you're now ready to get practical about your income. You are discovering new ways to monetize your creative talents. It's about knowing your worth and ensuring your bank balance reflects the value you bring to the table.

Your Power Mantra: "I value my unique talents and trust that my practical efforts will yield abundant rewards."



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THE INVISIBLE PAUSE

WHEN BRILLIANT MINDS STRUGGLE TO FIND THE FIRST STEP

Supporting neurodivergent teens and emerging adults often requires understanding something many families discover only after years of frustration: the struggle isn't always about motivation. More often, it's about how the brain organizes the very first step.

Recently, a student sat across from me in session, searching for the right words to explain what was happening in his mind.

"I'm tired," he said at first. Then he paused.

"No... not tired."
He tried again.
"It's weird. My brain just feels... weird."

Not anxious.
Not overwhelmed.
Not exhausted.

Just strange in a way he couldn't quite articulate.

For many young adults navigating ADHD, autism, or both, this experience is surprisingly common. Their minds can hold complex thoughts, analyze problems deeply, and make meaningful connections—yet translating those thoughts into action can feel like trying to start a car with the key turned halfway.

The engine wants to run. But something in the ignition stalls.

When Intelligence Isn't the Issue

This student is thoughtful, analytical, and highly self-aware. During our conversation he described his attention span in a way that stopped me for a moment.

"It's like a hybrid," he said. Not fragmented like endless social media scrolling. Not completely locked into hyperfocus. But somewhere in between. He can think deeply about a subject, connect ideas quickly, and even explain those ideas out loud with clarity.

And yet when faced with certain tasks—particularly writing assignments—his brain suddenly stalls. From the outside, it can look like procrastination. Inside, something else is happening.

The Complexity Trap

During our session, the student made an observation that many adults struggle years to recognize about themselves.

"It's not energy," he said.
"It's the number of steps."
Reviewing flashcards? No problem.
Completing a math problem? Manageable.

But a writing assignment that requires summarizing a source, evaluating credibility, identifying intent, and connecting ideas across multiple articles?

The brain suddenly sees five moving parts instead of one task. When the mind tries to organize all of those pieces at once, it pauses.

Not because the student lacks ability.

Because the brain cannot immediately determine where to begin.

"The issue wasn't motivation. It was the number of invisible steps the brain had to organize at once."

The Mind That Thinks in Layers

Many neurodivergent young adults describe their thinking as layered. One student jokingly referred to himself as an "onion thinker." Peel back one layer of thought and three more appear underneath.

Questions surface quickly:

Did I interpret this correctly?
What if I misunderstood the instructions?
What if I miss something important?

Each thought opens another layer of analysis. While this depth of thinking can lead to incredible insight, it can also create friction when action requires simplicity. The mind becomes busy processing possibilities instead of beginning the work.

When Progress Looks Different

What stood out most during this session wasn't the struggle. It was the shift quietly taking place underneath it. The student described this year as a "cycle breaker."

He had started attending a chess club.
He began taking notes during class.
He was studying ahead instead of waiting until the last minute.

Even completing everyday tasks—like laundry—had become easier as he learned to structure his time differently. From the outside, these changes might seem small. Internally, they represent something powerful.

Momentum.



The Pause Parents Often Misread

Parents frequently witness these pauses and feel confused.

“How can my child explain the material perfectly,” they ask, “but still struggle to start the assignment?”

The answer lies in understanding that thinking and executing are different brain processes. One part of the brain understands the concept. Another part organizes the steps needed to begin. When those systems fall out of sync, even highly capable students can feel stuck at the starting line.

What they need in that moment isn't pressure.

They need clarity.

What Actually Helps

Over time, I've learned that helping young adults move through these moments rarely involves pushing harder.

Instead, it involves simplifying the path forward.

Sometimes that means breaking a task into visible steps.

Sometimes it means pairing movement with activities that involve waiting—folding laundry while the dryer runs, stepping outside between study sessions, or shifting environments to reset attention.

And sometimes it simply means helping a young person understand that their brain isn't failing.

It's processing.

A Thread of Change

Before the session ended, the student laughed and said something that stayed with me.

“The game has changed.”

Not because everything suddenly became easy. But because he had begun to understand how his mind works. Awareness like that changes everything. Because once a young adult understands their patterns the pause no longer feels like failure.

It becomes information.

A signal to adjust the path forward.

And slowly—step by step—movement begins again.



Legacy in Progress

Growth in emerging adulthood rarely happens in straight lines. It unfolds through experimentation, setbacks, insights, and quiet breakthroughs.

What looks like hesitation from the outside is often a young mind learning how to navigate its own complexity. And when families begin to see that process clearly, something powerful happens.

The pressure softens.
Support deepens.
Understanding grows.

The thread of identity—sometimes tangled, sometimes uncertain—begins weaving itself into something stronger.

Something intentional.

A legacy still in progress.

By Nicole Rolon-Caro



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www.emergingadulthoodtx.com

ADHD

Nowadays, with increased ADHD coverage, more people are being diagnosed. There can often be a lightbulb moment when someone realises there could be a reason behind their symptoms and seeks a diagnosis. Furthermore, many parents realise they have ADHD after their child or teenager is diagnosed. ADHD is a genetic condition.

The reason I decided to train as an ADHD Coach is that I wanted to support other adults who also unknowingly had ADHD when they were younger, and to also support younger adults who were being diagnosed. When I was in school in Ireland, there was no awareness of the condition.

