

# EXPERT PROFILE

MAGAZINE

SPRING 2025

MORE  
FROM  
OUR  
GLOBAL  
EXPERTS

FATIMA WHITBREAD  
**ABANDONMENT TO TRIUMPH**



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# EDITORS NOTE

As spring arrives with its gentle reminder of renewal and growth, we're invited to reflect on the choices that shape our lives. This edition explores a simple but profound idea: there is no absolute right or wrong—only perspectives, experiences, and interpretations.

In a world overflowing with opinions, it's easy to get caught up in absolutes. But life is rarely that black and white. What may seem "right" from one angle may appear entirely different from another. That doesn't mean anything goes—far from it. It means we need something deeper to guide us.

That's where the moral compass comes in. Our values, empathy, and intuition—these are the tools we carry to navigate the complexity of modern life. They help us make decisions that aren't just about being "correct," but about being thoughtful, kind, and true to who we are.

This season, as nature resets, perhaps we can too. Let's give ourselves and others the grace to live with questions, to choose with care, and to understand that sometimes, understanding itself is the best decision we can make.

EDITOR - RANY ATHWALL



## SPECIAL COVER FEATURE ON PAGE 9

**FATIMA WHITBREAD**

**ABANDONEMENT TO TRIUMPH**

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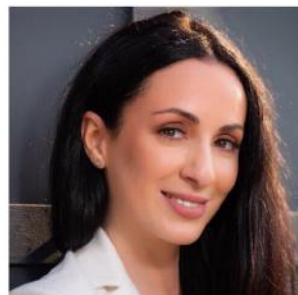
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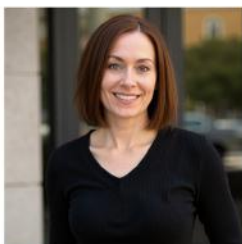
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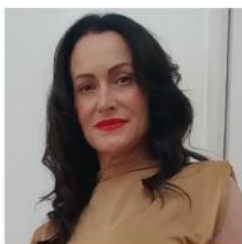
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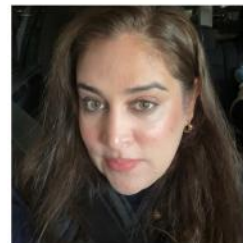
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# Abandonment to Triumph

## *The Fatima Whitbread Story*

It was an absolute privilege to sit down with Fatima Whitbread and hear her remarkable story firsthand. From being abandoned as a baby to becoming a world champion, her journey is one of resilience, determination, and triumph against the odds. But beyond her incredible sporting achievements, Fatima is now using her voice and experience to drive much-needed change in the care system, ensuring that children who grow up without family support receive the opportunities and guidance they deserve. Her story is not just inspiring—it's a powerful testament to the strength of the human spirit.

"I don't remember the moment I was abandoned as a baby, left in a flat for days before someone found me, crying and alone. But I do know that my start in life was anything but easy. I was born in 1961 to a mother who, for reasons I may never fully understand, could not keep me. I was placed in the care system, shuffled from one home to another, never feeling like I truly belonged anywhere. Those early years shaped me, forged in me a resilience I would later call upon on the biggest stages in the world," explained Fatima.

She continued, "Growing up in the care system was tough. The feeling of being unwanted never quite left me. I was confused and yearning for something more, something stable." That something came in the form of a woman named





*“I was placed in the care system, shuffled from one home to another, never feeling like I truly belonged anywhere.”*

Margaret Whitbread, a javelin coach who not only introduced Fatima to the sport that would define her life but also became her mother. Margaret and her husband adopted Fatima, giving her the family she had longed for. More than that, she gave Fatima a purpose, an outlet for the emotions that had built up inside her for years.

### Finding Purpose in Sport

Fatima explained, “Javelin wasn’t just a sport for me—it was a way of channelling everything I had been through. I wasn’t just throwing a spear; I was throwing away the pain, the rejection, the doubts. Under Margaret’s guidance, I trained relentlessly. Some athletes train because they love their sport; I trained because I needed it. It was my salvation.”

In her late teens, she began making waves in the athletics world. “Competing for Great Britain felt surreal, as though I had rewritten my own destiny”. She said. In 1979, Fatima won silver at the European Junior Championships, and that was just the beginning. Her breakthrough came in 1986 at the European Championships in Stuttgart when she threw a world record-breaking 77.44 metres, a throw that would remain unmatched for years. She said, “I remember the sheer disbelief and exhilaration as I saw that javelin soar further than I had ever thrown before. In that moment, I wasn’t just Fatima Whitbread the athlete; I was Fatima Whitbread, world champion.”

The 1987 World Championships in Rome solidified her place in history. She had a fierce rivalry with Tessa Sanderson, another brilliant British javelin thrower, but on that night, it was



her time. She threw 76.64 metres, securing gold and etching her name in the record books. She explained, “Standing on that podium, listening to the national anthem, I felt a rare sense of completeness. For a girl who had once felt unwanted, who had battled so much to prove herself, this was a moment of victory not just in sport, but in life.”

### Campaigning for Change

Fatima speaks candidly about the urgent need for reform, describing the current care system as outdated and failing the very children it is meant to protect. “The system is broken,” she explains. “Instead of helping, it is further damaging vulnerable children, and very little is being done to change that.” She highlights the critical work of the Steering Group, which brings together care-experienced individuals and experts to push for meaningful change.

A key issue she raises is the urgent need for a national register for foster care, ensuring that children are placed in safe, stable environments rather than being moved between houses that never truly become homes. The statistics paint a concerning picture—over 82,000 children are currently in care in the UK, with a severe shortage of foster carers, leaving many without the support and stability they desperately need. Even more alarming, nearly one in four young people leaving the care system will face homelessness, with limited access

*“The system is broken, instead of helping, it is further damaging vulnerable children, and very little is being done to change that.”*

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to opportunities that could help them build a secure future.

Determined to change this, Fatima has partnered with companies like John Lewis to create pathways for care leavers, helping them gain essential skills, training, and apprenticeships. By working with businesses to provide job opportunities and mentorship, she hopes to give young adults the support they need to transition into independent, successful lives. “Every child deserves a fair chance,” she says. “It’s time to break the cycle and ensure that no young person leaving care is left to struggle alone.”

She also stresses that society as a whole must take greater responsibility. “We are all responsible for our fellow beings, especially vulnerable children,” she says passionately. “It’s not just up to the government or charities—everyone can play a role, whether it’s through fostering, mentoring, or simply raising awareness.

These children are our future, and we cannot continue to let them fall through the cracks.” She encourages people to think about how they can help personally, whether that’s by volunteering, raising money, or even leaving a donation for a children’s charity in their will. “Every little effort makes a difference,” she explains. “If more people got actively involved, we could create real change.”

Fatima is also working closely with Premiership football clubs, including Arsenal and West Ham, using the power of sport to inspire and support young people from care backgrounds.

Through mentorship programs, workshops, and community initiatives, she is helping to provide opportunities for those who need them most. “Football has an incredible ability to unite people and offer a sense of belonging,” she says. “By engaging with clubs that have huge influence, we can reach more young people and show them that their past does not define their future.”







Fatima Whitbread, the world champion, might be in the history books, but Fatima Whitbread, the advocate, the fighter, is still in the ring. Her legacy isn't just about medals or records; it's about resilience, about overcoming adversity, about showing that where you start in life does not have to determine where you end up.

She added, "And so, my fight continues. Not on the track, not in a stadium, but in boardrooms, in charity events, in conversations that matter. Because every child deserves a chance, just as I did.

If there's one thing my life has taught me, it's that strength isn't just about how far you can throw a javelin—it's about how far you can rise after falling.

Looking back at my journey—from an abandoned child to a world champion, and now a mentor and advocate—I see a life that has come full circle. My past has not defined me; rather, it has given me the drive to change lives. Every challenge I faced was a lesson, every victory a testament to resilience.

To anyone reading this who feels lost, unheard, or struggling with their past, know this: You are not alone. Strength is not about how many battles you face, but how you rise after each one. If I could carve out a future from the hardest of beginnings, then so can you."

**Support Fatima's UK Campaign**  
**Charity Registration Number: 1207064**  
**[Click here to make your donation](#)**





# Generation Alpha come of age and spending power

The start of the year marks many new beginnings, but for one generation in particular, this is the start of a new era. Generation Alpha is characterised by those born between 2010 and 2024. It is the most digitally native, racially and ethnically diverse generation yet, and it is complete 'screen-agers' who have been around screens from an early age and don't know anything different.

As we enter 2025, there are almost 2 billion Gen Alpha, making them the largest generation in the history of the world. But aside from the staggering number of them, what makes this generation so significant? Firstly, the youngest of this generation are hitting their teens. Not only do they have influence over what their parents spend on, but they also have their own spending power. By the year 2029 when the oldest Gen Alpha reaches adulthood and the youngest reach aged 5, the economic footprint of this generation will reach more than US \$5.46 trillion. Secondly, this generation is born entrepreneurs. Research shows that three-quarters (76%) of children aged 8-14 aspire to either establish their own business, run a small enterprise, or pursue a side hustle.

They are the generation whose childhood was formed by the pandemic. Post-2020, they experienced a seismic shift in work culture and family life, which has shaped the way they see the workforce and money-making opportunities. To put it bluntly, Generation Alpha may be small in years, but they are set to dominate the way we do business.

## Why does this matter now as we start 2025?

Whether you are developing your personal brand in your corporate role or within your own business, there is one thing which means our reputations continue to stand out. Relevance.

Relevance happens when we continue to evolve and recognise that our brands- the way we're perceived by others- cannot exist in isolation. Generation Alpha may not be something you've thought about in relation to your plans for this year, but I can guarantee it's a generation that impacts your daily life.

*Here's what to consider as Generation Alpha becomes the most important generation in our history to date:*

**1. They already influence the decisions of the older generations around you (and you!).** Generation Alpha are heavily influenced by screens from an early age and the information they consume via digital devices. Research suggests that 57% of Gen Alphas spend more than 3 hours a day on digital devices. They are highly socially aware and have been exposed to more globally diverse content than any previous generation. As a result, the conversations they're interested in and the values they prioritise are hugely varied, even at a young age.

If you are in a leadership role, whether in your own company or as an employee, it's key to recognise that these conversations are shaping the way your employees, clients and customers think. I have two young boys myself who are in this generation, and the way I parent and see the world is directly impacted by how they are being introduced to the world around them.

Of course, this raises the obvious concerns about protecting children online and filtering the information they're exposed to as much as possible. However, it's also a big opportunity for me to learn from them. As someone who helps other entrepreneurs build their businesses and personal brands, I cannot afford to rely on the way that I see things now. I need to look ahead to the way communication, perspective, and the economy are being shaped by the generations that are shaping them. Although my children are only in pre-school, I can already see the significant differences in how they perceive opportunities and are influenced by online information.

**Takeout:** It's only a matter of a few years before this generation becomes your peers, employees, or customers, so the key is to start taking note of how they are influencing our culture now.

**2. They are a video-first generation.** When you see Generation Alpha online, there's a good chance that they will be on YouTube. Research shows that 51% of Gen Alpha first hear about brands via YouTube. They engage with interactive content that draws them into an experience. What this means is that we, as corporate or business leaders, can't see video content as simply another way to communicate. For the







next generation, video is how they learn, research, shop, and form opinions.

**Takeout:** Video has long been a focus for companies and brands, but as upcoming generations embed video as their primary source of 'truth' companies and brands need to think more carefully about how they integrate video across their business

**3. They build loyalty via gaming.** Roblox and Fortnite are the platforms favoured by Generation Alpha. We have already seen brands like Adidas move onto Roblox and combine gaming with their virtual store. The store has over 800 items available to purchase and provides users with the ability to add the iconic Adidas three stripes to their virtual lives. Cosmetic brand e.l.f cosmetics followed suit by offering one million complimentary items via Roblox.

Gaming strategies aren't only a way to build brand awareness now, they are a way to establish loyalty and also monetise a very captive generation with high spending power.

**Takeout:** Gamification is central to the way that Gen Alpha discover and stays loyal to brands. They will take this approach to brand loyalty into the companies they work for and brands they associate with as they grow into adulthood. If a gaming strategy is not something that you have considered yet for your business or company, now is the time to start.

**4. Mental health, sustainability and inclusion are top of mind.** Generation Alpha has lived a lot in their young years. They experienced the pandemic and the aftermath of COVID-19 on society. Even if they were 'young,' the impact of 2020 onwards, along with a greater focus on environmental concerns and some of the most tumultuous years in global politics, is a heavy few years to have carried.

But, there are positives from all they have experienced. This generation is acutely aware of mental health and is open to bringing conversations to the open. My son, who recently turned 7, regularly attempts to remind his younger brother (aged 4) to use breathwork to manage his emotions.

Granted, this is usually in vain. However, the skills my eldest is learning at school, and his awareness of when

to use them surpass the emotional regulation I often see in the adults who surround me.

Despite these conversations happening inside the home, as they do for me, they also impact my decisions and what I choose to buy for my boys. My children want to be more sustainable in their choices therefore I am too in what we introduce to them.

And this is the key takeout of them all; whether you are directly in contact with Generation Alpha (like me) or not, they are influencing you. Their choices are impacting upon their parents. These parents are your peers, your clients, or your customers.

Whilst I am not advocating that we all need to be experts in Generation Alpha behaviour to better position ourselves to the world, we need to look beyond our immediate circle to be innovators and influencers of the future.

We stay relevant when we broaden our thinking and continue to learn from what is coming next, not what is already here and becoming outdated. It may be a few years away before Generation Alpha is part of your workforce, your business, or directly spending money with your brand. However, when they reach that place of power, both in influence and with their wallets, they will already have a clear idea of what they like and where they're not willing to settle.

My advice if you want to stay ahead is to keep an eye on Generation Alpha now. Their presence is already felt via their parents—people like me—and millions of others. And as a Generation brought up on YouTube from their early years, you can bet they won't have the attention span to wait and see whether they like what you offer. In the words of my 4-year-old when I take more than 30 seconds to do anything, 'this is like years'.

If you want to be ready for Generation Alpha when they mature in 2029, you best get moving now.

**By Rachel Pearson**

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# THE POWER OF THE PAUSE



## Self Care Corner

I have a five-year-old nephew, Cameron, who finds joy in his Spiderman coloring book, watching YouTube videos about clouds and aggravating his big sister every chance he gets. Like most kindergarteners, Cameron's world of discovery and boundless energy can challenge the rest of the family.

The clash of quizzing everyone about cloud formations and the family wanting a few minutes of silence creates a daily struggle that every family can relate to. Eventually, Cameron will hear his mom say, "Cam! You're doing too much!"

**(Translation: You're overstimulated, and I need you to take a few minutes to calm down.)**

In a true act of five-year defiance, Cameron exclaims, "I NOT DOING TOO MUCH!" Cameron knows that it's time for a nap when that statement is made. It's time to pause.

Like my precocious nephew, I've had many occasions when I've been doing too much. Unlike Cameron's dedication to his Spiderman artwork or asking the family about the types of clouds, my "too much" can look like:

**Overextending myself with commitments.**

**Adjusting to the demands at work.**

**Failing to get enough rest.**

**Struggling to keep up with an ever-changing world.**

It's a vicious loop that we all find ourselves in. This loop often leads to burnout, heightened stress, and health impacts. Struggling to find a balance with life's demands and slowing down can be difficult.

Here are some common symptoms of burnout:

**Physical:**

**Chronic Fatigue:** Persistent feelings of tiredness that rest does not alleviate.

**Frequent Illnesses:** A weakened immune system leads to more frequent colds or infections.

**Sleep Disturbances:** Difficulty falling or staying asleep or unrefreshing sleep.

**Emotional:**

**Detachment:** Feeling disconnected from work, colleagues, or personal relationships.

**Neglecting themselves:** Neglecting self-care routines, such as exercise, healthy eating, or taking time out to recharge.

**Personality changes:** Experiencing a sense of hopelessness you've never witnessed. Burnout can exacerbate symptoms of anxiety or depression.

**Behavioral Signs:**

**Decreased Performance:** Reduced productivity and quality of work.

**Social Withdrawal:** Avoiding interactions with colleagues, friends, or family.

**Increased Absenteeism:** Taking more sick days or showing up late to work.

Now that you can recognize the signs, I want you to extend grace to yourself! Whether you're navigating the challenges of raising children, being caregivers to your parents, or somewhere in between, you've done the best you could with the options you were given. As the saying goes, you can't pour from an empty cup. You must take time to replenish yourself. How do you do that? I'm glad you asked!

Recovering from burnout requires an approach that addresses both personal and professional aspects of life. Here are a few strategies that can be implemented in daily life.

- 1. Prioritize Self-Care.** Regularly exercise, maintain a balanced diet, and ensure adequate sleep to restore energy levels. Incorporate relaxation techniques such as mindfulness, meditation, or yoga to manage stress effectively.
- 2. Set Boundaries.** Boundaries are not set in stone. Consider boundaries as being a gate to your well-being. Release the behaviors that no longer serve you. Welcome those people and things that are good for your mental and emotional well-being.
- 3. Ask for help.** It takes tremendous strength to ask for help, but it's not a sign of weakness. Learning to delegate whenever possible will allow you to manage your workload effectively and prevent feeling overwhelmed.

These are a few strategies that can aid in the prevention and recovery of "doing too much." It's essential to recognize the signs and take proactive steps toward recovery.

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# May I Have Your Attention Please The Messages Your Body Wants You To Hear

Imagine if our bodies were capable of telling us exactly what is wrong.

The truth is that our body has its way of communicating and has been sending out alerts and messages since the day we were born. Unfortunately, we live in a society that has completely disconnected us from ourselves. We have been conditioned since birth to believe that we aren't capable of understanding what our bodies need to support and maintain our overall health and wellness. So much so that when we feel changes or discomfort happening within our body, we immediately turn outside ourselves for answers.

The average person approaches their health from a distance, not understanding their needs and abilities. We have lived our lives believing that we have no business discussing or making any decisions about our health unless we went to Medical School and were taught a very specific way of practicing medicine.

Of course, while the expertise of those who attended Medical School is certainly a vital part of our lives, they are not the only voice we should depend on. We have become fully dependent on their knowledge, placing our needs and concerns in their hands.

In our society, if a new symptom arises, we call our Doctor, who we believe has all the answers. If our Doctor cannot help us, we are then sent to a specialist who focuses on one specific area of the body for further testing and analysis. We are often given a diagnosis, a label of our symptoms, and told our disease/illness is the reason for our symptoms. We are then prescribed medication to silence the symptom(s), or in some cases, we will need some type of surgery or procedure to fix the issue we are presenting.

This is how we are kept stable, and yes, it's a necessary part of our lives, but it should never have been what our entire perception of healthcare looks like. Here is why:

- The care being provided (while necessary for acute situations) never addresses the messages our bodies send but silences/suppresses these messages.
- We assume that once our symptoms are alleviated, we are healthy again, and the issue is resolved...except healing never actually occurred.
- The reason behind the symptom, aka the root cause, was never addressed or considered.
- The root cause that was never addressed didn't go away.
- The root cause continues to manifest, eventually leading to more health issues and new symptoms.



- When new symptoms arise, more appointments are made, new medications are prescribed, and the cycle continues.....

This is where the ongoing cycle of symptoms and illness begins. Those symptoms are the messages our body sends us to show us where there is an imbalance and where our attention and support are needed. Silencing them without understanding the root cause of the symptoms isn't helping or healing our bodies at all. We are given temporary relief that doesn't resolve why the symptoms developed in the first place.

Temporary relief is often necessary, and that is exactly why medication is there, but that is only one fraction of what needs to be addressed in order for real healing to occur. By solely treating our health concerns with medications, and taking no further steps to heal from what caused our symptoms, we are now at risk for further health issues to develop. It's only a matter of time before they do.

Here is an example:

You go to the Doctor complaining of constipation. Your Doctor sends you to a Gastroenterologist. The specialist will likely do some testing and see that your digestion is slow or that you are backed up and need to alleviate this issue. You are prescribed medication to get your bowels moving again (which always comes with side effects you may not see) and possibly advised to add some fibre to your diet. This may work for a while, but you believe you did what was necessary to address the issue before it worsened. Again, this only provides you with relief from the symptoms. This isn't addressing why you are struggling with constipation and how it affects your body as a whole.

I use constipation as an example because it is such a common symptom these days. I could say the same about various symptoms that are becoming so common that they are being normalized. Symptoms such as fatigue, anxiety, joint pain, headaches.....you get the idea.

If you remember anything from this article, I want you to understand that symptoms are not a normal part of life or aging. We as a society suffer predominantly from inflammatory diseases and illnesses, and it's all of these ongoing common symptoms being treated with band-aid solutions that have been our red flags for decades.

I personally had red flags for years that went unnoticed and unresolved. One example is when I was hospitalized six different times for weeks with gastritis. My body was presenting inflammation in my digestive tract; I couldn't digest anything and was in a tremendous amount of pain.



The protocol in the hospital was to stabilize me. Fluids, meds for nausea and pain, and a liquid diet as tolerated until my body calmed down and returned to a stable place. I was discharged, but it didn't take long before my symptoms returned or new symptoms began. It felt like a never-ending battle, and it was! When you look back at how hard my body begged for attention, how loud it screamed for help, only to be silenced again and again.

Eventually, I ended up being diagnosed with an autoimmune disease, and over time, I was diagnosed with a long list of diseases and secondary illnesses.

Sadly, every day, I hear stories very similar to my own, receiving a diagnosis of autoimmune disease, heart disease, diabetes and or cancer. I know for most, it feels like these diseases strike out of nowhere and people are randomly affected, but that is not what is happening.

These diseases and illnesses are developing over time. They are a manifestation of root causes we never knew existed. When we ignore the messages our bodies have been begging for us to hear all our lives, eventually, it leads us to a state of imbalance or disease. This isn't about bad luck or genetics; it results from our environment, food, lifestyle, nervous system, and gut health. It's a result of a total disconnect from being the person that our bodies have always needed support from the most.



I don't write this to scare anyone. I am writing this hoping to encourage everyone who reads it.

We have to be willing to accept that our healthcare is our responsibility and that a large portion of how we address our health should come from ourselves. Yes, we are, in fact, capable of more than we ever imagined. We are designed to heal. There is no such thing as a magic pill or cure, and there never will be. Our bodies are not one size fits all, and our root causes of disease are going to vary from person to person. The first step is awareness and understanding that we can no longer rely solely on our doctors to do what is best for us and our health. They are there to help keep us stable, but they are not there to do the inner work necessary to address and heal the root causes of our symptoms.

Our healthcare system isn't going to change anytime soon. If we continue to do what we have always done, the growth of disease will continue to escalate year after year. There has been massive growth in technology and pharmaceuticals in the last several years, yet as a whole, the health of our society continues to decline.

It doesn't have to continue this way. The idea of changing the entire trajectory of our society's well-being may sound a little crazy, but the idea of shifting the direction of our own lives and well-being is absolutely doable. It doesn't take a massive 360 for this to happen. In fact, it often just takes a small shift in direction, and the long-term outcomes of your health will look completely different than they would have had you remained on the path you always travelled before.

I meet people daily like myself who were diagnosed with several diseases and secondary illnesses. They live every day with ongoing symptoms that have them living in a state of fear and frustration. Life becomes a daily battle of survival, and you have no idea why this is all happening to you. You feel as if you are a victim in your own body and have absolutely no power over how the illness affects you. This is the life of chronic illness and something I wouldn't wish on anyone.

The reason why I write this and the reason why I speak out so much on this is because I never want anyone to endure what I did with chronic illness. I have proven that it doesn't have to be chronic and that even the most severe cases like me can absolutely heal.

Very often, people who are already diagnosed have a hard time hearing or accepting the fact that despite years of being told healing is impossible, people like me are now telling them the opposite.



It's understandable, and I do not expect everyone to be ready to hear my message. But what I do hope is that everyone who reads this begins to think more about how they are approaching their healthcare.

To clarify, I am not advising that you do not seek professional help when you aren't feeling well. I see my Doctor regularly, but at the same time, I play a major role in my healing and overall well-being. I suggest that the next time you feel a symptom, get curious. Learn to understand your body's own communication, and even more so, learn how to respond to your body and provide the support it has needed from you all along.

Once you are in a stable place, take steps forward to learn more about the root causes of your symptoms. Read more about gut health, nervous system health, toxins, and inflammation.

Next time you feel a symptom that catches your attention, get curious. Here are a few questions you can ask yourself:

- Every symptom has a cause. What could be causing this symptom to arise?
- What is my body trying to show me?
- How can I best support my body right now?

If these questions sound impossible to answer, then it's time to provide yourself with support and



guidance. I highly suggest that you begin working with a wellness coach who can teach you about the possible root causes and show you how to reconnect with yourself. They will provide support and guidance as you begin to listen to your body's needs and show you various ways you can honor those needs.

Providing ourselves with this type of care is not something we are accustomed to. There are many who will resist doing so for a variety of reasons, such as financial or uncertainty around what self-care and healing actually look like.

When it comes to the financial aspect of working with a coach, integrative physician, holistic practitioner, etc, many will immediately say they cannot afford it. In their eyes, if it's not covered by insurance, it won't happen. This is where there needs to be a major mindset shift in our perception of healthcare.

What is more valuable than our lives?  
What is the most important thing in this world for us to invest in?

The truth is that we invest in superficial things without thinking twice. The amount of money spent on Netflix, takeout, Starbucks, Amazon, cell phones, and more adds up quickly. What if we began putting our self care and well being as the top priority of our expenses?

When I began my own health journey, I wasn't capable of working, and we were already struggling financially, barely getting by paycheck to paycheck. The first coaching program I signed up for was the most expensive I have ever joined. The cost was very high, and we certainly didn't have any hidden funds lying around to pay it. But, my decision to heal and save my own life was non-negotiable. I couldn't afford to remain where I was for another minute. I finally found help that could change my life, and I was not allowing money to stand in my way. With that type of unshakable mindset, you will be amazed at how resourceful you become. I was going to make it happen, and I did.

I worked with and studied with numerous coaches, physicians, functional nutritionists, and scientists and ALWAYS found a way. I had enough on my plate with my health, so worrying about money standing in my way was something I refused to accept. My family and I sacrificed a lot back then, and all of us were happy to do so. Getting my life back was an investment that continues to pay us back with interest.

Remember what I stated above if providing additional care outside the conventional norm seems out of reach. When you shift your mindset around finances, you will be amazed at what is possible.

The truth is, if we do not change the way we approach our health, then nothing is going to will traditional way of healthcare isn't changing anytime soon, but more and more people are awakening to the fact that while it's a necessary part of our lives, it isn't enough.

It's time to break the cycle and shift the direction of our health and lives. It's a change in perspective that not everyone is ready for, but everyone is absolutely capable of. If we don't make any changes and remain where we are, we will continue to travel on the never-ending cycle of symptoms and disease.

The next time you feel a symptom, remember that it's your body's communication. Pause, observe, and get curious about it. That curiosity is your first step in reconnecting with yourself. It's a step towards hearing the messages that have been silenced all your life. Every step you take is a step forward in a new direction that will lead to places and outcomes you never imagined were possible.

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# Manifestation Mastery

Trust, alignment and creating the life you desire

Manifestation is a word we hear so often these days. It is often spoken across social media platforms and is mentioned in many books. I often describe it to friends and clients as thinking and talking something magical into existence; I'm very aware this sounds like a magical formula. However, manifestation at its core is not only about daydreaming your way into a much better life. It's a profound process of aligning your energy, thoughts and actions with your desired outcome. While totally surrendering control of how it will happen. My own journey with manifestation has been somewhat remarkable. I am living proof that the process works. I have also experienced the frustration of eagerly awaiting my manifestation to play out and being hugely disappointed when it has not. In many ways,

I suppose what makes me uniquely qualified to recognise the stark contrast between what has worked and what hasn't is my firsthand experience. When I reflect on moments of disappointment, it's clear that my energy and mindset played a crucial role in why things didn't unfold as I had hoped. In those moments, I could have easily succumbed to despair, frozen by the fear of the unknown. Yet, deep within me, there was an unshakable sense that I would be okay. I couldn't quite explain it, but I knew as I had already witnessed some of my manifestations come to life.

Over the years, I've managed to manifest incredible opportunities, from career opportunities and personal milestones to overcoming challenges that seemed insurmountable. Through these experiences, I've learned that there are countless ways to support and enhance the manifestation process. Many people turn to specific tools and practices to aid manifestation. I've tried a variety myself over the years. Visualisation is a powerful method. When you close your eyes and vividly imagine the life you want, down to the smallest detail, you're aligning your energy with that reality. It isn't only about seeing it in your mind; it is also about feeling it in your heart and imagining how you would feel if you already had the thing you're manifesting. That emotional connection is the very thing that brings it to life.

Another popular technique is creating vision boards. There is something profoundly affirming about physically seeing images and words representing your desires. It acts as

a daily reminder of what you are working towards and keeps your focus aligned. For some, scripting, a practice where you write about your future like it's already here, can also be incredibly effective. For example, if I was manifesting my dream home, I would write. I am so thankful to be living in my dream home. Meditation, affirmations and working with crystals are powerful ways to keep your energy at a high frequency, which is necessary when it comes to manifestation.

Gratitude is also essential. When you cultivate a mindset of appreciation for what you already have, you signal to the universe that you're ready for more. Whilst these methods can be helpful I have learned that actually they aren't the most important part of the process. You can journal your heart out and create the most beautiful vision board, but it's unlikely to work unless you truly believe in the process with every fibre of your being. The real magic of manifestation lies in letting go of the need to control every aspect of how things will happen. There is no room for doubt. I have seen it time and time again in my own life. Whenever I have tried to "force" a certain outcome or clung on too tightly to the "how", I have ended up feeling frustrated and stuck. When I surrendered that control, I trusted that the universe knew the best way to deliver what I needed and wanted.

In 2018, my eldest daughter started her music journey. She discovered that she had a natural gift for playing music by ear. She already had a guitar but really wanted to own a piano. I vividly remember her looking over and asking if I could get her one. We had not long moved house, and funds then were low. I didn't acknowledge the lack of funds. I didn't need to. I immediately answered with "Yes, of course", to which she naturally responded with "How and when?". As quick as a flash, I replied as soon as the universe provides us with it. I remember the conviction of my words. I meant it. Not once that night did I ponder how I would get my daughter the piano. I quickly moved on with my evening, knowing I did not need to worry as it was on its way.

The following day, I randomly decided to wait for a delivery on my doorstep; I never usually waited outside. A man and his dog started to walk past my house. The dog turned and approached my door. The man apologised and explained that his dog was familiar with the house. The man used to teach piano to the previous occupiers. The next question he asked blew my mind! 'I don't suppose you know anyone that would like a free piano? Sure enough, we had a piano, which was the perfect fit in my house before my daughter returned home that evening. She walked in, saw the piano and asked, "But how?" to which I answered "The universe".

This is where many people struggle. We live in a world that often teaches us to rely solely on logic and reason. We are told time after time that if we want something, we have to work hard to make it happen. Let's not get this twisted, though, as action is undoubtedly a part of the process in life, but manifestation invites us to go beyond logic and tap into unseen forces that are always working in our favour. I never worry if something I want to manifest hasn't shown up yet as I trust the timing; I simply know deep down that everything is unfolding exactly how it's meant to.

Looking back on my journey, I can see how each challenge I faced was an opportunity for growth and transformation. Even during the darkest times, when I couldn't see a way forward, a part of me always knew I would be okay. That knowing has been the foundation of my manifestations. Manifestation isn't about "how" things will happen; it's about believing they will. So, the next time you set an intention, remember to trust. Dream big, take inspired action and then release your grip on the outcome. Let the universe surprise you. You might just find that what's waiting for you is far greater than anything you could have planned.

By Lisa Andrews

# Living Bravely

## Would You Rather Be Perfect or Brave?

A client of mine goes to the gym every morning, spends long days excelling at work, and keeps her home spotless. She holds herself to impossible standards to avoid judgment, crafting an image of perfection to feel safe. If she's honest, the pressure to maintain this image is exhausting, and she's terrified about what others might think if she doesn't. Rather than taking risks, she stays within her comfort zone. What she doesn't yet realize is that by controlling how she is perceived, she's missing out on the very thing she secretly craves: the courage to live authentically.

### **Perfectionism is the Fear of Judgment**

Perfectionism shows up as overly high expectations, constant self-criticism, and a need to control how others see you by avoiding mistakes or failure. In today's world, perfectionism is often rewarded through things like career and social media recognition. But while perfection seems desirable, it can also be suffocating. The more we pursue it, the less we experience true bravery, which requires action even when the outcome is uncertain.

### **Bravery Is Showing Up as We Are—Not as We Think We Should Be.**

Bravery, on the other hand, is not about being perfect. It's taking risks. It's the willingness to fail, learn, and grow through discomfort. Think of someone changing careers in midlife despite possibly failing or sharing their struggles, knowing they might be judged. These acts of bravery involve putting yourself out there with authenticity and confidence.

### **Perfectionism Thrives on Control**

At its core, perfectionism is the fear of not being enough. This fear causes contraction in the body and worry about what others might think or how things could go wrong. This results in inaction or overthinking even the smallest details, trapping you in anxiety and shame.

Perfectionism holds you back by suppressing your willingness to fail. This fear of failure can keep you from taking risks as you avoid situations where you might stumble; fearing failure reflects your worth. But failure is essential to bravery. You cannot grow without making mistakes, learning from them, and trying again.

Perfectionism also leads to a perpetual state of self-doubt. When you hold yourself to unattainable standards, you'll never feel "enough" or do "enough." It's hard to be brave when you're always questioning whether you're doing it "right."

### **Bravery Thrives on Surrender**

Bravery involves letting go of the need for certainty and embracing the discomfort of uncertainty. The more you try to control every detail and avoid anything that might go wrong, the less room for growth. True bravery invites us to release perfectionism's grip and step into the unknown, trusting that even mistakes can lead to unexpected opportunities for growth.

### **3 Tips to Release the Need for Control**

So, how do we challenge our perfectionist tendencies so we can get to know our bravery instead?

#### **1. Get Messy.**

Allow yourself to experience the messiness of imperfection. Start by doing a small, low-risk task imperfectly, like not making your bed or sending an email with a typo. Notice your thoughts and how your body feels. When you practice messiness, you begin to free yourself.

#### **2. Celebrate Progress over Perfection.**

Perfectionists struggle to acknowledge their wins, no matter how big. They focus instead on what could be improved. Celebrate each step you take, no matter how small. This rewires your brain to see you're making strides, even when things aren't perfect.

#### **3. Practice Self-Compassion.**

Instead of listening to your inner critic, practice self-compassion. Speak to yourself kindly, as you would a friend. The more you practice self-compassion, the easier it becomes to take risks and be brave.

### **Discover How Brave You Really Are**

A "perfect" life is not a brave life. Perfectionism may feel safe, but it traps you in overthinking and fear of failure, keeping you stuck in self-doubt. Bravery requires us to relax rigidity to discover our authenticity. So, ask yourself: How can I take one small step toward living a braver, more imperfect life?

**By Jennifer Legaspi**

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Procrastination  
is the thief  
of time.

***"Never do tomorrow what you  
can do today. Procrastination  
is the thief of time"***

**Charles Dickens**

This statement is a clear illustration of the core beliefs that humans have held around procrastination. But is this true? Does delay always mean we are faulty? What if procrastinating was, for some, a greater alignment of the divine timing that is required for the highest performance . . . the actions that lead to the greatest outcomes for the highest good of all?

Welcome to my 11th column exploring moving beyond mindset with ancient universal principles. With the 12 Ancient Universal Principles of my High-Performance Wellness Coaching, you will move beyond the limited mindset of procrastination, one that has been ingrained in the human psyche for thousands of years, into a limitless paradigm of flow, where higher perspectives, deeper insights and aligned actions create new pathways for limitless growth.

### **Pioneers of Consciousness**

Historically, the vast majority of beliefs around procrastination are negative. There are countless quotes about the detrimental consequences of procrastination with equally as many approaches to help you end self-sabotage, stop delaying and support you in taking responsibility to act and get

## **Moving Beyond Mindset With Ancient Universal Principles**



things done . . . now. This mindset is effective when you are beginning your journey of personal empowerment and when you are in the early stages of learning about productivity, performance and manifestation. This mindset may not be true for high performers who are already achieving and manifesting with a high degree of mastery.

If you are a high performer committed to achieving your goals and dedicated to living your potential, then delaying tasks may not just be about finding the inner strength, discipline, self-worth, or focus to do them. Delaying tasks may be more about utilizing discernment to prioritize what is important so that you can be more effective and productive in accomplishing your short-term and long-term goals.

As a high performer, you naturally have a strong intellect and a powerful intuition. Your internal compass is fine-tuned. You live with a refinement of your thoughts and actions, including acting when the time is right. If you find yourself in a "slump" and nothing seems to be moving you forward, maybe you are not procrastinating. Maybe you are being guided to re-assess your strategy and prioritize from a place of greater self-awareness and insight rather than from your logic, ego, or intellect. Perhaps you are being called to do "something else" in order to prepare for "something greater".