ADHD coaching supports individuals by increasing awareness of how ADHD impacts the person and incorporates strategies and tailored approaches to support the person in overcoming challenges. It creates a framework which allows the person to feel

empowered to work towards their goals through a supported and accountable partnership. We celebrate the wins along the way and work on approaches to overcome challenges. It creates a long-term learning benefit for the individual, which equips them with a toolbox to work with their ADHD, rather than against it.

Individuals can go through life blaming themselves for what they see as their flaws, but are, in fact, ADHD

symptoms. In addition, people with ADHD often receive criticism for being inattentive, disorganised, forgetful, scatty and late. Many people I coach describe how they have been told all their lives that they are inconsiderate, unreliable, and selfish for always being disorganised, late, or forgetful. When in fact, they are being criticised for their ADHD symptoms. Of course, some people may not know the individual has ADHD, but it is a reminder to us all that we don't know the reason behind someone's struggles; therefore, we should be patient, reflect and think. 'Maybe this person struggles with these aspects?

So, I need to be patient". Nobody knows what struggles people experience behind closed doors. If people are criticised throughout their life, it can have a damaging effect on their confidence and self-esteem, which takes time and work to build up again. But it can be done. Attention Deficit Hyperactivity Disorder is a genetic neurodevelopmental condition, whereby the prefrontal cortex of the brain is structured differently than that of neurotypical brains. This can even be seen on MRIs. The

neurotransmitters in ADHD brains do not work in the same way as in neurotypical brains, and furthermore, do not have the same levels of dopamine.

During the COVID-19 pandemic, I was working remotely full-time with my corporate job. I was having real issues with applying myself, concentration, focus and task management. In parallel, I was going through Perimenopause, which I later found out can heighten and accentuate ADHD symptoms, resulting in many women being diagnosed during that stage of their life.

Following my diagnosis of Inattentive ADHD in my 40's, I thought back on my childhood and teenage years, trying to piece together all the signs and symptoms. I performed well in school, but I lacked focus, and my mind would drift off during class. I found it very difficult to sustain focus. I was forgetful and disorganised, and often forgot to bring items to class or to take them home from school. Teachers would often comment in school reports or at parent-teacher meetings that I didn't complete a task within the allotted time or that I was listless. But there was no awareness of ADHD then. Having trained as an ADHD Coach, I now understand how ADHD affects the part of the brain which controls Executive Functioning, which controls our planning, organisation and memory. Think of it like the office of our brain.

In school and university, I always did my assignments at the last minute. I procrastinated and found it difficult to do the essay or assignment until the deadline was imminent, essentially, the night before or the day of the deadline. This again is related to task paralysis, and because ADHD brains can't focus on the task until the deadline is imminent, which creates hyper focus. When reading and studying, I would regularly have to reread a paragraph many times or restart sentences again and again. In relation to exams, I forgot information if it was too far out from the exam.

Yet, in the days before an exam, I could absorb information very quickly and retain it much better. This was again due to hyper-focusing on the imminent deadline, and it was also related to memory, which is affected by ADHD. It's important to emphasise that this was my personal experience, and while common ADHD symptoms exist, every person's ADHD is unique. Each individual may struggle with some symptoms more than others.

Thankfully, there are many supports to be leveraged today. Choosing to begin medication is a personal choice and can only be prescribed following consultation with a psychiatrist following diagnosis. There are ADHD organisations globally which run webinars and courses for individuals and parents of children or teens. ADHD coaching, as I have already described, supports people to move forward by equipping the individual with a tailored approach to help them manage their ADHD. This helps people to move forward in a positive way with a toolkit to manage their symptoms and view their ADHD differently.

By Fiona Timothy

ADHD Coach, Career and Life Coach



Blooming Into Confidence

Why Spring Is the Season to Nurture – Not Fix – Your Body

The days stretch a little longer, the air feels lighter, and suddenly we feel this urge to refresh our lives. We open windows, clear out cupboards, and shake off the heaviness of winter. And somewhere in that seasonal shift, many of us start looking at ourselves and thinking, “Maybe I should refresh myself, too.” Not in a gentle way but in a pressured, “summer-ready,” change-everything kind of way.

Every year around this time, the conversations start. About toning up. Tightening. Tweaking. Enhancing. Preparing our bodies for the warmer months ahead. And underneath it all is a quiet message that can chip away at confidence: You need to improve how you look before you’re allowed to feel good.

But what if spring wasn’t about fixing yourself? What if it were about reconnecting with yourself?

THE PRESSURE TO CHANGE

We live in a world where pressure to look a certain way is constant. It’s subtle, but it’s everywhere. Social media, adverts, passing comments, even well-meaning friends discussing their latest plans to “get ready for summer.” It’s easy to start believing confidence lives on the other side of a transformation.

But here’s an honest truth from someone who works in both body confidence coaching and body contouring: Enhancements themselves aren’t the problem. The reason behind them is what matters. There’s a huge difference between “I need to change because I’m not happy with myself,” and “I’m choosing this because I already value myself and want to feel my best.” One comes from pressure. The other comes from empowerment.

A GENTLER APPROACH TO ENHANCEMENT

Not everyone wants surgery. Not everyone needs a drastic change to feel more confident. And not everyone realises there are options that don’t involve going under the knife. Non-invasive treatments like cavitation and radio frequency are designed to support the body in a gradual, natural way.

They’re not about becoming someone else – they’re about refinement, support and self-care. Think of it like tending to a garden. You water it. You nourish it. You give it attention. But you don’t rip it apart to make it grow. When treatments are chosen from a place of self-respect, realistic expectations and body awareness, they can complement confidence rather than replace it.

Confidence must come first.