### **The High Performer's Dilemma**

The High Performer's Dilemma is the gap between where you feel and see what you desire versus the present recognition that you do not have it. This gap can create feelings of overwhelm, inadequacy, anguish and chronic frustration. You are able to viscerally experience the fulfillment, joy and empowerment, the incredible sense of accomplishment, of achieving your goal but you feel stuck in not achieving it. You feel trapped in your perception of inaction. You become a slave to your resistance.

The high performer will say, "Why can't I just get this done?" or "Everything takes so long". This comes from the old paradigm that you are deficient in some way, are not yet

"committed enough", and lack the discipline, drive, motivation or focus to take the necessary actions to be successful. You know you can do it, but you are delaying in doing it. This differential creates the resistance to chronic stress that can result in drain, depletion and despair.

High performers typically are not stuck in a downward spiral of negative beliefs and self-talk. I, like many high performers, believe anything is possible. This has always been one of my core beliefs. However, any strength can be a weakness when its application is not fully understood. In the belief that "anything is possible", the tendency is to book in activities that are not functionally possible to complete in the timeframe you allocated and to accept opportunities, projects and missions that are bigger than what you anticipated.

While you may accomplish a lot in a short amount of time, there is a constant pressure, an insidious pull, to finish things that you have not had a chance to address. High performers like completing tasks. The chronic stress of not completing your daily to-do list, not following your prescribed schedule, or achieving your greatest goals does not always stem from self-sabotage or lack of motivation. This chronic stress can be created from believing you can do more than what is functionally possible in the physical dimension, of setting unrealistically high expectations and standards of performance, often from the simple core belief that "anything is possible".

## Ancient Universal Principles

### 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™*

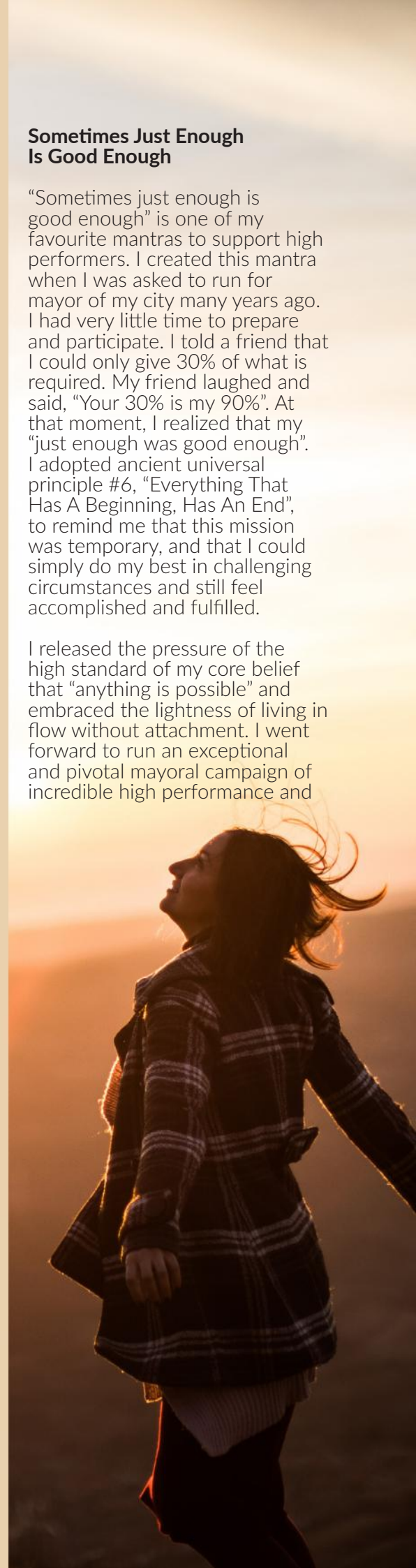
Ancient universal principles have helped me understand the balance that is required to live my passion, purpose and mission with flow, fulfillment and inner ease, rather than pushing myself beyond my capacity and creating resistance, depletion and burnout. In the Taoist macrobiotic science of life, there is recognition of the 1:7 ratio of spiritual to material frequencies on Earth. It can take 7 times longer on the material plane to manifest what you think, feel, and visualize with your higher consciousness.

This ancient universal principle helped me understand the process of acting and manifesting on Earth. It helped me refine my power so that I create inner peace as I prioritize and plan my strategy to achieve my goals. In this state of being, I am able to release the burden of feeling I "never get enough done" and create space to master the abundance of my energy, power and potential.

## Sometimes Just Enough Is Good Enough

"Sometimes just enough is good enough" is one of my favourite mantras to support high performers. I created this mantra when I was asked to run for mayor of my city many years ago. I had very little time to prepare and participate. I told a friend that I could only give 30% of what is required. My friend laughed and said, "Your 30% is my 90%". At that moment, I realized that my "just enough was good enough". I adopted ancient universal principle #6, "Everything That Has A Beginning, Has An End", to remind me that this mission was temporary, and that I could simply do my best in challenging circumstances and still feel accomplished and fulfilled.

I released the pressure of the high standard of my core belief that "anything is possible" and embraced the lightness of living in flow without attachment. I went forward to run an exceptional and pivotal mayoral campaign of incredible high performance and





**It can take 7 times  
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visualize with your  
higher consciousness.**

success without the debilitating impacts of chronic stress. Utilizing the ancient science of yin and yang, I turned stress into success.

When I coach clients to help them overcome procrastination, we not only consider traditional factors like core beliefs, self-worth, accountability, and support systems to get things done, but we also explore a greater connection to heart and soul. I utilize an exercise that begins with, "Connect with your heart, your soul. Listen to your intuition and inner voice. Observe. What are they telling you to do?"

Using my 12 Ancient Universal Principles as guides, such as #9 "Divine Alignment, Is Divine Timing" and my L.O.V.E. Method ( Listen, Observe, Validate, Empower™ ), you can release attachments to old beliefs of "I should. Otherwise I am a failure", "I didn't. Therefore I am not able", "I tried, I failed, I am not worthy". As intellectual control, ego and analysis are released, new core beliefs are ignited that are in alignment with the ancient wisdom of your soul, such

as "Now is not the time. I am OK with that"; "I don't have to do it all now. I will wait", "I am being guided for my greatest outcome. The Universe has my back", "I am fully supported so I will know and feel the right time to act", "It is OK to let it go and allow others to succeed".

The underlying shift for high achievers is to transform the negative beliefs of procrastination into the positive beliefs of patience, presence, and perseverance without attachment, to prioritize and strategize from a deeper place of benevolence. Dedication to the right action, rather than dedication to any action, is part of the discernment of aligned actions that support you and the collective. A new paradigm of success and performance is evolving, wherein all wellness is inherent in the process and the outcome. To live with trust and faith in your inner guidance is a powerful aspect of mastering your inner power and releasing the drain of chronic stress and burnout.

### **Turn Limitation Into Liberation**

If you have ever reflected on experiences in your life and said, "I am grateful I didn't get around to doing that" because you can see how accomplishing "that" would have changed the path you are now on, or you have said to yourself "I am so glad I didn't end up doing that because doing it now has created an outcome far greater than my original expectation" then you are connecting with the divine intelligence of procrastination . . .the discernment and insight to create a sacred space to prioritize and act with divine alignment and divine timing.

Examining core beliefs around procrastination is part of the new paradigm of High-Performance Wellness. Transforming the negative imprints of procrastination into a positive paradigm of patience, presence, perseverance, and peace recognizes the necessity of beginning to refine traditions to accurately reflect one's evolving consciousness. Letting go of limiting beliefs that no longer serve you creates new pathways and possibilities to live with benevolent power and rise to your potential as a conscious leader of your life and the world. You embrace growth, step into your power, and reclaim your birthright of the sovereignty of mind, body, and spirit. You turn limitation into liberation.

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

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# Increased Protein Consumption

A quick internet search for the 2025 nutrition trends revealed some interesting answers. Several key trends are expected to shape our approach to nutrition and health.

The number one trend is increased protein consumption. We are becoming aware of the importance of protein for health and weight management, not just muscle recovery.

## What is protein?

Protein comes from the Greek word proteios, which means primary or of first importance.

Protein is a macronutrient (Macro) and an essential nutrient that helps repair tissues in the body, including muscle, skin, and organs. It is made up of amino acids, which are often called the “building blocks of life.”

Protein plays a key role in many bodily functions, such as supporting the immune system, producing hormones, and providing energy when needed. Protein is found in foods like chicken, fish, eggs, lentils, and dairy.

As mentioned before, protein is made up of amino acids. There are 20 amino acids, and 9 are essential, meaning the body cannot produce them on its own and must get them from food.

## Complete vs incomplete proteins

Complete proteins contain sufficient amounts of all 9 essential amino acids and are typically found in animal-based foods and some plant sources.

Examples:

1. **Meat** (*chicken, beef, pork*)
2. **Fish** (*tuna, salmon*)
3. **Eggs**
4. **Dairy**
5. **Soy**
6. **Quinoa**

Incomplete proteins are lacking in one or more essential amino acids or do not have enough of them. Incomplete proteins are mostly found in plant-based sources, however combining different foods can create a complete protein profile.

Examples:

1. **Beans and legumes** (*lentils, chickpeas*)
2. **Grains** (*rice, oats*)
3. **Nuts and seeds**
4. **Vegetables**

How to get all essential amino acids on a plant-based diet

By combining different incomplete protein sources, you can create a complete amino acid profile.

Examples

1. **Rice and Beans**
2. **Peanut butter and whole wheat bread**
3. **Lentils and quinoa**

## Protein benefits

Increased protein consumption offers several benefits beyond muscle repair, making it essential for overall health and is becoming a key nutrition trend for 2025.

### 1. Supports weight loss management

Promotes satiety: Protein is more satiating than fats or carbohydrates, helping the feeling of being full.

### 2. Supports immune function

A high-protein diet helps the body produce enzymes and hormones that regulate immune responses. Also, many antibodies are made up of protein.

### 3. Promotes healthy skin, hair and nails

Key components of skin, hair and nails are made up of protein. Protein can also improve skin elasticity, reduce hair loss and strengthen nails.

### 4. Supports brain function and mental clarity

Amino acids from protein help produce neurotransmitters like dopamine and serotonin, which impact mood, focus and cognitive function.

## Conclusion

Increased protein consumption is more than muscle recovery- it supports weight management, immune health, and brain function and even helps promote healthy skin.

The UK's recommended daily intake (RDI) for protein consumption is 0.8 grams per kilogram of body weight for the average adult. If you are looking to increase protein consumption, this would be the lowest limit, with the upper limit at around 2.0 to 2.5 grams of protein per kilogram of body weight.

By Craig Alexander





BY LIZZIE SIEGEL

# PORTALS OF POSSIBILITY UNLOCKING THE POWER OF CHOICE

Choices are the portals through which reality flows. Imagine this: no matter how small, every decision you make is a key to a doorway—a portal to a new reality. Behind each door lies a different version of your life, shaped by the beliefs, intentions, and actions you carry into it. What if the limits you perceive aren't barriers but launchpads? What if the very moments you feel stuck are the Universe whispering, "This isn't the end; it's a beginning"? Each choice—each deliberate act of selecting between two or more possibilities—is a spark of creation, a defining moment that shapes your path. Action is the language of the physical body, where visions from the superconscious take form. Even inaction—the decision to not decide—is itself a choice, carrying consequences that ripple through your reality. You are always creating, whether consciously or unconsciously.

This is your invitation to pause, to breathe, and to see your life not as a series of random events but as a tapestry of choices—each infused with the power to transform everything.

What you're about to read isn't just an article; it's a guide to stepping into your full power as the conscious creator of your life. Are you ready to unlock the portals and remember who you truly are?

## A Childhood Lesson in Creation

I was captivated by "Choose Your Own Adventure" books as a child. Each page held a Universe of possibilities, and every decision shifted the story's trajectory. I'd eagerly reread the same book, making different choices each time, fascinated by how a single decision could create a completely new reality. Those books taught me an enduring truth: life is not fixed. It is dynamic, fluid, and shaped by the choices we make.

This article mirrors that lesson. It is designed to guide you on a journey of exploration, offering tools, insights, and practices to empower you as the conscious co-creator of your life. Each section is a choice point, inviting you to navigate this content in a way that aligns with your curiosity and intention.

**Choice Point:** Are you ready to explore the layers of your mind and how they shape your reality? If yes, go to "The Languages of Your Minds." If you're curious about how your beliefs shape experiences, jump to "How Beliefs Create Experiences."

## The Languages of Your Minds

Within you exists a profound dialogue, a layered conversation between the different facets of your being. This journey begins with the soul, the infinite source of your essence, and flows through the spirit, which animates your physical experience:

- **The Superconscious Mind:** The domain of your soul, speaking in the language of infinite possibilities, Divine inspiration, and unity.
- **The Unconscious Mind:** The reservoir of ancestral wisdom, archetypes, and collective programming. It communicates in symbols, myths, and primal truths.
- **The Subconscious Mind:** The seat of belief systems, habits, and emotional patterns. It shapes your actions through the language of symbols and repetition.
- **The Conscious Mind:** The part of you that processes, focuses, and translates the unseen into thoughts, feelings, and decisions. This is where awareness meets choice.
- **The Physical Body:** The instrument of action, bridging the unseen realms and tangible reality. Your body speaks in sensations and movement, embodying the intentions of your higher self. Your soul is infinite, while your spirit is the aspect of that infinity, physically focused on experiencing



life through your body. Together, they create the multidimensional journey that is your YOUNique human experience.

**Choice Point:** Curious about how your beliefs directly impact your experiences? Proceed to “How Beliefs Create Experiences.” Ready to explore how emotions and beliefs intertwine? Jump to “Bridging to Emotional Alchemy.”

### How Beliefs Create Experiences

Every belief thought, and action is a portal—a choice point that shapes the trajectory of your life. As Richard Rudd, founder of the Gene Keys, beautifully explains: “The only thing needed for magic to occur is some form of structure and an open mind.” Often seen as obstacles, limits are actually the structure within which magic unfolds. Limits are ACTually launchpads, propelling us into new realities when we approach them with curiosity and courage.

Beliefs are the lenses through which you perceive and shape your reality. They form the structure of your internal world, providing the framework for how you interpret experiences and navigate life. Whether limiting or limitless, beliefs are inherently self-perpetuating—without them, the experiences you have would lack coherence or continuity. A belief’s function is to create a consistent reality, reinforcing itself through the feedback loop of your emotions, thoughts, feelings, actions, and external interactions.

For example, a belief like “I am not enough” generates thoughts, feelings, and actions that align with inadequacy, drawing experiences that reinforce the belief. Conversely, adopting a belief such as “I am inherently worthy” shifts your inner and outer dynamics, attracting situations that validate your worthiness.

Beliefs also serve as powerful portals to transformation. By consciously identifying, questioning, and reshaping limiting beliefs, you can activate expansive ones, stepping into new realities aligned with your soul’s potential. This interplay between structure and possibility is where creation happens, turning limits into launchpads.

**Choice Point:** Would you like to continue to “Quantum Physics: The Science of Oneness” to explore how the Universe reflects this process? Or move forward to “The Interplay of Science and Spirituality” to deepen your understanding of how beliefs shape reality.

### Quantum Physics: The Science of Oneness

Limits as launchpads find their reflection in quantum physics, where the Universe reveals its interconnected and infinite nature. At the heart of quantum physics lies the discovery of the quantum field—a vast, energetic space where all possibilities exist. This field is the foundation of the idea that each choice collapses infinite potential into a single reality. What appears to be a limitation is actually the

container within which creation takes form.

- **The Quantum Field:** Quantum physics describes a vast energetic field where all possibilities exist simultaneously. This field, also known as the zero-point field, is where potential becomes reality. Your thoughts and beliefs act as the observer, collapsing potential outcomes into tangible experiences.

- **Entanglement:** Particles that become entangled remain connected, regardless of distance. A change in one instantaneously affects the other, reflecting the spiritual truth that all things are interconnected. Every intention, belief, and action you hold influences the greater whole.

- **Wave-Particle Duality:** At the quantum level, particles exist as waves of potential until observed. This highlights the fluid and dynamic nature of reality, where consciousness—your attention and intention—acts as the deciding factor in what becomes real.

- **Energy and Resonance:** Everything in the Universe vibrates at specific frequencies, including your beliefs, emotions, thoughts, and actions. Positive beliefs emit higher frequencies, aligning with expansive experiences. Conversely, limiting beliefs resonate with struggle or limitation.

This scientific understanding reinforces the spiritual principle that “what you put out, you get back.” By cultivating empowering beliefs, you harmonize with the quantum field, attracting experiences that reflect your highest potential.

**Choice Point:** Would you like to continue to “The Interplay of Science and Spirituality” to deepen your understanding of how these realms combine? Or, move forward to “Bridging to Emotional Alchemy” to explore how these quantum principles influence your emotions.

### The Interplay of Science and Spirituality

When we integrate the structure of limits with the expansive nature of belief, we find a dynamic tension that allows creation to occur. Doubt, for example, is not an obstacle but an invitation to inquiry. By asking, “What is true for me?” you transform uncertainty into clarity. Inquiry becomes the bridge between the shadows of doubt and the light of your truth.

From this perspective, science and spirituality merge: the neuroscience of belief and the energetic principles of spirituality reflect the same





truth—your beliefs define the reality you experience. Understanding this interplay empowers you to reframe limitations as opportunities for expansion.

- **Science:** Your brain's neuroplasticity allows it to form new neural connections based on repeated thoughts and beliefs. This means that the brain constantly rewires itself based on your mental habits, reinforcing patterns you frequently engage in. Additionally, the Reticular Activating System (RAS) acts as a gatekeeper for your attention, filtering incoming stimuli to prioritize information that aligns with your dominant beliefs and intentions, ensuring that your focus supports your internal narrative.

- **Spirituality:** Your beliefs emit vibrational frequencies that align with corresponding experiences. The Universe mirrors these frequencies, reflecting the essence of what you emit. You shape a reality that reflects your highest potential by consciously choosing empowering beliefs. **Choice Point:** To explore how emotions play a role in this process, move to "Bridging to Emotional Alchemy." If you're ready to take actionable steps, proceed to "Practical Steps to Embody Your Power."

### **Bridging to Emotional Alchemy**

Emotions are the raw data of your experience, the energy in motion that informs your perceptions. They arise instinctively, often shaped by underlying beliefs. Understanding the difference between emotions and feelings is essential:

- **Emotions:** Immediate, unconscious physiological responses to stimuli, typically lasting about 90 seconds.

- **Feelings:** The subjective interpretations of emotions influenced by thoughts and beliefs. Feelings can create feedback loops, reinforcing emotional patterns. When you bring awareness to this dynamic, you can consciously interrupt reactive loops and engage in emotional alchemy—the transformation of emotional energy into growth and empowerment. By identifying and shifting the beliefs at the core of this loop, you can change the entire cascade, creating patterns that align with expansion.