Enhancement should only ever be the extra, not the foundation.

SPRING IS ABOUT GROWTH – AND GROWTH IS NATURAL

Flowers don’t bloom by becoming something else. They bloom by becoming more of what they already are. Your confidence works the same way. It grows when you nurture it, when you speak to yourself kindly, when you move your body because it feels good, and when you care for your wellbeing with patience. Hydration. Rest. Movement you enjoy. Protecting your peace.

ASK YOURSELF THE REAL QUESTION

“Am I doing this because I dislike myself, or because I value myself?” When change comes from dislike, it rarely satisfies. When change comes from a sense of value, it feels calm and intentional.

THE RESET THAT ACTUALLY MATTERS

Wearing clothes that make you feel good now. Spending less time criticising your reflection. Choosing treatments from self-care, not insecurity. Letting your body be a home, not a project.

BLOOM AS YOU ARE

Spring doesn’t rush nature. It allows growth in its own time. You don’t need a drastic change to enjoy sunshine on your skin or feel good in your clothes. If you choose enhancement, let it be informed and gentle. Let it support your confidence - not define it.

Renew your mindset. Transform your self-talk. Rise in your confidence. You were already enough before the season changed.

By Samantha Rayford
Novaré Confidence

Insta: @novare_confidence



ACHIEVING GOALS WITHOUT THE BURNOUT BECOME A GREATSCORER



We all love the energy of a fresh start. New year, new goals, new promises. Yet research shows that roughly 80% of people abandon their goals by February. Not because they're lazy or uncommitted, but because they're using the wrong system.

To achieve anything meaningful and maintain optimal performance year-round, you need habits that stick, not goals that simply look good on a vision board. This is where my **NAIL-IT Leadership**

Model introduces one of my favourite success tools: The **GREATSCORER** System - your blueprint for consistent, sustainable achievement.

Think of it as winning your own game of life. And it starts with playing smarter, not harder.

G - Goals

Clear goals drive clear direction. But start tiny - microscopic. A goal without a small first step is just a wish.

R - Regular Use

Consistency beats intensity. Doing something once a month is inspiration; doing it daily becomes identity.

E - Environment

Create a space that supports success. Clear your desk, set visual cues, eliminate digital noise and clear the mental clutter too. You may even need to change the people around you.

A - Avatar

Who are you becoming? Step into that version of yourself now. New habits stick far faster when they belong to a new identity.

T - Triggers

Stack your habits. Meditation after brushing your teeth. Deep breathing the moment stress hits. Let life cue your success.

S - Support

Accountability transforms intentions into action. Tell someone. Write it down. Commit publicly.

C - Celebrate

Your brain loves a win. Reward the micro-progress, not just the final achievement.

O - Outlast

When discomfort kicks in, you're not failing - you're rewiring. Stay the course.

R - Reflect

Check your progress. Adjust if needed. Evolve the habit, don't abandon it.

E - Expectation

Success brings change, including the people and patterns you may outgrow. Hold your course anyway.

R - Repeat

And finally... Repeat. Once one habit feels natural and no longer requires deliberate effort, start again with the next one, layering growth upon growth. This is how you evolve. This is how you become an optimal performer.

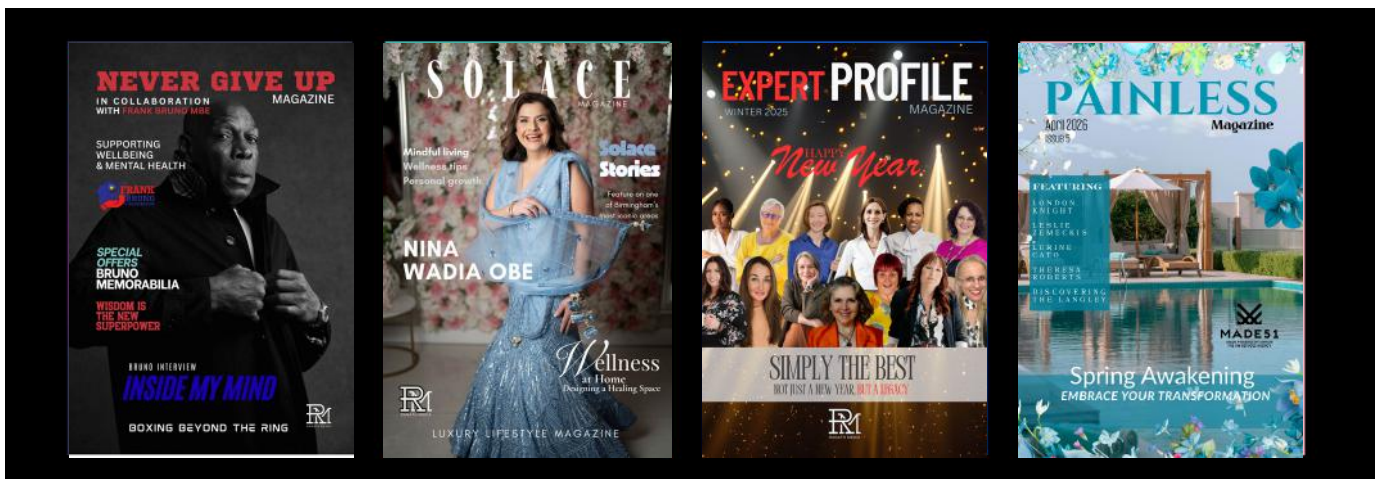
Master these, and you don't just reach your goals... You become the kind of person who keeps them. That's optimal performance. That's sustainability. That's how you become a **GREATSCORER**.