**Choice Point:** Are you ready to explore the process of emotional alchemy? Go to "Emotional Alchemy: The Process of Transformation." If you're ready for actionable tools, head to "Practical Steps to Embody Your Power."

### **Practical Steps to Embody Your Power**

Here's how you can step into your power:

- 1. Illuminate Your Path:** Reflect on your core values and beliefs. Use journaling or meditation to gain clarity.
- 2. Ground into Presence:** Cultivate a daily grounding

practice through breathwork, visualization, or connection with nature.

- 3. Activate Emotional Awareness:** Practice emotional alchemy to transform reactive patterns into conscious growth.

- 4. Expand Your Possibilities:** Seek out new experiences and perspectives that challenge and inspire you.

- 5. Align Your Actions:** Take deliberate, inspired actions that align with your soul's vision.

- 6. Build Supportive Relationships:** Surround yourself with individuals who uplift and inspire your growth.

- 7. Commit to Growth Practices:** Establish rituals that nurture your physical, mental, emotional, and spiritual well-being.

- 8. Reflect and Recalibrate:** Regularly evaluate your progress and adjust your approach as needed.

- 9. Embody Your Divinity:** Celebrate your YOUNique journey as a conscious co-creator.

**Choice Point:** Ready to reflect on the journey and integrate these insights? Proceed to "Closing the Portal." Or, return to the beginning at "Portals of Possibility: Unlocking the Power of Choice" to explore with a fresh perspective.

### **Closing the Portal**

Your life is a continuous dance of creation, an unfolding tapestry of choice and possibility. Each decision—each portal you step through—brings you closer to remembering your infinite potential. As you navigate this journey, may you embrace the paradox of being both human and Divine, empowered to create a reality that reflects your highest truth.

If you feel called to go deeper and seek guidance to illuminate your YOUNique path, I invite you to connect with me. Together, we can explore your YOUNique Divine Source Codes (aka your player profile or life blueprint) and expand your capacity as a conscious co-creator of your life. What choice will you make?

To connect with Lizzie further for more teachings, mentorship, retreats, and to receive her latest offerings, follow her on

**Instagram @lizzienamasteplantbased**  
**or email her at namasteplantbased@gmail.com**



# Mastery, in any field, takes time

As a coach, I am often asked, "What can I do to be more successful?"

There are many things to learn when you are a new business owner, yet I see too many people not prepared to put in the consistent effort required to master the essential skills needed for running a business. On the other hand, sometimes it's the opposite—they are constantly chasing the next shiny object, the newest strategy they see. Many entrepreneurs find themselves overwhelmed by an endless array of free courses and programs, filling their days with webinars and tutorials that promise instant success. They jump from one solution to another, hoping for a quick fix, but they never give any strategy enough time to truly work.

What often happens is they begin to feel defeated. They tell themselves they are the problem—that maybe they aren't cut out for success. But here's the issue: they've become so focused on learning everything all at once that they've forgotten the importance of applying what they learn.

The truth is success doesn't come from simply absorbing information. It comes from the

integration of that information—and that integration happens when we learn and practice the "Art of Repetition."

Repetition builds muscle memory, strengthens resolve, and teaches your body and mind what's possible.

The more you do something, the more capable you become.

Have you ever stopped to think about how naturally we learn as children?

Crawling, rolling, standing up—we do these things instinctively, often falling down but always getting

back up. As adults, however, we often forget this innate ability to learn and grow through repetition. Instead, we expect instant results.

As an adult student, I have found practicing over and over has been the key to my learning process. When I am acquiring a new skill—whether it's learning how to navigate a new social media platform or mastering a new business strategy—I practice it repeatedly until I feel confident enough to apply it in real-life situations.

I repeat the process so many times that it becomes second nature. The task evolves from something that once felt difficult into something I do almost effortlessly. This is how true integration happens: through consistent, deliberate practice. It's no longer a steep learning curve; instead, it becomes part of who you are and how you operate.

Whether it's mastering Facebook for business or starting a new hobby, I've learned that it all begins with one small step, followed by continuous, repeated effort. It's the same principle Bruce Lee spoke about when he said, "After a long time of practising, our work will become natural, skilful, swift, and steady."

Let's face it -There will be moments when you want to give up. I've been there too. The path to success is rarely smooth. There are setbacks, doubts, and frustrations. In these frustrating times, we develop more resilience to keep getting up and putting our best foot forward. But here's the truth: if it is to be, it's up to me.

No one else can do the work for you. Coaches, mentors, and online courses can provide guidance and tools, but ultimately, you must put in the effort. Show up every day and do the work—even when it feels challenging or repetitive.

Success isn't about finding the perfect strategy but consistent execution. What's the first step you can take today? What skill, habit, or dream are you ready to embrace?

Here are a few practical steps to get started:

- 1. Choose one area to focus on. Instead of trying to learn everything at once, pick one skill or strategy that aligns with your goals.**
- 2. Set a practice schedule. Consistency is key. Whether it's dedicating 30 minutes a day to learning or setting aside a specific time each week, do what works for you**
- 3. Track your progress. Keep a journal or log to record what you've practiced and what you've learned. This will help keep you motivated to do more**
- 4. Celebrate small wins. Acknowledge your progress, no matter how small. Each step forward is a victory.**

**Remember - One step at a Time.**

**By Mary Scott**



# Why We Attract Emotionally Unavailable Partners

## *And How To Break The Cycle*



You're deeply invested in a new relationship, but as time passes, you notice a familiar pattern: your partner avoids commitment, shuts down emotionally, or keeps you at arm's length. You're left wondering,

Why does this keep happening to me? If this sounds familiar, you're not alone. The truth is that many of us are strongly drawn to emotionally unavailable people, often choosing them over the ones who are open and ready for love without realizing the underlying reasons.

Before diving into why it happens, let's talk about some common signs of emotional unavailability in a relationship and what exactly it means.

● **Avoiding Deep Conversations:** An emotionally unavailable person may not engage in meaningful talks about feelings, personal experiences, or the future of the relationship.

● **Struggling to Express Feelings:** They may find it hard to share their emotions or might downplay the importance of emotional closeness.

● **Detachment:** They could avoid physical affection or seem distant during moments that require emotional connection.

● **Lack of Empathy:** They might dismiss or criticize their partner's feelings instead of trying to understand them.

Emotionally unavailable people often switch between showing affection and pulling away, creating confusion and insecurity for their partner. They might also have a fear of commitment, avoiding serious discussions about the future or resisting long-term planning.

Recognizing these patterns can help you identify emotional unavailability and decide how to address it in your relationship.

*So why are we attracted to emotionally unavailable people?*

### **We're drawn to the thrill of the chase.**

Many of us get hooked on the excitement of the chase in dating. As humans, we often want what we can't have. Chasing someone emotionally unavailable might feel thrilling, even though it's a dead-end game.

This ties to a concept in psychology called intermittent reinforcement. With emotionally unavailable people, you get small "rewards" like a sweet text or a fun date, but they're inconsistent. The unpredictability makes those moments feel even more meaningful, which keeps you hooked. This addiction to the chase might also be a sign that, deep down, you're avoiding real commitment without realizing it.

### **We Feel the Need to "Fix" Them**

Aside from enjoying the chase, some of us take on the challenge of trying to "fix" someone or be the one



to change them. Chasing an emotionally unavailable person can feel like an attempt to 'heal' them." It's the classic, "No one else has been able to reach him, but I'll be the one to break down those walls!" Sound familiar?

The truth is, you can't make someone emotionally available or ready for a relationship. They have to figure that out for themselves, and it doesn't happen overnight. Many of us fall into the trap of thinking we can "fix" someone. But here's the reality: changing someone is almost impossible, and when you're with the right person, you shouldn't feel like you need to.

### **We're Stuck in a Fantasy**

Fantasizing about someone emotionally unavailable is often tied to low self-esteem. You imagine a perfect life and relationship with this person you "can't have," enjoying the dream in your head without dealing with the real effort a relationship requires. Sometimes, we settle for this imaginary connection because we don't feel worthy of a healthy, mutual relationship or believe they'd never choose us. When you feel confident in yourself inside and out, you won't accept less than someone emotionally available.

### **Cravings and Limerence**

If you had emotionally distant caregivers growing up, you may have craved their love and attention as a child. As an adult, chasing someone emotionally distant can trigger similar cravings. This craving is different from liking someone—it's more about wanting attention, even if it no longer feels satisfying. Limerence is when thoughts about someone become obsessive and based more on infatuation than a real connection.

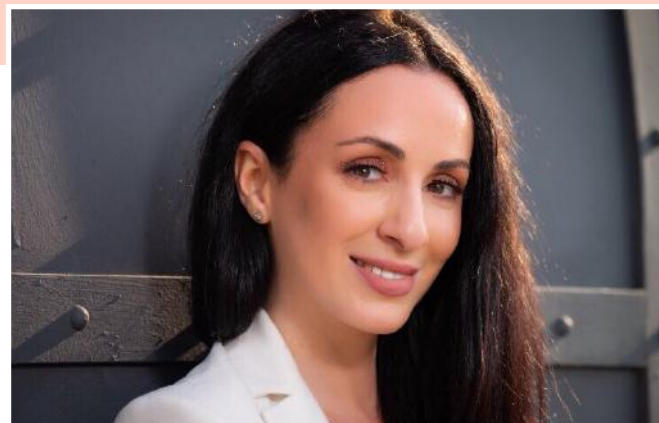


### **How to Break the Cycle and Become More Emotionally Available**

- **Look into the deeper cause:** If childhood or past relationship trauma is affecting you, therapy can help you heal.
- **Recognize the patterns:** Ask yourself why it's hard for you to open up. This might point to deeper emotional issues.
- **Be kinder to yourself:** Accepting your flaws helps you accept others' imperfections.
- **Practice openness:** Start by journaling, talking to trusted people, or sharing your thoughts in writing to help you open up more.

Becoming emotionally available takes effort, but with self-awareness and a willingness to grow, you can break the cycle and build stronger, healthier relationships.

**By Inna Mel**





# Examining Racial Inequalities in Education and the Criminal Justice System

## *A Policy Analysis*

International conventions and national policies have significantly shaped children's rights and protections in the United Kingdom. The Children's Rights Alliance for England (CRAE) was first formed in 1991 when the UK endorsed the United Nations Convention on the Rights of the Child (CRC). CRAE worked with over 150 organisations and individuals to promote the full implementation of the CRC in England. In 2015, CRAE merged with Just for Kids Law (JFKL), a charity that advocates for children and young people by providing support, advice, advocacy, and legal representation, ensuring that those in power are held accountable (JFKL, 2020).

JFKL's policy framework is informed by its ongoing work overseeing the implementation of the CRC, along with its legal casework, direct advocacy, and engagement with children and young people. In 2016, the UN Committee on the Rights of the Child urged the UK government to strengthen efforts to combat discrimination and stigmatisation (JFKL, 2020). However, addressing racial inequalities and protecting human rights requires policymakers to consider broader social factors such as intersectionality, social mobility, and cultural and social capital. Without addressing these underlying factors, policies may not be effective in tackling systemic inequalities and discrimination.

### **Racial Disparities in Education**

The death of George Floyd in 2020 ignited global discussions about racism and anti-racism, prompting many organisations—including educational, corporate, religious, public, and private institutions—to reflect on their role in perpetuating racial inequalities. Many of these organisations have since committed to anti-racism work (Miller, 2021). In the UK, the Equality Act 2010 was introduced to protect individuals from discrimination based on characteristics such as race, ethnicity, and national origin. Despite this legislation, significant racial and ethnic disparities persist across various sectors, particularly in education.

According to JFKL (2020), Black Caribbean children are three times more likely to be permanently excluded from school than White British children. A case study in JFKL's policy highlights the experience of Jake, a teenager from a Black Caribbean background who moved from London to the West Midlands. Jake was a victim of criminal exploitation and trafficking and faced racial abuse at school, which ultimately led to his exclusion. While addressing disproportionality in school exclusions is important, there are concerns that current strategies fail to tackle the root causes, such as broader societal inequalities, lack of resources, and inadequate support for at-risk students. Jake's relocation may have also negatively impacted his social mobility and mental wellbeing. Social Stratification and Structural Inequalities

To fully understand inequality, it is crucial to examine social stratification, which refers to the hierarchical arrangement of social groups and individuals based on

factors such as class, gender, race, and age (Giddens, 2013). These attributes shape individuals' life experiences and opportunities. For instance, women may be positioned differently from men, and working-class individuals may have different social mobility prospects compared to the upper class. Multiple identity markers—such as race, gender, and class—intersect to create unique experiences of discrimination and marginalisation (Gillborn, 2015).

Giddens (2013) further argues that dominant groups' normative expectations influence how they perceive and treat marginalised groups. When individuals do not conform to these expectations, they may be stigmatised and excluded from opportunities. JFKL's policy does not adequately address these structural inequalities, limiting its effectiveness in combating racial disparities in education and the criminal justice system.

### **Racial Disproportionality in the Criminal Justice System**

The racial disproportionality seen in school exclusions is also evident in the UK's criminal justice system. JFKL (2020) highlights the significant overrepresentation of Black individuals in both systems. According to the Lammy Review (2017), Black people make up only 3% of the UK population but account for 12% of the prison population. This suggests that punitive measures disproportionately impact minority communities, raising concerns about systemic bias in the justice system.

Despite efforts to address these disparities, policies often fail to consider the individual needs and circumstances of schools and students. Each institution has unique demographics, resources, and challenges, meaning that a one-size-fits-all approach to tackling racial inequality may not be effective. Addressing systemic discrimination requires comprehensive, targeted interventions that consider the broader social and economic contexts in which these issues arise.

### **Conclusion**

While efforts such as JFKL's advocacy work and the Equality Act 2010 have contributed to the fight against racial inequality, more comprehensive and context-sensitive policies are needed. Policymakers must address structural factors such as intersectionality, social mobility, and cultural capital to create meaningful change. If all elements of a policy are not working in unison, its effectiveness is significantly diminished. A deeper analysis of systemic discrimination and its root causes is essential to ensure racial equality in education and the justice system.

### **By Shardia O'Connor**

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# Breaking Free from Impostor Syndrome Embracing Your True Worth

Do you ever feel like a fraud despite your accomplishments? Do you downplay your achievements, fearing that one day, people will discover you are not as capable as they think? If so, you are not alone.

Welcome to the deceptive world of impostor syndrome.

Impostor syndrome makes accomplished individuals feel like frauds, doubting their abilities. It creates a false belief that they are undeserving of success. However, this feeling is just an illusion, not reality. Using science-backed strategies, we can overcome it and embrace true confidence.

## **What is Impostor Syndrome?**

Impostor syndrome, first identified by Dr. Pauline Clance and Dr. Suzanne Imes in 1978, is the persistent doubt that success is due to luck rather than ability. It is common among high-achieving individuals across various fields, with up to 70% experiencing it. Despite evidence of competence, those affected fear being exposed as a "fraud." This fear limits their potential and lowers their self-worth. However, impostor syndrome is an illusion that only holds power if you allow it to.

## **The psychological impact of Impostor Syndrome**

Impostor syndrome can cause stress, anxiety, and burnout, leading to overworking and self-doubt. It also causes individuals to avoid opportunities and ignore positive feedback. The key to overcoming it is recognizing that a learned mindset can be unlearned through brain adaptation.

## **Empowered strategies to overcome Impostor Syndrome**

### **1. Reframe your thoughts with cognitive restructuring**

Your mind shapes your reality, and combating impostor syndrome starts with cognitive restructuring to challenge negative thoughts.

Replace thoughts like "I do not deserve this" with "I have worked hard and am capable." Neuroscientific research shows that positive affirmations strengthen new neural pathways, promoting self-belief. Writing empowering statements and revisiting them daily helps reinforce a confident mindset. Consistent practice can transform self-doubt into natural confidence.

### **2. Own your achievements without justifying them**

Impostor syndrome thrives on minimizing success. If you find yourself explaining away your accomplishments as "just luck" or "not a big deal," stop. Take ownership of your wins. Keep a "success journal" where you document your achievements, big or small. This tangible record serves as undeniable proof of your competence, retraining your brain to acknowledge and celebrate your progress.

### **3. Embrace failure as a stepping stone, not a verdict**

Many people experiencing impostor syndrome fear failure as an exposure to their inadequacy. However, research into the growth mindset—pioneered by psychologist Carol Dweck—shows that viewing failure as an opportunity for growth leads to higher resilience and long-term success. Every challenge or mistake is simply data for improvement. Shift your perspective from "I failed" to "I learned."

### **4. Separate feelings from facts**

Feeling unworthy does not mean you are unworthy. Emotions are not always indicators of truth. Develop the habit of asking yourself, "What objective evidence supports this fear?" More often than not, you'll find that your doubts are not rooted in reality but in conditioned thought patterns. By questioning your own limiting beliefs, you take away their power.

### **5. Seek support and speak up**

One of the greatest antidotes to impostor syndrome is connection. Studies reveal that talking about impostor feelings with trusted friends, mentors, or support groups helps diminish their intensity. You will soon realize that even the most successful individuals experience self-doubt. Vulnerability breeds strength; the more you open up, the more you will find encouragement and validation.

### **6. Step into the identity of your future self**

Imagine the confident, empowered version of yourself who has already broken free from impostor syndrome. How does this version of you think, act, and carry themselves? Start embodying those traits today. Neuroscientific research highlights that our brains respond to visualization like a real experience. By consistently aligning your actions with your future self's mindset, you bridge the gap between who you are and who you aspire to be.

### **Final thought: you belong here**

Your talents and opportunities are not accidental; you are not an impostor but a force of nature. Impostor syndrome is an illusion that fades once recognized for what it is. When self-doubt arises, remind yourself that you deserve your success. Stand tall, breathe, and embrace your truth—you've got this!

**By Nadija Bajrami**





# The Age of Spiritual Awakening

## Unlocking Intuition for Mental Clarity

As we step into 2025, we find ourselves in a time of heightened spiritual awakening. This year, the planetary alignments are amplifying our collective consciousness, opening new doors for intuitive awareness, emotional healing, and inner peace. On January 25, 2025, several planets aligned, creating a rare and potent cosmic event. Venus, Mars, Jupiter, Saturn, Uranus, and Neptune fell into a specific configuration, drawing the attention of astrologers and spiritual practitioners alike. When planets aligned, their combined energies flowed into the Earth, offering a surge of cosmic energy that can influence everything from personal growth to manifesting desires.