Dr Rana Al-Falaki

Founder, NAIL-IT Leadership | Author | Speaker | Optimal Performance Strategist
Helping professionals lead better, live fully, and laugh more
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Ranath Media Titles



Why Anxiety Is a State, Not a Feeling: The Science of Regulation and Recovery

We often talk about anxiety as though it were a mood to conquer — something a steadier mind or stronger will should be able to contain. But anxiety is not a feeling.

It is a physiological state: a shift in the body's threat-detection systems that changes breath, digestion, perception, muscle tone, and how we move through the world.

When this state becomes chronic, it reshapes health itself. Hormones destabilise, inflammation rises, immunity loses balance, and the body begins to behave as though ordinary life is a battlefield.

Anxiety Begins in the Body

Anxiety originates in the autonomic nervous system, long before the mind forms a thought. It is the body's attempt to prepare for uncertainty. This state triggers:

- faster breathing
- tightened musculature
- digestive disruption
- heightened sensory scanning
- narrowed cognitive focus

These responses are not weaknesses — they are reflexes built for survival.

What the Research Shows

Across neurobiology and psychoneuroimmunology, the findings are clear:

- Chronic anxiety alters HPA axis signalling, disrupting hormone rhythms. <https://pubmed.ncbi.nlm.nih.gov/27065163/>
- Low vagal tone limits the ability to downshift and self-soothe. <https://pubmed.ncbi.nlm.nih.gov/11163422/>

- Inflammatory markers (IL-6, TNF- α , CRP) rise in persistent anxiety states. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9827422/>

- The amygdala becomes more reactive while prefrontal regulation weakens. <https://pubmed.ncbi.nlm.nih.gov/19625997/>

Without restoration, the nervous system forgets how to return to baseline — and symptoms ripple through digestion, hormones, immunity, and energy.

Why Anxiety Escalates

Sensitivity builds when stress outpaces recovery, trauma remains unprocessed, sleep breaks down, illness is unsupported, or modern life overwhelms human capacity.

In these conditions, the system begins overcoupling — attaching past danger to present moments. This is why anxiety often arrives without a story. The body remembers what the mind has stored away.

Pathways Back to Regulation

IEMT uncouples emotional and identity imprints that keep the system in perpetual readiness.

SSP recalibrates vagal function and auditory safety, powerful for chronic anxiety and trauma histories.

Somatic awareness rebuilds interoception and teaches the body to slow, settle, and recover.

These practices are not trends — they are the steady, traditional routes by which nervous systems learn safety again.

A Closing Truth

Anxiety is not fragility. It is the imprint of a body that has carried too much for too long — and one that can, with the right support, find its way back to steadiness.

By Emma Toms

*IEMT Practitioner, SSP Provider
& Reiki Master Teacher*

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ANXIETY



Supporting

NHS

What Actually Happens When You Sleep?

A Simple Guide to Stages and Cycles

Sleep often feels like a switch we turn off at night and back on in the morning, but behind the scenes, it is a highly active and carefully organised process. Understanding what sleep actually is (and how it works) can help explain why both the quantity and quality of sleep matter so much.

Sleep is composed of repeating cycles, each lasting about 90 minutes. Over the course of a typical night, we ideally move through four to six cycles, each containing different stages of sleep. These stages fall into two main categories: non-REM sleep and REM sleep.

Non-REM sleep makes up the first part of each cycle and includes three stages. The first is light sleep, where your body begins to relax, and your brain activity slows. This is the stage where you can still be easily woken.

The second stage is slightly deeper; your heart rate and body temperature drop, and your brain starts filtering out external noise. The third stage, often called deep sleep, is where the most physical restoration occurs. Muscles repair, tissues grow, and the immune system gets to work, as well as our brain, carefully filing away information we have learnt during the day and essentially pressure washing itself to get rid of toxins.

REM sleep (short for Rapid Eye Movement, but also known as Dream sleep) usually comes later in each cycle and becomes longer towards the morning. During REM sleep, brain activity increases, dreaming is most vivid, and emotional processing and memory consolidation take place. This stage plays a crucial role in learning, mood regulation and mental wellbeing.

Rather than staying in one stage all night, your brain moves smoothly between them in a predictable pattern. Early in the night, you spend more time in deep sleep, while the second half of the night contains more REM sleep. This is why cutting sleep short in the morning can leave you feeling mentally foggy, even if you've had several hours in bed.

Sleep is not passive or wasted time; it is an essential biological process that supports physical repair, brain function, emotional balance and long-term health. When you understand how sleep is structured, it becomes clear why regular, sufficient sleep is one of the most powerful tools we have for functioning well every day.

By Sam Sadighi
Certified Sleep Practitioner
Easy Sleep Solutions

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CALM



The Problem Isn't Weakness It's Nervous System Survival

The problem most people think they have isn't the real problem.

It's not that they are lazy, broken, too sensitive, or incapable. The real problem is this: their nervous system is still living in survival mode.

Anxiety. Emotional shutdown. Perfectionism. People-pleasing. Hyper-independence. Shame. Disconnection in relationships. Chronic stress. Feeling stuck despite insight and effort. These are not character flaws. They are adaptations.

When early experiences required you to perform, suppress, or protect yourself to feel safe, your body learned to survive. The mind may understand this, but the nervous system still reacts as if the past is happening now.

The solution is not more willpower. It is not thinking differently. It is not pushing harder. The solution is helping the body feel safe enough to stop surviving.

In my work, I guide individuals through a trauma-informed, somatic process that gently shifts the nervous system from survival mode into a state of regulation and safety. Through inner child integration, breathwork, emotional processing, and nervous system repair, we identify the protective patterns that once kept you safe — and help you build new ones rooted in self-trust.

When the body begins to feel safe, shame softens. Relationships deepen. Authenticity emerges. Purpose clarifies.

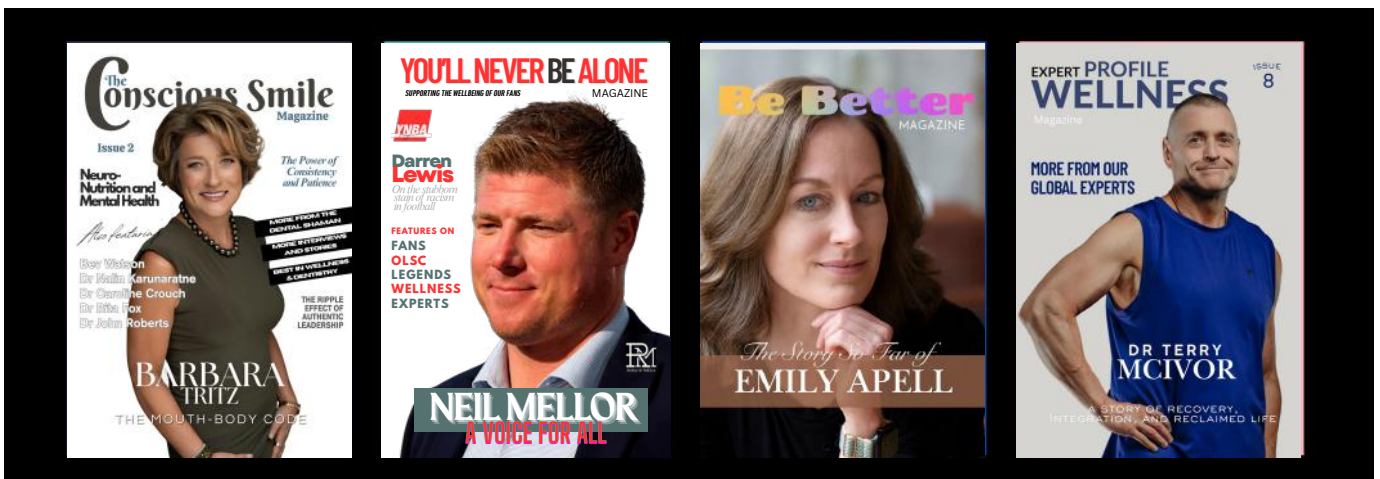
You stop trying to fix yourself and begin remembering your wholeness. The problem is not you. The problem is an overworked survival system. And healing becomes possible when safety becomes the foundation.

By Kimberly Trickey MS LPC

www.transcendent-journey.com



Ranath Media Titles





The Language we use Matters

Our lives are linked to the language we use, and it can have a profound effect on how we view it & ultimately, how we live it.

My classic negative self-talk was always, "I'm just worried that ..."

But after years of searching for answers and with invaluable

help and support, I now choose to say, I'll make the best of this situation. There will be a reason for it.

When I was little, I made Rose petal perfume – like so many others did. And it always ended up as soggy petals in stale water! But I now choose to say, I can still remember the scent of those petals as fresh and as fragrant as the moment I picked them.

A lot of us talk to ourselves, in our own heads, as we go about our daily business. My grandma used to say it's the most intelligent conversation you'll ever have! So, if we talk to ourselves with confidence and kindness, it can translate into the energy and passion those around us see in us.

But it's not just about the language we use about ourselves; it's also about the language we use about others, too. We make assumptions and judgement about lives we know nothing about.

Post-separation for so many means living with negative thoughts and self-doubt about their own capabilities, along with all the other emotions that swirl around constantly.

And as a society, we have a choice.

We have the power and control to think about the language we use when we may suspect somebody may have experienced abuse, or is still experiencing it. The second we make the conscious decision to try to understand and speak in the way of compassion, we are already making a bigger difference than we could possibly ever realise or imagine.

I think we all need to look at how we approach the language we use.

We can choose how we speak about others, and we can choose how we speak to ourselves.

By Lucy Wade

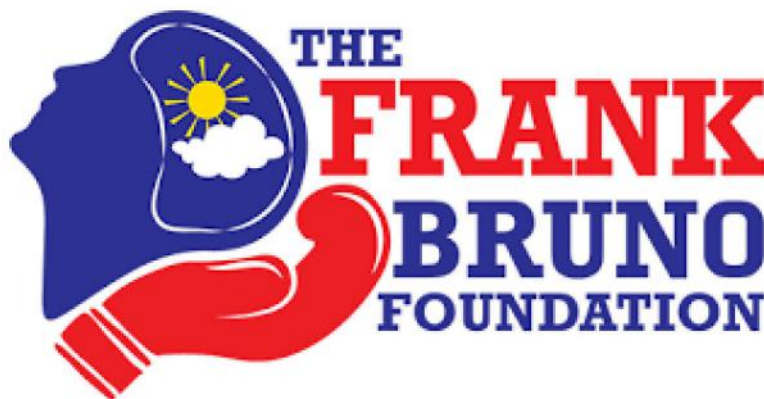
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Supporting



The season of new beginnings is upon us...

but have you stopped to think that these 'new beginnings' aren't actually new, they have been buried deep inside...