### The Power of Planetary Alignment

The alignment of these planets represented a moment of cosmic synchronization. The individual energies of each planet came together, sending out an amplified vibration. It's as if the universe is harmonizing, creating a powerful, energetic environment where personal intentions could manifest more effortlessly. This alignment was a chance to align one's own energies with the rhythm of the cosmos, opening the door to opportunities that might otherwise have seemed distant or unreachable. As the veil between the physical and spiritual realms thinned, intuitive abilities became more pronounced, making it an opportune time to develop a deeper connection with our soul's wisdom. But the question remains: How can we embrace this shift and cultivate a deeper connection with our intuition while improving our mental and emotional well-being?

### The Connection Between Intuition and Mental Health

In a world that often feels chaotic and overwhelming, developing intuition and soul awareness is more than a mystical pursuit—it is a powerful way to cultivate mental clarity, emotional balance, and inner peace. Neuroscience research suggests mindfulness, meditation, and intuitive journaling can significantly reduce stress and enhance cognitive function. A study published in *Frontiers in Psychology* found that individuals who engage in regular self-reflection and intuitive practices exhibit improved decision-making skills, greater emotional resilience, and reduced anxiety.

Additionally, studies in positive psychology have shown that individuals who regularly follow their intuition and align with their soul's purpose experience a greater sense of internal harmony. This alignment fosters emotional stability and mental resilience, helping individuals navigate life's challenges with greater ease. Research from the HeartMath Institute has demonstrated that when individuals listen to their intuition and follow their heart's guidance, they achieve a state of physiological coherence—where the heart, brain, and emotions work in harmony—leading to increased emotional balance, inner peace, and cognitive clarity.

### The Consequences of Disconnection from intuition

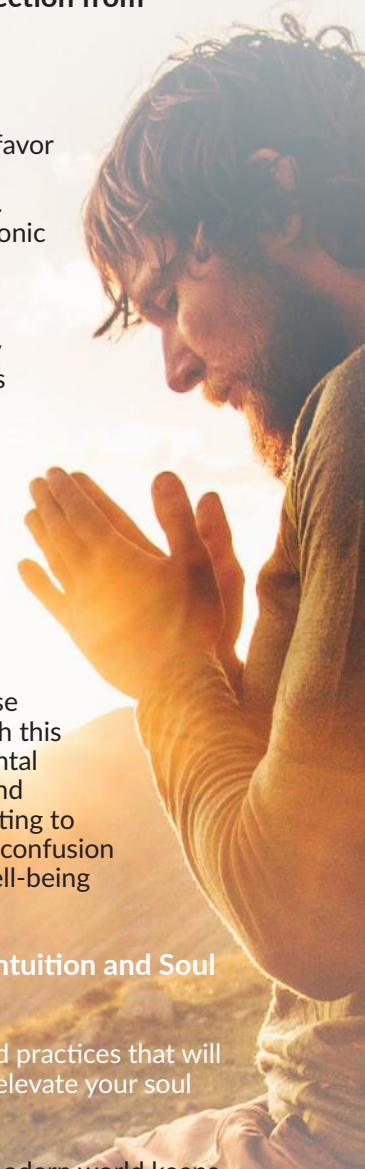
Despite this, many people remain disconnected from their intuition, often ignoring their inner voice in favor of external validation, logic-driven decisions, or societal expectations. This disconnection can lead to chronic stress, anxiety, and even burnout. When we are not attuned to our intuitive guidance, we struggle with self-doubt, overanalyze every decision, and feel trapped in cycles of uncertainty. The absence of intuition in daily life often results in an inability to access deeper wisdom, leading to choices that are misaligned with our soul's true path.

Conversely, those who actively strengthen their intuition often experience increased confidence, improved focus, and a greater sense of flow in life. By reconnecting with this innate ability, we can cultivate mental stillness, make clearer decisions, and reduce the mental clutter contributing to emotional distress. This shift from confusion to clarity is essential for mental well-being and overall life fulfillment.

### Practical Steps to Strengthen Intuition and Soul Awareness

Here are some simple yet profound practices that will help you refine your intuition and elevate your soul connection:

1. **Cultivate Daily Stillness** – The modern world keeps our minds in constant motion. Start each day with five minutes of silent meditation or deep breathing. This small act creates space for intuitive insights to emerge and nurtures mental clarity. According to a Harvard Medical School study, regular meditation increases gray matter in the brain, enhancing emotional regulation and cognitive processing.
2. **Journaling for Soul Reflection** – Writing down your thoughts, dreams, and emotions is a powerful way to connect with your deeper self. Studies show that expressive writing can reduce stress by up to 27% and improve emotional regulation. Using a soul-aligned planner can help you track synchronicities, intuitive hits, and emotional shifts. Planners such as the Soulful Self-Love Planner, Soulful Manifestation Planner, and Soulful Mind Harmony Planner provide structured guidance for deepening self-awareness, manifesting your highest potential, and maintaining mental clarity.





By incorporating these tools into daily practice, individuals create an intentional framework that supports their spiritual and emotional growth.

3. Trust the Subtle Signals – Intuition speaks in whispers, not shouts. Pay attention to gut feelings, sudden inspirations, or the pull toward certain people or situations. Studies on the gut-brain connection suggest that our enteric nervous system (often called the “second brain”) plays a significant role in intuitive decision-making. Learning to recognize these subtle cues allows you to make decisions with greater ease and confidence.

4. Tune into Energy Shifts—Becoming aware of how people, places, and situations affect your energy can be a game-changer for your emotional well-being. If something drains you, it's a sign to set boundaries. If something uplifts you, lean into it. Practicing energy awareness has been shown to improve emotional intelligence, reduce feelings of overwhelm, and foster inner peace.

5. Connect with Nature – Spending time in nature resets our nervous system, reduces stress, and strengthens our connection to the universe. Even a short walk outdoors can help ground your energy and bring greater clarity. Studies indicate that spending just 20 minutes in nature can lower cortisol levels and significantly improve mood.

### The Role of Structure in Spiritual Growth

While intuition thrives in moments of stillness, integrating spiritual practices into daily life requires intention and structure. The Soulful Self-Love Planner, Soulful Manifestation Planner, and Soulful Mind Harmony Planner provide a structured approach that harmonizes spiritual insight with practical application. These tools serve as guides to:

- *Track emotions, dreams, and synchronicities*
- *Observe intuitive patterns over time*
- *Create a sacred space for self-inquiry and mindfulness*

Maintaining a written record of your spiritual and emotional journey reinforces your intuitive abilities and deepens your mental clarity. Spiritual awakening is not just about receiving insights—it's about integrating them into daily life for sustained mental and emotional well-being.

### Embracing the Year Ahead

2025 is a year of transformation—a time to awaken our soul's whispers and embrace a new level of consciousness. As you step into this journey, remember that spiritual awakening is not about seeking something external; it's about rediscovering the wisdom that has always been within you.

By integrating these simple practices, you will enhance your intuition and cultivate a sense of inner peace, emotional balance, and mental clarity. This is your invitation to embark on a year of profound self-discovery, where your intuition becomes a trusted guide, and your

soul's voice leads you to greater alignment and joy. The more you align with your inner wisdom, the more you strengthen your mental resilience and overall well-being. Let this year be the one where you fully embrace your intuition and create a deeper connection with your soul.



If you'd like to learn more about the Soulful Self-Love Planner, Soulful Manifestation Planner, and Soulful Mind Harmony Planner—and how they can help you start your transformation toward mental clarity, emotional balance, and a deepened sense of intuition—visit my website at [drmargit.com](http://drmargit.com).



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# Redefining Success

## How Alignment Leads to True Fulfillment

Exhausted from working long hours, Vanessa had no time for a social life. But she couldn't or wouldn't slow down. Her boss needed her, and her team relied on her, right? She'd spent years building her career, proving herself by doing every task better than anyone else, always first in and last to leave. On paper, she had it all: the salary, the title, the lifestyle. So why did she feel so empty?

When Vanessa came to me for life coaching, she wasn't sure if it would help. A friend who had been coaching with me for a year had urged her to try. "I mean, could things really get any worse?" she joked. And that's how she ended up on our first call—half skeptical, half desperate for anything to change.

*(Vanessa's name has been changed, but her story is very real.)*

Before we started life coaching together, Vanessa's day started with checking her emails at 5 am. Work came first—before the bathroom! Her cortisol levels were through the roof, and she was constantly stressed out by emails and back-to-back meetings. At work, she was a legend, but she had no life. Every night, she binged Netflix on the couch, washing down her Skip the Dishes with a glass (or three) of wine.

This wasn't living. This was survival. And she knew she deserved more.

When Vanessa turned down another invitation, her friend messaged back, "Haven't seen you for months. When's the last time you did anything but work?" Vanessa laughed it off, but that question stuck with her. She couldn't remember. And maybe that's where you are right now. You've been pushing forward, doing everything you're "supposed" to do. But when was the last time you felt alive? If you aren't sure, keep reading.

### Discovering Alignment

Through life coaching, Vanessa began to understand that her exhaustion wasn't just about overwork but about misalignment. She had been chasing a version of success that no longer fit who she was. Alignment isn't about giving up ambition; it's about making sure your ambition is directed toward what lights you up.

**Success without alignment is just burnout in disguise.** Hustling for achievements that don't fulfill you will always leave you feeling empty.

**Your body knows before you do.** That pit in your stomach, the tightness in your chest, the constant exhaustion? Those are signs you're out of alignment.

**Saying yes to everything means saying no to yourself.** Something has to change if your calendar is full of obligations but empty of joy.

At first, Vanessa resisted my coaching, asking What if setting boundaries made her look uncommitted? What if saying no costs her opportunities? She worried that slowing down meant falling behind. But the opposite was true: Step by step, as she prioritized alignment, the more successful—and fulfilled—she became.

### Vanessa started making small, intentional shifts:

**She set boundaries at work.** No more checking emails between 8 pm and 8 am.

**She reconnected with delight.** She pulled out her adult colouring books and started hiking on weekends.

**She listened to her intuition.** Before saying yes, she asked: Does this bring me closer to the life I want?

**She made space for rest.** Instead of numbing out with Netflix and wine, she prioritized nutritious meals and sleep.

Little by little, Vanessa started to feel like herself again. She woke up energized, not anxious.

She worked fewer hours and got more done. She laughed and felt lighter. Her life felt aligned.

Vanessa is not alone. So many of my high-achieving life coaching clients come to me because they find themselves burnt out, stuck on autopilot, wondering where they went wrong. The good news? You don't have to figure this out alone. I've helped countless women find alignment, and I can help you, too.



## Your Turn: How to Step into Alignment

Here's the truth: Small, intentional shifts can bring you back to yourself. Here are a few ideas to get you started:



### 1. Ask yourself: Where are you out of alignment?

*Am I living in alignment with what actually matters to me?*

*Where in my life do I feel drained, and where do I feel energized?*

*If nothing changed in the next five years, would I be happy?*

**Try this:** Journal your honest answers to these questions. Don't filter. Just write.

### 2. Listen to your body.

*The gut clench of regret when you say yes to something you don't want to do.*

*Your heart racing when notifications go off.*

*The exhaustion that doesn't go away, even after a full night's sleep.*

**Try this:** The next time you're faced with a decision, close your eyes, take a deep breath, and ask: Does this feel heavy or light? Expansive or constrictive?

### 3. Define Your Vision: What are you working toward?

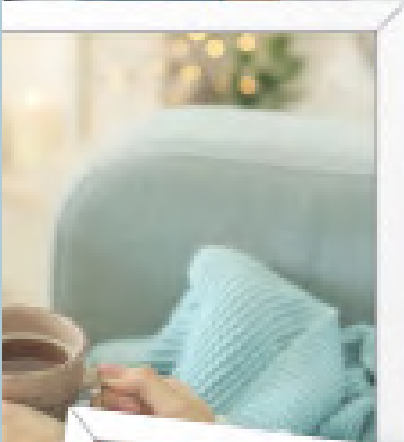
*How do I desire to feel when I wake up in the morning?*

*How do I desire to spend my time?*

*What values do I wish to embody?*

*How do I want people to remember me?*

**Try this:** Journal your thoughts, then craft a single sentence that captures your vision. Let this be your North Star—the version of success that feels aligned for you.



### 4. Start saying no (without guilt).

*Start small and build up to declining bigger things.*

*Practice not offering excuses because No is a complete sentence.*

*Ask yourself, if I say yes to this, what am I saying no to?*

**Try this:** Before saying yes to anything big, take 24 hours to think over the decision.

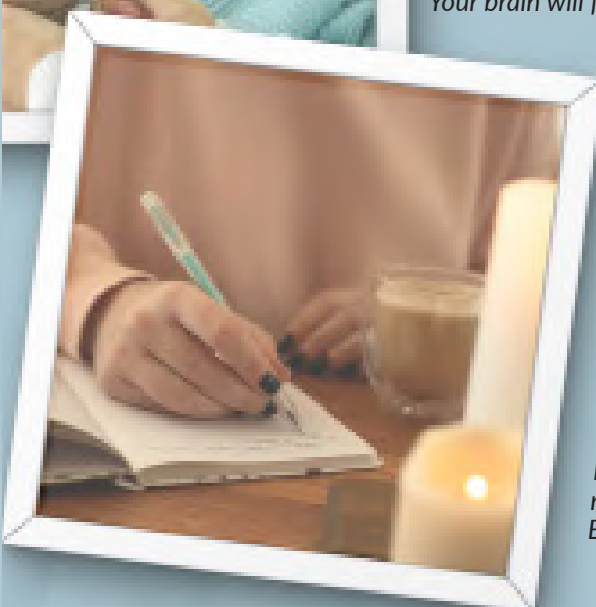
### 5. Make space for delight.

*The science is solid: delight and gratitude make you healthier overall.*

*You can find delight in tiny glimmers, like sitting in a ray of sunshine or a nice cup of tea.*

*Your brain will focus on what you feed it most, so nourish it with delight!*

**Try this:** Write down three things that delight you for no other reason than they feel good. Now, schedule them into your week as non-negotiables.



### The Truth About Alignment

Alignment isn't about quitting your job, moving to Bali, or making some massive life overhaul. It's about making conscious, intentional choices every day that bring you closer to the life you want to live. Stop putting yourself at the bottom of your to-do list. Get clear on your desire and put it at the top of your list.

Vanessa's story isn't unique. It's the story of so many women who have been giving their energy to everyone but themselves. But, through life coaching, she stopped, reassessed, chose alignment, and everything changed.

*How will you choose alignment today? What is one small shift you can make to align your actions with your desire?  
Because when you do, everything else falls into place.*

by Emma Hull

Emma works with clients worldwide.

You can connect with her at [lifeuntethered.com](https://lifeuntethered.com) and as @TheLifeUntethered across social media.

Her book "Your Goddess Era: A Step-by-Step Guide to Reinvention" is out now.



# Transforming Health with Synaptic Fit Fusion Pros

## A Revolutionary Approach to Fat Loss and Disease Prevention

In today's fast-paced world, success often comes at a cost. Many high-achieving professionals, like doctors and lawyers, find themselves caught in a cycle of stress, long hours, and poor health habits. This leads to excess weight, chronic fatigue, and serious conditions like cardiovascular disease (CVD) and type 2 diabetes (T2D).

We, Coach Terry and Coach Zita, founders of Synaptic Fit Fusion Pros, understand these challenges intimately. Through our Rejuvenise 360 Holistic Healthy Living® Transformational Coaching System, we help clients achieve lasting transformations—without restrictive diets, punishing cardio sessions, or temporary quick fixes.

This system isn't just about losing weight; it's about regaining control over your health, optimising energy, and breaking free from cycles of self-sabotage.

### The Missing Link: Neuropsychology Meets Fitness

What makes Synaptic Fit Fusion Pros different? The foundation of our program lies in a groundbreaking connection between neuropsychology and physical health—a concept often overlooked in mainstream fitness programs.

"Your brain is hardwired for survival, not fat loss," explains Coach Terry. "When under chronic stress—common for high achievers—your brain triggers habits that protect you from perceived threats. This might include emotional eating, fatigue, or resistance to exercise. Traditional programs ignore these mental roadblocks, leaving people stuck in a cycle of failure." Neuropsychology, the study of how the brain influences behaviour, provides tools to break this cycle. Clients learn to rewire limiting beliefs and develop new, empowering habits through:

#### **Habit stacking**

#### **Visualisation**

#### **Stress reduction techniques**

These methods enhance motivation, consistency, and long-term success.

Your brain is an extraordinary organ equipped with a complex self-regulation system designed to manage

cravings, impulses, and decision-making processes. Understanding how this system functions and how to enhance its efficiency is crucial for developing healthier habits and improving overall well-being.

### The Neuroscience Behind Cravings

Cravings are intense desires for specific substances or activities, often driven by the brain's reward system. The prefrontal cortex, the brain's executive control centre, plays a vital role in regulating these desires. This region is responsible for rational thinking, decision-making, and impulse control. It communicates with the nucleus accumbens, a region closely linked to pleasure and reward. When functioning optimally, the prefrontal cortex can suppress the impulses generated by the nucleus accumbens, aiding in resisting cravings.

Additionally, the amygdala, known for processing emotions, contributes to cravings by associating specific stimuli with emotional responses. The hippocampus, responsible for memory formation, often triggers cravings by recalling past pleasurable experiences associated with particular substances or behaviours. Together, these regions form a complex network that governs cravings.

### Strengthening the Brain's Self-Regulation System

The good news is that this self-regulation system is malleable and can be strengthened through deliberate practices. Neuro Synergy Coaching, a core aspect of the Rejuvenise 360 Holistic Healthy Living® Coaching System, offers evidence-based techniques to enhance self-control and manage cravings effectively.

#### Techniques for Craving Management

##### **1) Visualisation Techniques**

Visualisation is a powerful tool that involves creating mental images of successfully overcoming cravings. For example, imagine yourself choosing a healthy snack over junk food or visualising the benefits of a smoke-free life. This mental rehearsal activates the prefrontal cortex, reinforcing neural pathways associated with self-control. Studies have shown that regular visualisation practices enhance cognitive control, making resisting temptations in real-life scenarios easier.

##### **2) Focused Attention Practices**

Focused attention techniques, such as mindfulness meditation, help train the brain to stay present and manage impulsive behaviours. Mindfulness meditation involves paying close attention to your thoughts, feelings, and sensations without judgment. This practice reduces





the reactivity of the amygdala, promotes emotional regulation, and strengthens the prefrontal cortex's ability to control impulses.

### 3) Cognitive Techniques

Cognitive restructuring, for instance, involves identifying and challenging negative thought patterns that lead to cravings. By reframing these thoughts, you can reduce the intensity and frequency of cravings.

### 4) Habit Reversal Training

Habit reversal training (HRT) involves becoming aware of the triggers that lead to cravings and developing alternative responses. For example, if stress triggers your craving for sugary snacks, you can practice deep breathing or engage in physical activity instead.