Spring is the energy of the maiden. It is playful, innocent and reminiscent of childhood. There are so many different types of play. Arguably, the best type of play is 'free' play. In order to allow freedom of any sort, there is an element of trust. A trust that is beneath the surface- just like when hibernation happens over Winter, and fertilisation happens in Spring...

Trust can be tricky, especially when we think about change... and yet we trust that every season comes around as it should.

What comes to mind when you think of the word 'change'?

What comes to mind when you think of the word 'growth'?

What comes to mind when you think of the word 'play'?

Before you read on, pause, whatever answers arrive, trust they are meant to be, and if you are 'blank', that's ok too. In fact, blankness is the earliest stage of becoming. We know that growth and change take time.

In the Early Years, we speak about little ones in terms of ages and stages, a tangible way of understanding development and noticing when certain milestones emerge. Yet much of what shapes them cannot be measured. Long before a skill is visible, nurturing is taking place beneath the surface.

Through relationships, play and repetition, children evolve into their own unique personalities, in their own time. As adults, do we give ourselves that same grace and patience, allowing a little freedom alongside the growth that wants to emerge?

If we paved the path for play in the everyday, leaving space for creativity, imagination and wonder, perhaps growth would feel less forced and more natural. And if you're sceptical of the growth, that's where the wisdom of Soul Plan comes in, your own unique blueprint, revealing how you are designed to shine brightest by leaning into what truly lights you up.

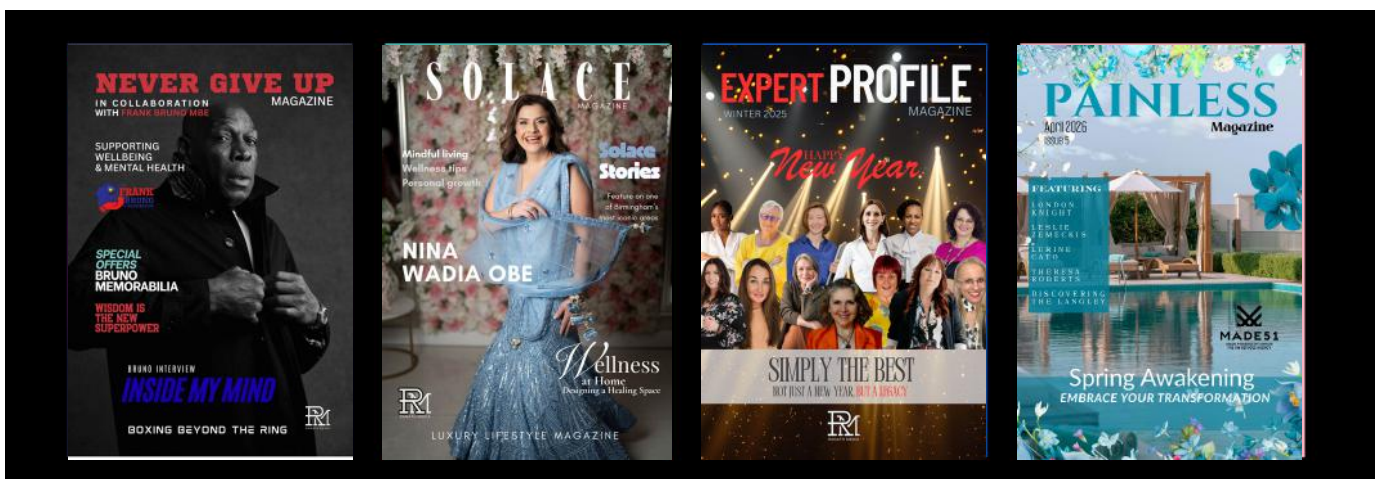
Perhaps trust is the thread that holds growth, change and play together. Trust. Let go. Bloom.

By Georgina Goldstone

*Instagram: @justbe_withg
Facebook: Just Be with Georgina Goldstone*



Ranath Media Titles





The Essence Of Magic – The Magic of Words

“Words create a spell, so choose them well!”

This phrase I channelled from my Spirit Guides whilst I meditated many years ago.

It often rings within my mind when I am with my clients. Clients come to a Psychic Reader with either questions, curiosity or feeling a lack of enthusiasm (some may term it as lost). I have had students who are blind, disabled and have had aphantasia. For those who do not know, aphantasia is “the inability to form mental images of objects and persons who are not present” (source: Oxford dictionary).

Referring back to the quote “words create a spell so choose them well!”, you will be aware that words are formulated within the mind/brain before they are expressed. Therefore, our responsibility for the words we “choose well” begins with our mindset. Each unique experience of life and the universe stems from our mind.

Let me simplify terms so as not to lose you. What you think becomes some form of manifestation in your world. Sometimes that manifestation is obvious, and other times purely energetic. I like to utilise the acronym H.O.P.E = hold, only, positive, expectations. In times of uncertainty or concern, anxiety and stress do not help us at all! The human body has an extreme reaction to the cortisol released at these times, and it can make everything seem and feel worse on some occasions, leading to panic attacks.

As well as using the acronym mentioned, you can steady your heartbeat and breath by any of the following: meditation, hyper-focusing on something, being creative, or physical exercise. Taking the aforementioned actions when feeling under pressure and stressed will enable you to make better decisions, overcome stress and maintain emotional composure.

All magical transformation begins with your intent; hence, I say “maintain emotional composure.” I am not suggesting you withhold emotions, but at times of duress, you can take it out on friends, family, and work colleagues.

The words within your mind, imagination and day dreams are important to pay attention to; and wherever possible keep positive with no self deprivation. If you have unkind thoughts about yourself, you may well be regularly seeing reflective numbers, e.g. 12:21, 13:31, 14:41, 22:22, 24:24 (there are too many to list here). If you are regularly seeing reflected or mirrored numbers, it is a reminder that what you hold in your mind shapes your external experience of life.