### 5) Progressive Muscle Relaxation (PMR)

PMR is another effective technique where you tense and relax different muscle groups in your body. This practice not only reduces physical tension but also helps in managing stress-induced cravings.

#### Some Additional Craving Management Protocols:

Let's begin by focusing on your breath. Inhale deeply through your nose, allowing your abdomen to expand. Hold for a moment, and then exhale slowly through your mouth, releasing any stress. Continue this deep breathing throughout the session.

#### Management of Cravings :

One of the most effective ways to manage cravings is by being aware of them in the moment.

Start by bringing your attention to the present moment. Notice any sensations in your body without judgment. If you feel a craving arising, observe it with curiosity rather than reacting to it.

Now, let's perform a body scan. Begin at the top of your head and slowly move your attention down through your body, noticing any areas of tension or discomfort.



As you encounter these areas, take a deep breath and imagine sending relaxation and

calm to them. Continue this process until you reach your toes.

## Management of Craving through Distraction

One effective technique is distraction. When you feel a craving coming on, redirect your attention to a different activity. This could be going for a walk, calling a friend, or engaging in a hobby you enjoy. The key is to break the pattern of focusing on the craving.

#### The Strategy of Substitution for Craving

Another strategy is substitution. Replace the act of eating heavily processed food with a healthier alternative. This could be drinking a glass of water, chewing gum, or snacking on a piece of fruit. Choose something that feels satisfying and rewarding.

#### Mindful acceptance

Mindful acceptance is also a powerful tool. When a craving arises, acknowledge it without trying to fight it. Say to yourself, "I am experiencing a craving right now, and that's okay." Allow the craving to be there without giving in to it. Remember, cravings are temporary and will pass.

Let's practice some positive intentional affirmations to further support your craving management. Repeat silently to yourself: "I am in control of my cravings. I choose health and vitality. Each craving I overcome makes me stronger." Feel the power of these affirmations as you say them.

#### Incorporating Techniques into Daily Life

Consistency is key when it comes to strengthening your brain's ability to manage cravings. Incorporate these techniques into your daily routine:

Start your day with a short mindfulness meditation session. Use visualisation techniques whenever you feel a craving coming on. Practice the 5-4-3-2-1 Grounding Exercise during moments of high stress. Reflect on your triggers and apply cognitive restructuring to manage them.

#### Benefits of Strengthening Self-Regulation

By regularly practising these techniques, you can expect several benefits:

- **Enhanced impulse control:** Improved ability to resist temptations.
- **Better emotional regulation:** Reduced stress and anxiety.





- **Healthier habits:** Long-term commitment to healthy choices.
- **Increased mental clarity:** Better focus and decision-making.

## Conclusion

The brain's self-regulation system, while complex, is highly adaptable. Through Neuro Synergy Coaching and techniques like Visualisation, mindfulness meditation, cognitive behavioural strategies, and grounding exercises, you can train your brain to manage cravings effectively. Integrating these practices into your daily life not only fosters healthier habits but also enhances your overall mental and emotional well-being, paving the way for a more fulfilling and balanced life.

## The Role of Metabolism in Sustainable Fat Loss

Beyond rewiring the brain, metabolic health plays a critical role in long-term success. Many clients come to Synaptic Fit Fusion Pros after years of crash dieting and over-exercising, leaving their metabolism sluggish and inefficient.

"When you drastically cut calories, your body enters survival mode, conserving energy and holding onto fat," explains Coach Zita. "We teach our clients how to fuel their bodies in a way that reignites fat burning—through balanced nutrition, strength training, and movement that fits into their schedule."

This approach restores hormonal balance and improves insulin sensitivity.

Clients increase their resting metabolic rate, transforming their bodies into fat-burning engines by focusing on muscle-building activities.

## Why Strength Matters

In addition to metabolic activation, resistance training plays a central role. Beyond aesthetics, strength training supports:

- Bone health
- Fat regulation
- Metabolic stability
- Long-term energy balance

"Many of our clients are surprised to learn how interconnected their body systems are," says Zita. "Building muscle isn't just about looking leaner; it improves glucose regulation, reduces inflammation, and protects against age-related declines in health."

## A System Designed for Real-Life

The key to success with Synaptic Fit Fusion Pros lies in its holistic yet adaptable structure. Busy professionals don't have the luxury of spending hours a day on health routines or following complex diets that restrict entire food groups.

That's why we blend neuroscience, nutrition, and optimised movement into practical, sustainable strategies.

"We want our clients to feel empowered and capable—not overwhelmed by rigid rules," says Terry. "It's not about being perfect. It's about small, consistent actions that compound over time."

By focusing on long-term habit formation, we help clients achieve a leaner body, improved resilience, sustained energy, and emotional well-being.

For busy professionals looking to take back control of their health, Synaptic Fit Fusion Pros offers a new way forward. Our Rejuvenise 360 Holistic Healthy Living® Transformational Coaching System delivers results far beyond the scale. It's a system designed for real life—built to empower, educate, and inspire.

"You don't have to settle for exhaustion, frustration, and declining health," says Zita. "There is a better way—and we're here to help you find it."

## Meet the Minds Behind the Method

We bring years of experience and personal transformation stories to our practice:

Coach Terry battled obesity and emotional eating. Through neuropsychology, he discovered that lasting fat loss isn't just about calories or workouts—it's about rewiring how your mind perceives challenges and setbacks.

Coach Zita has dedicated her career to understanding emotional resilience, exercise, and nutrition. Together, we have crafted a life-changing solution that integrates psychology, metabolism science, and physical training.

## Ready to Transform Your Health?

Take the first step today! Schedule a free consultation and discover how Synaptic Fit Fusion Pros can help you break free from cycles of stress, fatigue, and weight struggles.





# The importance of communication and connection in relationships

We place a lot of emphasis on communication in relationships. And while it's undeniable that effective communication plays a vital role in a healthy relationship, communication without connection will not result in a fulfilling relationship.

This means that when relationships falter, the reason is actually a disconnect between the parties, and this disconnection leads to poor communication. Connection goes beyond verbal exchanges. It's the feeling of being seen, heard, and valued by another person. It's the unspoken bond that reassures you that someone understands and accepts you for who you are.

This connection is what creates harmony in relationships. When people feel disconnected, misunderstandings multiply, resentment builds, and communication breaks down.

True connection begins with listening—when we listen deeply, we validate the other person's experience. We communicate, without words, that their thoughts and feelings matter. This validation fosters connection even in moments of disagreement or tension.

We are gifted with two ears and one mouth. This suggests that listening should take precedence over speaking, a reminder that understanding another person is more important than simply being understood.

Disconnection often begins subtly. It might start as a missed opportunity to share a meaningful moment or failing to notice a loved one's distress. Over time, these small cracks can widen into chasms, leading to a sense of isolation in the relationship. The irony is that when disconnection occurs, many people attempt to repair it through more communication—talking louder, explaining more, or demanding answers. But these efforts often fail because the root cause isn't words; it's the loss of emotional alignment.

To restore harmony, focus on re-establishing connection first. Here's how:

## **Be present**

Connection thrives in presence. Put away distractions like phones or screens and give your full attention to the person in front of you. Eye contact, open body language, and undivided focus signal that you are fully there.

## **Listen without an agenda.**

When someone speaks, resist the urge to formulate your response while they're talking. Instead, listen to understand. Ask yourself: What is this person feeling? What are they trying to express beyond their words?

## **Show empathy**

Empathy is the ability to feel what another person feels. When you listen with empathy, you reflect their emotions back to them, saying things like, "That sounds really challenging" or "I can see why you'd feel that way." This simple act deepens the connection.

## **Validate their experience**

You don't have to agree with someone to validate them. Acknowledging their feelings with phrases like "I hear you" or "That makes sense" shows that you respect their perspective.

## **Reaffirm your bond**

Disconnection often stems from feeling unseen or unimportant. Simple gestures like saying "I appreciate you" or "I'm here for you" can rebuild trust and restore connection.

And what about the role of communication in connection? While connection is deeper than communication, words still matter. The key is to align your communication with the emotional bond you're trying to nurture. Speak with kindness, clarity, and authenticity.

Here are some ways to communicate that reinforce connection:

**Ask open-ended questions:** Encourage meaningful conversations by asking questions that invite reflection, such as, "What's been on your mind lately?"

**Use "I" statements:** Express your feelings without placing blame, e.g., "I felt hurt when..."

**Be mindful of tone:** Sometimes, how you say something is more important than what you say. A gentle tone fosters warmth and understanding.

When we focus on connection, communication transforms into something deeper: communion. This is the shared experience of understanding, trust, and love that transcends words.

Communion allows you to sit in silence with someone and still feel completely in sync. It lets you navigate conflicts with grace because the bond between you is stronger than any disagreement. This level of connection is what makes relationships resilient and fulfilling.

## **Final thoughts...**

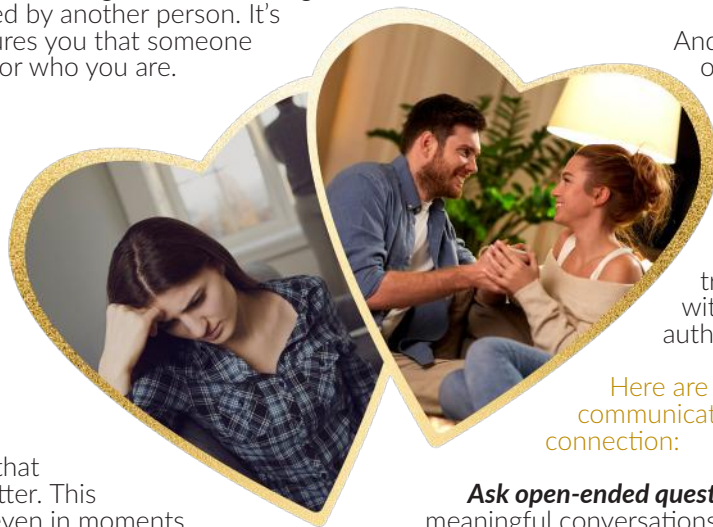
In relationships, it's not just about what you say but how deeply you connect. Communication is a tool, but connection is the foundation for building relationships that not only endure but thrive.

Whatever the relationship, whether it is personal or professional, these elements are the core to maintaining long-lasting and fulfilling relationships at home or in the workplace.

**By Celia Conrad**

Celia Conrad, Your Relationship Guru, is a former family lawyer, a relationship expert and well-being advisor specialising in loss and life-changing events. She supports individuals navigating divorce, break-ups, grief, and other life transitions, and helps employers assist affected employees facing these challenges in the workplace.

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# The Heart and Health Benefits of Foreplay



As a Tantra practitioner and public speaker, I have witnessed the many misconceptions surrounding foreplay in modern relationships. Many individuals focus solely on the act of intercourse, overlooking the critical importance of the journey leading up to it. However, foreplay is much more than an initial step toward physical intimacy—it plays a crucial role in deepening emotional connections, enhancing pleasure, and promoting long-term well-being. Scientifically supported health benefits of foreplay extend far beyond the bedroom, enriching both physical and mental health.

## Cardiovascular Benefits

Engaging in foreplay can provide substantial cardiovascular benefits. Just like light exercise, it stimulates circulation, increasing heart rate and blood flow. This process helps improve oxygen supply to various organs, boosting overall health. During foreplay, the body releases oxytocin, commonly known as the “love hormone.” Oxytocin is vital for reducing stress-related inflammation and supporting heart function. Research shows that consistent physical intimacy, including foreplay, is linked to a reduced risk of heart disease and better cardiovascular health, making it an enjoyable way to care for your heart.

During foreplay, the body releases oxytocin, commonly known as the “love hormone.”

## Stress Reduction and Mental Well-Being

Foreplay serves as a natural stress reliever, promoting mental clarity and relaxation. Through physical touch, it stimulates the production of dopamine and serotonin—neurotransmitters responsible for enhancing mood and promoting feelings of happiness. Simultaneously, it reduces the production of cortisol, the hormone associated with stress. Whether shared with a partner or enjoyed during self-exploration, foreplay encourages a sense of emotional balance, relaxation, and connection. The calming effects can significantly improve mental health by combating anxiety and promoting overall emotional well-being.

## Enhanced Immunity and Sleep Quality

The physical and emotional benefits of foreplay extend beyond the moment of intimacy, offering long-term advantages for health. Studies suggest that individuals who engage in regular physical intimacy produce more antibodies, which boosts the immune system and helps protect against illnesses. Furthermore, the release of oxytocin and endorphins during foreplay can also improve sleep quality by encouraging relaxation and reducing anxiety. As these chemicals help the body unwind, individuals find it easier to fall asleep and experience deeper, more restorative rest.

## Strengthening Emotional Connections in Relationships

Foreplay is an integral part of fostering emotional intimacy between partners. The act of touching, caressing, and engaging in affectionate gestures helps build trust and emotional security. This deepens the bond between couples and promotes a feeling of closeness. Research consistently shows that couples who prioritize foreplay experience higher levels of satisfaction in their relationships and report a stronger sense of long-term happiness. By enhancing physical affection and emotional connection, foreplay strengthens the overall health of romantic partnerships, fostering love and security.

## Self-Exploration and Personal Well-Being

Foreplay isn't just reserved for couples. Self-exploration, or taking time for personal pleasure, offers many of the same health benefits. Practicing self-love through mindful touch, body awareness, or self-massage can promote a sense of confidence and self-esteem. Individuals develop a deeper connection with their bodies by engaging in self-pleasure, cultivating a positive self-image and improving emotional well-being. This kind of self-care also plays a key role in stress relief, helping individuals reconnect with their own needs and desires.

## Hormonal Balance and Pain Management

Another often-overlooked benefit of foreplay is its ability to regulate hormone levels. Foreplay triggers the release of endorphins, which are natural pain relievers. This can help alleviate common symptoms such as headaches, muscle tension, and menstrual cramps. Additionally, oxytocin, which is released during intimate moments, not only supports emotional bonding but also helps regulate hormonal levels in the body. For women, regular sexual activity can even lead to more balanced menstrual cycles, while for men, it has been linked to improved prostate health.

## A Holistic Approach to Well-Being

Incorporating foreplay into daily life is not just about enhancing intimacy—it's a vital aspect of overall well-being. Whether enjoyed alone or shared with a partner, foreplay offers numerous health benefits, including improved cardiovascular function, reduced stress, enhanced immunity, and better sleep quality. By recognizing the importance of foreplay, individuals and couples can create a deeper emotional connection while nurturing their physical and mental health. Rather than seeing foreplay as a preliminary act, it should be embraced as a holistic practice contributing to long-term well-being. Embracing foreplay in all its forms can lead to a more fulfilling, healthy, and balanced life.

By Lorraine Crookes

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# Mind Detox - Unlock Your Body's Healing Power & Transform Your Life

After discovering Mind Detox, created by Sandy Newbigging, following years of chronic pain from a stroke, my life was transformed. Ten years later, I still use it for myself and my clients. Healing is not just physical - it's about letting go of emotional burdens.

Our thoughts, emotions, and past experiences don't just affect our mental state. They shape our entire well-being. Every unresolved emotion, suppressed trauma, or negative belief pattern gets stored in the subconscious mind. Over time, this emotional weight can manifest as chronic illness, fatigue, stress, and persistent life problems. Many people are unknowingly stuck in cycles of self-sabotage, repeating negative patterns in their health, relationships, and careers because of deep-rooted subconscious beliefs. The mind and body are constantly communicating: **when emotional wounds aren't healed, the body will eventually send signals in the form of physical symptoms.**

## Pulling Up the Weeds

I like to think of Mind Detox as gardening for the mind. Just as a gardener must pull up weeds to allow flowers and plants to thrive, if we only cut the weeds at the surface, they will keep growing back. **To truly thrive, we must release the root of unhealthy beliefs, suppressed emotions, and subconscious fears that stifle our well-being. By clearing these hidden blocks, we unlock deep healing, restore balance, and reclaim our vitality.**

## Mind Detox is a powerful process that works by

**Uncovering the Root Cause:** Identifying when and why an issue began, often tied to past wounds or limiting beliefs.

**Releasing & Reprogramming:** Letting go of old patterns and embracing empowering insights for healing.

**Restoring Balance:** Balancing mind and body to heal chronic conditions and create lasting transformation.

Imagine trying to drive with mud splattered all over your windscreen; you can barely see where you're going. A Mind Detox session is like switching on the wipers and washing fluid, clearing away the grime that's been clouding your perception. It clears out the accumulated mental and emotional clutter, helping you release what no longer serves you so you can see yourself and your future with new-found clarity and freedom, bringing past events to a peaceful conclusion.

The best part? There's no need for hours of therapy or endlessly reliving painful memories. This therapeutic technique is about resolution, not re-traumatisation. It's a gentle yet powerful process that allows the subconscious mind to release what no longer serves you quickly and effectively. I recently had a client who had been struggling with persistent back pain.

As we began the session, it became clear that the pain wasn't just physical: it was tied to an old emotional wound, something their subconscious mind was holding onto for safety. Within 20-30 minutes, the pain vanished. The subconscious mind had simply felt safe enough to let it go. The pain was no longer needed as a form of protection, and once we uncovered the root cause, the body naturally responded by releasing it.

This is the power of Mind Detox: It's not about masking symptoms but uncovering the root cause and allowing deep healing to unfold naturally. For me, this work isn't just about relieving symptoms; it's about empowering people to take charge of their well-being, rewrite their stories, and live without limits. Mind Detox goes beyond physical healing - it also breaks cycles of struggle in all areas of life. Many people experience repeating patterns in relationships, finances, or self-sabotage that seem impossible to escape. These patterns often stem from deep subconscious beliefs formed in early life.

## This powerful technique helps

**Break negative cycles** - Uncovering and clearing the root causes behind repeating struggles.

**Heal limiting beliefs** - Breaking free from limiting beliefs about self-worth, success, love, and abundance.

**Build confidence and clarity**—Empower individuals to reconnect with their inner wisdom and make choices in alignment with their true selves.

If you're struggling with chronic health issues or persistent life problems, know that healing is possible. True transformation comes when you address the root cause, not just the symptoms.

**Mind Detox freed me from pain, emotional weight, and subconscious blocks, clearing inner clutter to heal deeply and embrace a life of clarity, freedom, and vitality.**

**By Nikki Hillhouse**

Nikki is an experienced Mind Detox Practitioner, Meditation Teacher, Well-being Coach and Retreat facilitator with a vast knowledge of holistic therapies and techniques. She has an extensive background in holistic health. Nikki believes we all have the potential to live our best life, and our Health, Wealth, Relationships and Success comes when we connect and align with who we truly are.

Her mission is to help and empower others to overcome their most challenging obstacles and start living happier, healthier and more fulfilling lives. Nikki is a Stroke- thriver and has reinvented herself as a beacon of health and vitality. Her journey started from the grips of chronic pain to the peaceful shores of Turkey, where she now lives and hosts transformational wellness retreats and a successful coaching business.