The corporate world and the spiritual world never used to entwine, but in the last decade, people such as Bill Gates & Jeff Weiner (source: Google) have embraced the idea that your wealth is your health, and that health begins within the mind and through meditation.

You will be aware that words form within the mind/brain before you express them as speech, sign or written words. You may have also heard of something called “The Butterfly Effect”. The philosophy being that even the tiniest actions affect the whole universe and those within it. Everything we say creates a ripple effect in the universe, therefore affecting all of us. Of course, some words are more powerful than others, but each has an energy within it.

Constructive criticism and penalisation have a place in our world, but it is far better to offer encouragement, self-development and healing/therapy.

I have so many examples to share of this; I will share just one. When I was a teenager, I used to babysit 2 young boys. At the time, I thought I was just being nice and friendly. We would talk about a wide variety of interests and hobbies, and make homemade fudge. A couple of decades later, I went to see a very famous singer perform at the Cheese & Grain, and one of the boys I had babysat was playing as the support act.

After his impressive set, he came up to me and said “thank you” for being the person who showed me to be my unique, authentic self and follow my passion. This blew me away, as all I did was be “nice”. Never forget the patience, understanding, and kindness you show today; they will ripple out for many years to come.

In my profession, being a psychic and a medium, words and how I communicate them are essential to my work. I teach students a wide variety of reading energy, all while using consciously considered communication. I share my wisdom with the ethics of “Words can heal, or words can harm”. Again, a reminder to choose wisely.

Expressing words to others is a great responsibility. Consider the teacher at school who saw your weaknesses and, instead of focusing on that, encouraged your strengths. How has that person been impactful in your life?

Historically, influencers were not people smiling and selling things on social media; they were philosophers, inventors, designers and artists. You do not need to be famous, rich or publicised to be a REAL influencer of positive mental attitude; all you need to do is meet people.

Here are 3 exercises that you can use to maintain your positive mental attitude :

- 1) Whichever person/word makes you angry/upset, associate it with a colour. Whenever that word triggers you, allow your mind/imagination to flood with that colour. Your mind will learn that colour is more powerful than feelings.
- 2) When you are emotionally triggered by a word, rather than internally reacting, distract yourself. Go to the nearest water and wash your hands. The sensation of the water and the grounding effect will calm your mind and your body's reaction.
- 3) Walk out of the room and into another room, take 4 long, slow, deep breaths and walk back to the original room.

In conclusion, there are many ways you can improve your experience of this life and also the legacy you leave for others. Some are able to leave a grand gesture to charity, and some are able to leave wisdom within a book. Let your legacy be kind words of encouragement, support & guidance.

“Words create a spell choose them well!”

By Indigo Amy Packman



My Five-Pillar Framework

Gena Bradshaw Vitale is a holistic health life coach & spiritual wellness expert and leader, author, speaker and host, and the visionary founder behind Holistic Human Performance and the co-founder of Fearless Founders Network, a community devoted to helping purpose-driven individuals rise into alignment in both life and business.

Her work is deeply rooted in lived experience. As a two-time cancer survivor, Gena's journey reshaped her understanding of health, resilience, and what it truly means to thrive. Facing life-altering diagnoses not once, but twice, she was called to reevaluate everything, from how she cared for her body to how she managed stress, emotions, and her inner world. These experiences became the catalyst for her immersion into holistic healing, subconscious reprogramming, and nervous system regulation.

And most recently, Gena is navigating motherhood, learning how to hold space for both herself and the presence required to raise her daughter. This dual journey of healing and parenting deepened her commitment to creating sustainable, integrative wellness practices that support real life, not perfection.

Today, Gena specializes in a five-pillar framework: mental, physical, emotional, spiritual, and energetic well-being, known as Holistic Human Performance. Her approach bridges science and spirituality, combining modalities such as subconscious reprogramming, energy and sound healing, astrology, meditation, and nervous system work to help individuals create lasting transformation from the inside out.

Through her coaching, programs, app and immersive experiences, she supports clients in breaking free from burnout, regulating their systems, and aligning with their true energetic blueprint allowing them to expand their health, success, and fulfillment without sacrificing themselves in the process.