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# CULTURE

## THE SECRET TO SUSTAINABLE GROWTH IN THE FUTURE OF WORK

In today's rapidly evolving business landscape, success isn't just about having the right product or the best technology—it's about people. And at the heart of people-driven success lies company culture. A strong, forward-thinking culture is no longer a "nice-to-have" but a key driver of growth, innovation, and long-term success.

For companies looking to thrive in the future of work, culture isn't just an internal asset—it's a competitive advantage. It's what attracts top talent, keeps employees engaged, and fuels innovation. Yet, many businesses still overlook the power of culture, focusing instead on short-term wins rather than building a workplace environment that fosters long-term sustainability.

### Why Culture Matters More Than Ever

The traditional workplace model—rigid hours, top-down management, and outdated employee expectations—is crumbling. Younger generations, particularly Gen Z and Millennials, are demanding workplaces that offer flexibility, purpose, and collaboration. In response, companies that resist cultural evolution risk losing their best people to competitors who embrace it.

*So, why exactly does culture drive future growth?*

#### 1. Culture Attracts (and Keeps) Top Talent

Hiring great people is one thing. Keeping them? That's a whole different challenge. A strong company culture acts like a magnet for high performers, drawing in individuals who align with the company's values and mission. When employees feel like they belong and their work has meaning, they're more likely to stay, reducing costly turnover and boosting productivity.

A Deloitte study found that 94% of executives and 88% of employees believe workplace culture is critical to business success. Yet, only 12% of companies feel they are genuinely "driving the right culture." The disconnect is apparent: companies that intentionally shape their culture gain a competitive edge in attracting and retaining top talent.

#### 2. A People-First Culture Fuels Innovation

Innovation doesn't happen in a vacuum—it thrives in environments where employees feel empowered to share ideas, take risks, and challenge the status quo. A company culture that encourages open communication, collaboration, and psychological safety leads to greater creativity and problem-solving.

Think about some of the world's most innovative companies—Google, Tesla, and Airbnb. What do they have in common? A culture of experimentation, adaptability, and employee empowerment. These businesses understand that growth comes from fostering a culture where people feel safe to think differently and challenge old working methods.

#### 3. Culture Boosts Performance and Productivity

It's simple: Happy employees are more productive employees. People who enjoy where they work show up

with more energy, creativity, and commitment. A positive culture enhances employee engagement, improving customer satisfaction, operational efficiency, and business outcomes.

A Gallup study found that highly engaged teams see 21% higher profitability and 17% higher productivity compared to disengaged teams. The lesson? Investing in culture isn't just good for people—it's good for business.

#### 4. The Future of Work is Built on Collaboration

The days of working in silos are over. The future of work is about collaboration, agility, and shared responsibility. Companies that create cultures where employees feel heard, valued, and part of something bigger than themselves will be the ones that adapt and scale successfully.

A collaborative culture isn't just about teamwork—it's about breaking down traditional hierarchies and embracing project-based work, flexible structures, and self-leadership. When employees feel trusted to take ownership of their work, they become more engaged and innovative.

#### How to Build a Future-Ready Culture

So, how can companies build a culture that drives sustainable growth? Here are three steps to start with:

**1. Prioritise People Over Processes** – Rigid policies and outdated structures kill culture. Instead, create a workplace that adapts to people's needs, not the other way around. Flexibility, autonomy, and well-being should be at the core of your company's DNA.

**2. Lead with Purpose** – Employees want more than just a paycheck—they want to feel part of something meaningful. A strong company culture is built on a clear mission, shared values, and leadership that truly embodies them.

**3. Create Spaces for Collaboration and Growth** – Whether remote, hybrid, or in-person, the future of work depends on fostering community, continuous learning, and open communication. Invest in technology, training, and leadership development to support a culture of innovation and adaptability.

#### The Bottom Line

Culture is not just a buzzword—it's the foundation of future business growth. Companies that intentionally shape their culture will be the ones that attract top talent, spark innovation, and outperform their competition in the years to come.

The opportunities are endless for those willing to embrace this shift. The future belongs to companies that put their people first because when culture thrives, business follows.

**By Penelope Layzell**

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# Whispers of the Body

Do you listen or recognise how your body whispers to communicate with you when it is not OK?

A few years ago, if someone would have said this to me, I would have had no clue what they were talking about.

I had been in and out of burnout for many years, suffering from fatigue, anxiety and digestive issues from a diagnosis of Irritable Bowel Syndrome (IBS). I had also been told that my thyroid was not working properly, too.

I was totally stressed out by things going on in my personal life and felt overwhelmed and exhausted. I did not recognise the whispers until I became so exhausted and even more unwell, and even then, I tried to keep going.

My body had carried so much chronic stress for so long that I was forced to stop.

Over the years, I had learnt and heard about gut health and the gut-brain connection but did not really understand what it was. Looking back now, maybe I just was not listening.

When I started listening and really listening to what my body and mind needed, things began to change, and I became an expert of my unique self. I now strive to empower my clients to do the same as I work alongside them and guide them in making the changes that will become sustainable in their lifestyle and help to improve their health and well-being, too.

The gut-brain connection refers to the intricate communication network between our digestive system and brain. This bi-directional link, often called the “gut-brain axis,” plays a crucial role in regulating various aspects of our physical, emotional, and mental well-being. While traditionally seen as two separate systems, research increasingly shows that the gut and brain are deeply intertwined, influencing everything from mood and cognition to immunity and digestion.

At the centre of this relationship is the gut microbiome—a complex community of trillions of microorganisms residing in our digestive tract. These bacteria are essential for our health, aiding digestion, producing essential vitamins, and supporting immune function. Importantly, they also produce neurotransmitters like serotonin, dopamine, and gamma-aminobutyric acid (GABA), which are important for our mental health and help regulate mood, stress levels, and cognitive processes. In fact, around 90% of serotonin, often called the “feel-good” hormone, is produced in the gut, highlighting the vital role the microbiome plays in mental health.

The gut and brain communicate via the vagus nerve, a major conduit for signals passing between the two systems. Through this nerve and other pathways, the gut can send distress signals to the brain, triggering emotional responses like anxiety, sadness, or even depression. This is why gastrointestinal disorders such as IBS or Inflammatory Bowel Disease like Crohn's and colitis are often associated with mental health conditions like anxiety or depression. In these cases, an unhealthy gut can trigger symptoms that affect mood and cognition, illustrating the profound influence the gut has on mental well-being.

Conversely, the brain can influence the gut. Stress, for example, can disrupt the gut microbiome and digestion, leading to issues like bloating, stomach cramps, changes in bowel habits and skin issues like acne, psoriasis, eczema and other rashes. Chronic stress has been shown to alter gut bacteria composition, which can exacerbate digestive disorders. This feedback loop creates a dynamic where both mental health and gut health are interdependent.

Nurturing the gut-brain connection is essential for the holistic well-being of our mental, physical and emotional health. Eating a diet rich in fiber, fermented foods, and probiotics can promote a healthy microbiome, positively affecting both digestion and mood. Hydration is also key for flushing toxins and managing stress through mindfulness and regular exercise, of which I would recommend walking as this has so many benefits, like aiding in digestion and helping to improve mood and energy levels. Adequate sleep can also help maintain gut health and emotional balance.

In summary, the gut-brain connection plays a vital role in our overall health. By taking care of our gut, we can improve not only our digestion but also our mental and emotional well-being, leading to a healthier, more balanced life.

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## Attunement, Not Achievement

### The Radical Shift That Makes Creativity Effortless

As a recovering serial ACHIEVER and “FIXER,” I used to think that I was the one controlling my success. And yes, of course, I created goals, built a plan to achieve those goals, and then executed those plans.

So yes, you would think that I was doing it...Right?

I discovered that although I was very successful in doing this, I was missing out on a whole other dimension of personal fulfilment, potential, creativity, and joy.

In fact, I was not really tapping into the wonders of creativity at all. I was bound by a step-by-step process, systems, strategies, and endless “TO DO” lists that kept me on a hamster wheel of what I thought success was.

This noise, the distractions, the shoulds, the to-dos—all of these things are illusions. They are constructs that the mind makes up to keep us busy, to feel useful, to feel like it's producing, and to feel needed. I came to realise that there is infinite potential in our “success” by letting go of the trappings of the MIND and tapping into the creative energy field around us.

#### Beyond the Mind

What if...creativity doesn't come from the mind—it comes from somewhere else entirely? It is a full-body experience if you let it be. By removing the outside world's distractions, we can connect to a vibration, a frequency that we feel drawn to tap into or tune into, like radio waves on an old transistor radio. Our frequency is naturally attuned to the other frequencies around us that match our resonance. We can tune in and download it like an antenna on a radio.

Interestingly, this perspective finds some resonance in quantum physics. The concept of quantum entanglement—what Einstein famously called “spooky action at a distance”—suggests that particles, once connected, remain correlated regardless of

distance, communicating instantaneously in ways that defy classical physics (Aspect et al., 1982). Quantum physicist David Bohm proposed the existence of an “implicate order” underlying reality, where everything is interconnected in a vast network of meaning (Bohm, 1980). In his book “Wholeness and the Implicate Order,” Bohm suggests creativity emerges when we access this deeper order.

Physicist Ervin László's work on the “Akashic field” theory similarly proposes an information field that connects all things and serves as a repository for all events, ideas, and intentions (László, 2007).

While still evolving, these scientific frameworks offer intriguing parallels to the idea that creativity might involve tapping into something larger than our individual minds—an interconnected field of potential from which novel ideas emerge.

I remember once sitting by a lake, completely stuck on a project I had been wrestling with for weeks. The moment I stopped trying to force the ideas and just allowed myself to be present with the water and sky, the solution appeared so clearly. I wasn't creating it—I was receiving it.

We are walking antennas, tuning into the frequencies that resonate with us in the universe. This is where creativity is accessed, born, and infinite. There are infinite possibilities in this universe of frequency that we can access, download, play with, and create from.

#### The Illusion of Individual Creation

Imagine the biggest illusion is that we are the ones doing it all. We believe we're the ones controlling and creating everything, that some specific person came up with the car, the iPhone, Star Wars, Forrest Gump, Bohemian Rhapsody, and the Mona Lisa. To believe there is a specific person or a specific talent behind these creations is an illusion.



What if creativity is actually a combination of a vessel (the body) and the tuning in of consciousness? What if all these creative thoughts, ideas, and inventions are floating in the ether, and by attuning to those frequencies, our vessels are prepared to receive them?

The creative impulses that most resonate with us are the ones that light us up. We feel them as excitement, happiness, and joy—that feeling of “I have to do this; I have to create this.” How much easier it is to know that our job really is to create space, to open our hearts and energy centers, to make room in our bodies and surroundings, and to allow ourselves to open up to these frequencies.

### Receiving Rather Than Producing

By just allowing whatever we are ready for, whatever we will resonate with, creativity will flow through us and ignite our souls. The brilliant thing about this perspective is that we can relax. There is no need to worry. It is already there.

All we need to “do” is prepare ourselves to receive this creativity, this creative process. We can then shape it by asking curious questions with a sense of wonder: “Ooh, what is my next step on this?” We should receive the answers rather than expect our minds to figure it out like some puzzle to solve. These frequencies already know the answers, like a Q&A session, tapping into the most divine intelligence.

For those experiencing creative blocks, this approach offers liberation. Instead of struggling to produce, try sitting quietly and asking what wants to come through you. Different personalities might tune in differently—some through meditation, others through movement or music—but the principle remains the same: reception rather than forced production.

Imagine having a conversation with Einstein on Relativity or Michelangelo on Engineering. It literally is like having your own mastermind on tap. The only

requirement is to be willing to prepare ourselves, to receive and to allow the ego, doubts, and fears to sit aside for a moment. Even if they do pop up, you can soothe them like a child: “It’s okay. I know you’re just trying to keep me safe. It’s okay. I can receive it. I’m going to be really safe and loved in this way.”

### The Joy of Creative Connection

Our existence is to be playful, have fun, have adventures, be present, and experience all the magic we already have at our fingertips. It’s just that usually, we’re too busy and distracted even to know that it’s there, let alone receive its wisdom and wonder.

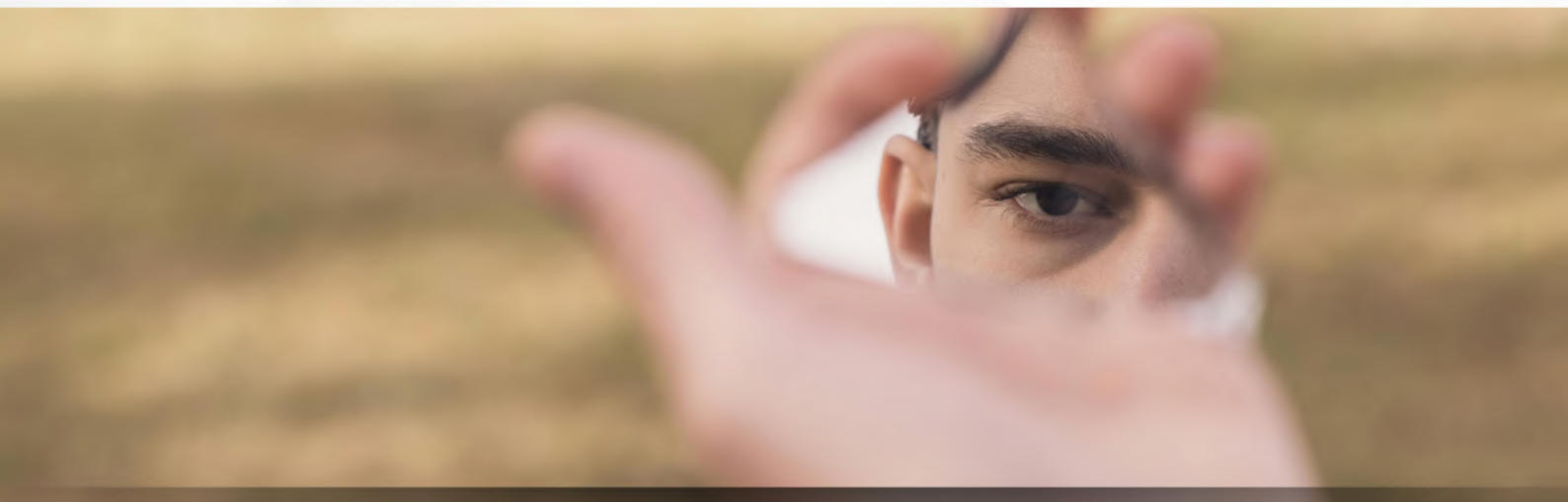
So, what is creativity? Perhaps it’s not what we do but what we allow—not what we make but what we receive when we tune into the right frequency. The next time you sit down to create, try thinking less about what you want to produce and more about what frequency you want to receive. The results might surprise you.

***Practical Exercises for Tuning Your Creative Antenna***  
***Want to put these ideas into practice? Here are some exercises to help you tune into creative frequencies:***

**1. The Five-Minute Frequency Scan:** Sit quietly for five minutes with your eyes closed. Imagine you’re slowly turning a radio dial inside your mind, scanning for frequencies. When you feel a flutter of excitement or interest, pause there. What images, words, or ideas come through? Jot them down without judgment.

**2. Creative Space Clearing:** Before beginning creative work, physically clear your space of distractions. Then, take three deep breaths and mentally state: “I am open to receiving creative frequencies that serve my highest purpose.” Notice what shifts in your body and mind.

**3. The Body Preparation Ritual:** For one week, begin each day by asking: “How can I prepare my body to receive it today?” It might be through movement, hydration, rest, or meditation. Honor whatever





answer comes through and observe how it affects your creative reception.

**4. Frequency Walking:** Take a 20-minute walk without your phone. As you walk, mentally repeat: “What wants to come through me today?” Allow your attention to drift to whatever catches your interest—a color, a sound, a shape. These are frequency clues.

**5. Creative Conversation:** Imagine sitting across from a master in your field. Ask them a specific question about your current creative challenge, then quiet your mind and listen for the response. Write down whatever comes without editing.

**6. Reception Journaling:** At the end of each day, write down three moments when you felt you were receiving rather than producing. They might be tiny insights or major breakthroughs. Notice patterns in when and how reception happens for you.

**7. Ego Soothing Practice:** When you feel creative fear or resistance, place a hand on your heart and say: “Thank you for trying to protect me. I’m safe to receive now.” Notice how this simple acknowledgement often dissolves creative blocks.

Try these exercises with playfulness rather than pressure. Remember, you’re not trying to force creativity—you’re simply becoming a clearer channel for what’s already floating in the creative ether, waiting for you to tune in.

## A New Beginning: From “Producing” to “Receiving”

The journey from seeing creativity as something we produce to something we receive represents more than just a semantic shift—it’s a fundamental reorientation of how we relate to the creative process itself.

As physicist and philosopher Henry Stapp notes, “Our thoughts... can directly affect our physical world” (Stapp, 2009). Perhaps our creative consciousness works similarly—not generating ideas from nothing, but collapsing quantum possibilities into observable reality through the act of receptive attention.

Today, right now, you can begin this journey. Take a deep breath. Feel the weight of creative pressure lift from your shoulders. You are not responsible for inventing brilliance from scratch—you are invited to receive what the universe has been waiting to share through you. Your unique combination of experiences, perspectives, and resonance makes you the perfect antenna for specific frequencies that can come through no one else.

The next time you sit before a blank page, canvas, or workspace, try whispering, “I am ready to receive.” Then listen, watch, and feel. The universe has been waiting for you to tune in.

After all, creativity isn’t about what you can make—it’s about what you allow yourself to become: a clear channel for the infinite possibilities that have always been there, waiting for someone not only brave enough to receive them but also to act on them.

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*'When life gets wild,  
go bird watching'*



In a world  
that glorifies  
exhaustion  
and overwork  
as some sort  
of kudos,  
many have lost  
sight of true  
well-being.



I set off for a walk today, hoping to stretch my legs and get some much-needed fresh air after a rather intense week. But as I strolled along the quay, something unexpected stopped me in my tracks. A group of Starlings, frantically congregating on a stack of lobster pots.

What started as a quick glance turned into a full 15 minutes of pure fascination. I watched them closely - their sizes, the sounds they made, the vivid colours and details of their wings, and the unique personalities unfolding before me. In that moment, I was completely captivated, fully immersed in the present.

I envisage birdwatchers with long lenses, binoculars and waterproof coats. I was far from this today, yet there I was totally fixated! I love how this metaphor captures so eloquently that when life feels overwhelming, stepping back to appreciate simple, peaceful moments can calm the mind and bring us to the present.