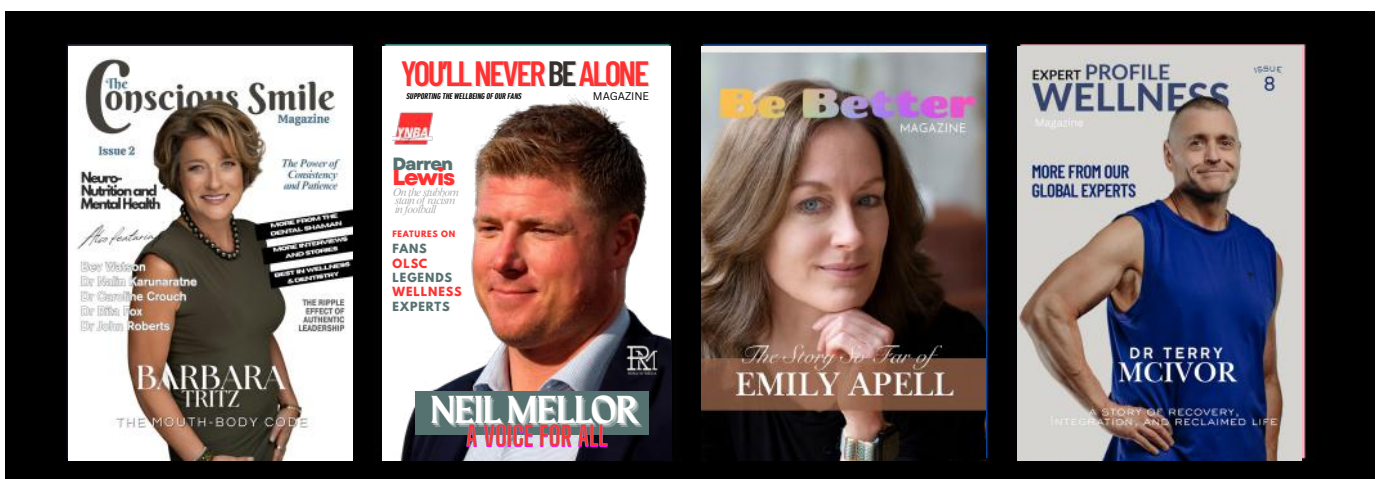
In parallel, her other business, Fearless Founders Network Community, serves as a powerful container for entrepreneurs, business owners, and visionaries who are building impactful brands and legacy work. Within this space, Gena and her co-founder Melissa teach that sustainable success is built on self-mastery, guiding founders to align their internal world with their external growth.

At the intersection of healing, performance, and conscious leadership, **Gena Bradshaw Vitale** is redefining what it means to truly thrive, proving that even through life's greatest challenges, transformation, purpose, and power are always available.

www.holistichumanperformance.co



Ranath Media Titles





Q&A Jeanette Szymanski

Q. You often speak of authenticity as a central value, or living authentically. How do you define authenticity in the context of personal development, and what can people actually do to move toward it in their daily lives?

For me, authenticity is when your inner self, including your values, beliefs, emotions, and deeper purpose, matches the way you live on both the inside and the outside. It is not about being perfect or always having everything figured out. It is about being true to yourself rather than performing for others or chasing someone else's version of success.

The most powerful practices for building authenticity are deceptively simple: regular self-reflection, journaling, pausing to ask whether your choices align with your values, and being willing to say no when something does not feel right. Mindfulness helps enormously because it trains you to notice the small ways you betray yourself without realizing it. Over time, the goal is to reduce the gap between who you truly are and how you show up in the world.

Q. You have coached top athletes, executives, media figures, and even politicians. That is a wide spectrum of people. What differences have you noticed in coaching these groups, and what tools work across the board?

Every group has its unique needs. Athletes are focused on mental toughness, consistency, and peak performance in highly pressured moments. Executives often want clarity in decision-making, sustainable energy, and better leadership presence. Public figures might need help managing their image, emotions, or the pressure of constant scrutiny.

Politicians face a unique mix of ethical dilemmas and the relentless weight of public opinion. Beneath those differences, the fundamentals are the same. Everyone benefits from greater self-awareness, a deep connection to their personal why, resilience training, and practical daily habits that reinforce change. In every case, the relationship of trust is central. Without that safe space, no breakthrough is possible.

Q. On your website, you promise that anyone who works with you will either gain a new insight or experience a personal breakthrough. That is a bold claim. Can you tell me about a time when a client came in sceptical but left transformed?

Absolutely. One executive came to me utterly exhausted. On the surface, he had everything, including status, success, and recognition, but inside he was disconnected and did not believe coaching would really help. He thought he had to hold it all together and show nothing but strength. We started with something very simple, mapping out what success actually meant to him personally, not what others expected.

Then we worked with mindfulness and emotional triggers that drained his energy. Slowly, he realised he did not have to wear a mask all the time. Decisions became easier because they were aligned with what mattered. His relationships with his family and co-workers improved. By the end of our work, he said he felt like he had permission to be himself again. That, to me, is the essence of a breakthrough.

Q. Your background is diverse, including psychology at Åbo University, NLP, mental training, and even working with people like Tony Robbins. How do you bring all of that together without it becoming a jumble of different methods?

I do not see my background as a jumble, but rather as a toolkit. Psychology gives me a strong theoretical foundation to understand human behavior. NLP is very practical when it comes to reframing thoughts and

language patterns. Mental training brings in the techniques used in sports psychology, such as visualisation, mental rehearsal, and resilience. Breathwork and body-based practices allow me to bridge the mind, body, and spirit, because you cannot separate them. Of course, these schools of thought do not always agree.

Psychology can emphasise slow and analytical work, while NLP often aims for quick change. My way of resolving that is to be completely client-centered. If someone needs depth and time, we work slowly. If someone is ready for rapid change, we work that way. It is about integrity and discernment, not about loyalty to a single method.

Q. What do you see as the biggest barrier people face when trying to close the gap between where they are and where they want to be? And how do you help them get past it, especially when motivation starts to fade?

The biggest barrier is usually a lack of clarity. People chase what looks good rather than what feels meaningful. Then there are the stories we tell ourselves, such as I am not enough, I will fail, or I cannot afford to change. Add to that the weight of daily habits and environments that do not support growth, and it is no wonder people get stuck. When we start working together, I focus on creating small wins.

Even tiny steps prove to someone that change is possible. I help them build environments that support who they want to become, rather than sabotage their process. By that I mean removing friction and reinforcing habits; creating spaces, routines, and relationships that make it easier to stay aligned with their goals instead of constantly being pulled off track.

I also spend a lot of time helping them connect to the deeper reason why this change matters, because when external rewards fade, it is that inner drive that sustains momentum. That is how barriers become stepping stones.

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