Bird-watching offered exactly the mindful pause I needed. Activities like this, along with beachcombing, star gazing, gardening, mindful walking, eating, guided meditations and colouring, often help restore balance, calming both the external chaos and inner turmoil.

In a world that glorifies exhaustion and overwork as some sort of kudos, many have lost sight of true well-being. Taking time for mindful activity is an act of self-love, yet many see it as a luxury because they believe they lack time. People will prioritise exercise and healthy eating for appearance, often neglecting the importance of a healthy mind.

Mental health influences our perceptions and how we respond and cope with difficulties that arise—directly impacting our decision-making and our ability to build and maintain healthy relationships. It also has an impact on our physical health by lowering stress hormones and habits we choose.

By building mindful moments into our day, we are strengthening our emotional resilience, improving our focus and enhancing our ability to make intentional decisions, fostering better self-control and a more balanced and composed approach to life's challenges.

In essence, when the mind is well, it is easier to make choices that nourish both our mental and physical health, leading to a more grounded and fulfilled life. So, whenever you can, please take a moment to pause and become aware.

**By Cindy White**  
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# Reiki: The Ancient Healing Art for Modern-Day Well-Being

In an age where stress, anxiety, and burnout have become the norm, people are searching for holistic ways to restore balance and inner peace. One such practice, Reiki, has been gaining widespread recognition for its profound ability to promote healing, relaxation, and overall well-being. But what exactly is Reiki, and how can it transform your life?

## What is Reiki?

Reiki is a Japanese energy healing technique founded by Mikao Usui in the early 20th century. The term "Reiki" is derived from two Japanese words: Rei, meaning universal or divine wisdom, and Ki, meaning life force energy. This practice involves the transfer of healing energy through the hands of a Reiki practitioner to the recipient, promoting physical, emotional, and spiritual healing. Unlike massage therapy or other physical treatments, Reiki is a non-invasive modality that does not require touch. Instead, the practitioner channels universal energy to remove blockages, balance energy flow, and support the body's natural healing processes.

## The Science Behind Reiki

While Reiki is deeply rooted in ancient traditions, modern science is beginning to explore its benefits. Studies have shown that Reiki can help activate the parasympathetic nervous system, which is responsible for relaxation and recovery. This activation can lead to:

*Reduced stress and anxiety*  
*Improved sleep quality*  
*Enhanced mood and emotional balance*  
*Lowered blood pressure and heart rate*  
*Faster healing and pain relief*

Reiki works on the principle that energy imbalances in the body can lead to physical and emotional ailments. Reiki promotes deep relaxation and healing at a cellular level by restoring harmony to the body's energy systems.

## The Reiki Experience: What to Expect

A Reiki session typically lasts 30 to 60 minutes. During this time, the recipient lies fully clothed on a treatment bed or sits comfortably in a chair. The practitioner gently places their hands on or just above specific energy centres (chakras) to facilitate energy flow.

*During a session, individuals often report sensations such as:*  
*Warmth or tingling*  
*A feeling of deep relaxation*  
*Emotional release (such as tears or joy)*  
*Vivid mental imagery or insights*

Each session is unique, as Reiki works intuitively to address the recipient's specific needs at that moment.

## Reiki and Emotional Healing

Beyond its physical benefits, Reiki is a powerful tool for emotional and mental well-being. Many people carry unresolved emotional wounds, stress, and past trauma that can manifest as physical symptoms.

Reiki helps gently release these emotional blockages, providing clarity, peace, and renewal. For those experiencing grief, anxiety, or depression, Reiki offers a supportive space for emotional processing and healing. It encourages a state of mindfulness and presence, allowing individuals to reconnect with themselves on a deeper level.

## Reiki for Personal and Spiritual Growth

Reiki is not just a healing modality but a way of life. The principles of Reiki encourage individuals to cultivate:

*Gratitude – Appreciating the present moment and acknowledging life's blessings.*

*Compassion – Developing kindness toward oneself and others.*

*Inner Peace – Letting go of stress, fear, and resentment.*

*Mindfulness – Being present and intentional in daily life.*

*Self-Healing – Taking responsibility for personal well-being and growth.*

Reiki can catalyse spiritual awakening, guiding individuals to deeper self-awareness and alignment with their purpose.

## Becoming Attuned to Reiki

One of the most transformative aspects of Reiki is that anyone can learn it. Through an attunement process, a Reiki Master transfers the ability to channel Reiki energy to students. There are typically three levels of Reiki training:

*Level 1 (Reiki I) – Focuses on self-healing and healing others through hands-on techniques.*

*Level 2 (Reiki II) – Introduces distance healing and the use of sacred symbols to enhance energy flow.*

*Level 3 (Reiki Master) – Deepens spiritual growth and prepares individuals to teach and attune others.*

Once attuned, individuals have lifelong access to Reiki energy, allowing them to integrate this powerful healing modality into their daily lives.

## Integrating Reiki into Daily Life

You don't need to be a Reiki practitioner to benefit from Reiki's principles. Here are simple ways to incorporate Reiki energy into your daily routine:

*Morning Meditation: Start your day with 5-10 minutes of deep breathing and Reiki self-healing.*

*Energy Cleansing: Use Reiki to clear negative energy from your space, objects, and food.*

*Mindful Touch: When feeling overwhelmed, place your hands over your heart or stomach to restore balance.*

*Affirmations & Gratitude: Reiki enhances the power of positive thinking and intention-setting.*

*Evening Wind-Down: Use Reiki before bed to promote deep relaxation and restful sleep.*

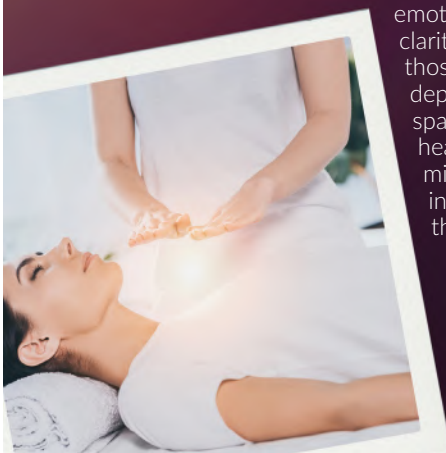
## The Future of Reiki in Modern Healthcare

Reiki is increasingly integrated into mainstream healthcare settings, including hospitals, wellness centres, and palliative care programs. Many medical professionals acknowledge its potential to complement conventional treatments by reducing stress, enhancing recovery, and improving overall patient well-being. As more people recognise the value of energy healing, Reiki continues to bridge the gap between ancient wisdom and modern science, offering a holistic approach to wellness that is accessible, effective, and deeply transformative.

## Final Thoughts

Reiki is more than just a healing practice—it's a journey of self-discovery, balance, and empowerment. Whether you seek relief from stress, emotional healing, or a deeper spiritual connection, Reiki can support and guide you. By embracing Reiki's principles and integrating its energy into your life, you open the door to greater peace, harmony, and well-being—not just for yourself but also for those around you.

**By Beverley Shatliff**  
**Green Tree Holistics**





# The Path of Energetic Liberation

In our 3D world, which often places high value on external achievements, wealth, and status, a profoundly transformative journey exists—the path of energetic liberation. This path can bring us far greater power, peace, and freedom, expanding our consciousness beyond the limitations of the material realm and into other dimensions. It invites us to become aware of our inner blockages and negative patterns and to release them so we can step into our true potential and live more fully aligned with our higher selves.

The path of energetic liberation is also a journey of self-discovery, deeply connected to spiritual growth, mindfulness, and consciously navigating life's energies. Whether through meditation, energy healing, or reprogramming the subconscious mind, this path empowers us to reclaim our inherent vitality, live with purpose, and align with the world around us and its daily demands.

## How to Begin

Starting may be simpler than it seems—you can begin the journey by focusing on and cultivating new energetic habits. One of the most important first steps is to clear stagnant emotional energy from your energetic body. Emotions are powerful forces of energy that can either elevate us or hold us back. Negative emotions such as anger, guilt, fear, or grief, when left unprocessed, can become trapped in the body's tissues or organs, often resurfacing later as physical tension or even chronic health issues. These unresolved emotions can also lead to a sense of disconnection from our true selves, preventing us from fully embracing who we are meant to be.

## Release and Heal

To begin releasing trapped emotions, practices such as meditation or energy healing techniques like kinesiology can be highly effective in clearing stagnant energy from the body. As we let go of emotional baggage, we allow life-force energy to flow freely through the body's chakras and meridians. This renewed energy flow provides us with the resources needed to focus on what truly matters in life, empowering us to live more fully and aligned with our purpose and surroundings.

## Diving Deeper

Once we begin clearing emotional blockages, we can delve deeper into the conscious and subconscious beliefs that created these emotions. Negative Beliefs shape the reality we experience and explore how they limit our growth. They influence how we perceive ourselves and interpret the world around us.

Many of these beliefs are formed early in life, influenced by our upbringing, personal experiences, or even beliefs we've unknowingly adopted from others. Over time, these beliefs become deeply ingrained in our subconscious, subtly guiding our thoughts, behaviors, and choices.

It's essential to identify, release, and reprogram these limiting beliefs to achieve energetic liberation. This process may involve deep inner work, such as self-reflection, affirmations, or cognitive restructuring techniques. By letting go of beliefs that no longer serve us, we create space for our true essence to emerge—free from the weight of past limitations.

## Establish Healing Spaces

Energetic liberation often requires us to establish healing spaces in our physical surroundings and emotional landscape. Clearing out clutter, surrounding ourselves with supportive people, setting healthy boundaries, distancing ourselves from toxic influences, and nourishing our bodies with wholesome food are essential keys to this process.

A healing space fosters reflection, conscious decision-making, personal growth, and nurturing positive energies. It provides an environment where you can deeply connect with your true essence and stay neutral to past triggers, allowing healing to unfold without distractions or negativity.

## Your Energetic Liberation Outcome

As you walk the path of energetic liberation, you will begin to experience profound changes in your life. Physically, you may notice improvements in your health and vitality. Emotionally, you'll become more resilient and capable of gracefully navigating life's ups and downs. Spiritually, you will align more deeply with your true essence, experiencing moments of true peace, clarity, and connection.

Energetic liberation empowers you to live authentically, unburdened by past traumas, limiting beliefs, or unhealthy attachments. It allows you to tap into your inner wellspring of creativity, love, and joy and to share that energy with the world around you.

Ultimately, the path of energetic liberation is about reclaiming your true essence. It's about shedding the layers of conditioning and limitation accumulated over time and rediscovering the vibrant, limitless being you were always meant to be.

**By Carola Goedeke**

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# How to Support Gen Z Employees in the Workplace

As someone with a background in fitness and wellbeing, I've always believed that the key to a thriving workplace is understanding and supporting employees as individuals. Generation Z, aged 12-27, brings fresh energy and digital expertise but also comes with unique challenges that require a thoughtful approach. With over 4.3 million Gen Z employees in the UK, this generation is steadily shaping the future of work. They're ambitious, values-driven, and deeply invested in their professional growth, but their needs differ from the generations before them. Supporting Gen Z is about more than providing a paycheck—it's about creating an environment where they can thrive mentally, physically, and professionally.

## What Makes Gen Z Stand Out?

Unlike previous generations, Gen Z has grown up in a world dominated by digital innovation. They're quick to adapt to technology, but their experiences have also been shaped by significant global events—pandemics, economic uncertainty, and climate concerns. These challenges have left many feeling fatigued and, at times, less optimistic.

What's particularly unique about Gen Z is how closely they tie their self-worth to their work. For many, their job isn't just something they do—it reflects who they are. This means they value recognition, purpose-driven work, and clear feedback. Without these, their confidence can take a hit. From my experience as the COO at Huddle, this connection between work and self-worth is an opportunity for businesses to create environments that motivate and inspire. Clear goals, consistent feedback, and meaningful development opportunities are crucial for helping Gen Z employees reach their full potential.

## Meeting Gen Z's Needs

Throughout my career, I've seen how prioritising employee wellbeing can transform a workplace. Here are just a few ways in which businesses can better support Gen Z:

### Putting Mental Health First

Gen Z places a high value on mental health, and rightly so. This generation is dealing with higher levels of stress, anxiety, and depression than any other. Employers can significantly impact by offering resources like counselling, mental health days, or stress management programs. Showing that you care about their wellbeing builds trust and loyalty.

### Flexibility is Non-Negotiable

Gen Z craves flexibility. Whether it's hybrid working or fully remote roles, giving employees the autonomy to manage their schedules helps them find balance. I've seen that flexibility isn't just a perk—it's essential for keeping employees motivated and productive.

### Career Growth Matters

Gen Z wants more than a job—they want a career. They seek clear development pathways, learning opportunities, and mentorship programs. Investing in their growth helps them feel valued and strengthens your team for the long term.

## Attracting and Retaining Gen Z Talent

In my conversations with businesses, it's clear that Gen Z wants to work for organisations that align with their values. Here's

what stands out to this generation:

**Purpose:** They're motivated by meaning. Organisations prioritising sustainability, social responsibility, and meaningful work will resonate with this generation, making them more likely to stay engaged and committed.

**Culture:** Collaboration and inclusivity go a long way. Creating a workplace emphasising diversity, equity, and open communication fosters a sense of belonging, which is crucial for retention.

**Recognition:** Small gestures make a big difference.

Acknowledging Gen Z's achievements through meaningful recognition, whether verbal praise or tangible rewards, is essential. Offering perks like fitness benefits or wellness incentives shows Gen Z employees that their contributions are appreciated and reinforces loyalty.

## Wellbeing Initiatives That Work

One of the most effective ways to support Gen Z is by investing in their well-being. At Huddle, we've seen firsthand how fitness benefits can transform employees' feelings about work.

**Flexibility Built In:** Gen Z loves flexibility, and Huddle delivers. Huddle's employee fitness benefits offer thousands of gym locations and wellness options across the UK, allowing employees to choose when and where they work out. This flexibility enables employees to integrate fitness into their daily routines, reducing barriers to staying active and promoting a healthy work-life balance, which is important to Gen Z as many leave roles due to a lack of positive work-life balance.

**Mental Health Boost:** Exercise isn't just about physical health—it's a powerful tool for managing stress and boosting mood. Regular exercise has been shown to significantly reduce anxiety and depression, which are prevalent concerns among Gen Z. Additionally, physical activity boosts mood, enhances energy levels, and helps combat the effects of stress, contributing to a more positive mental state overall.

**Retention Through Wellbeing:** By offering wellness programs such as fitness benefits, companies show a genuine commitment to their employees' wellbeing. These initiatives not only boost employee morale but also encourage loyalty, ultimately helping to reduce turnover.

## A Personal Perspective

Supporting Gen Z isn't just a challenge—it's an opportunity. This generation is shaping the future of work, and businesses that invest in their growth and wellbeing will reap the rewards. At Huddle, we're proud to play a role in helping companies create healthier, happier workplaces.

If there's one thing my experience has taught me, it's this: when you invest in your people, they invest back in you. Gen Z is no different. By focusing on flexibility, mental health, and career growth, we can create workplaces where they don't just survive—they thrive.

## Neil Harmsworth

Co-founder and Chief Operating Officer  
at Huddle





## Reclaiming Your Career: Transitioning with Confidence

Navigating a career transition can feel daunting. However, one of the most powerful tools at your disposal is something you may already have—**transferable skills**. These are the abilities and experiences you've gained in one role that can be applied to an entirely new field. In my journey, I've discovered that the skills I developed along the way were the keys to unlocking my success.

### My Journey: From Burnout to Breakthrough

I've been where you are—stuck, uncertain, and overwhelmed. My career journey began in healthcare, where I spent years managing patients and teams. I loved the work, but it took a toll on me. Burnout became an all-too-familiar feeling. I knew I needed to make a change, but the idea of transitioning into something new—into the construction industry, of all things—felt terrifying. But as I made that leap, I quickly realized that the skills I'd honed in healthcare were just as valuable in my new environment. Problem-solving, team coordination, clear communication, and leadership were all transferable skills that enabled me to thrive in my new office management role, even though I was stepping into unfamiliar territory.

### Understanding Transferable Skills

When you consider a career transition, it's easy to feel like you're starting from the bottom up. But that's a myth. In fact, **transferable skills**—those abilities you've developed in your previous roles—are your secret weapon. These include:

- **Leadership:** Managing teams, driving initiatives, motivating others.
- **Problem-solving:** Navigating complex challenges and making quick decisions.
- **Communication:** Clear, effective communication with diverse teams and stakeholders.
- **Project management:** Organizing tasks, meeting deadlines, managing multiple priorities.

***“Your skills aren’t a limitation — they’re your greatest asset. Embrace them, and they’ll guide you to new opportunities.”***

### 5 Steps to Leverage Your Transferable Skills

Now that you understand how transferable skills work let's break down how to use them to transition with confidence. It's not just about identifying these skills but also about knowing how to apply them to a new opportunity.

1. **Identify Your Skills.** Start by taking an inventory of all your skills—both hard and soft. Think about past roles and what you excelled at. Whether it's managing a project, leading a team, or negotiating, these skills matter. For me, my ability to lead teams through stressful situations was a huge asset when I moved into a different field.
2. **Research Your New Industry.** Understand what skills are in demand in your desired industry or role. Align your transferable skills with the needs of the new field. I did this when I moved into construction. By researching the skills construction managers value, I could confidently showcase my experience in problem-solving and leadership.
3. **Tailor Your Resume and Cover Letter.** Your resume should tell the story of how your past roles have prepared you for this new chapter. Focus on how your skills can translate into value in your new industry. For instance, on my resume, I emphasized my organizational skills and leadership in healthcare, showing how those would apply to managing teams in construction.
4. **Network to Open Doors.** Networking isn't just about finding a job and learning from others in your new field. Reach out to professionals who have made similar transitions. Their insights can help you better position your transferable skills for success. I did this during my transition and found it invaluable in guiding me through the new industry's nuances.
5. **Seek Professional Development.** You may find that you need to improve in certain areas. That's okay! Taking courses or certifications will fill any gaps and help you stand out.

### Final Thoughts: Build on What You Already Know

Career transitions are never easy. But remember, they're not about starting over. It's about building on the skills you've already mastered. Your transferable skills are the bridge that connects where you are to where you want to be. Recognize their value and embrace your journey, and the transition will feel less like a leap into the unknown and more like a well-earned step toward your subsequent success.

**By Emily Apell**

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# The Art of Colour: Mastering Your Wardrobe with Confidence

Colour is more than just a visual experience; it's a form of self-expression, a mood booster, and a powerful tool in fashion. Whether your aim is to make a bold statement, exude elegance, or create a balanced look, understanding how to use colour in your wardrobe is essential. Here's a comprehensive guide to styling with colour and making every outfit an expression of you!

## Understanding the Basics of Colour Theory

Before diving into your wardrobe, it helps to understand the basics of colour theory by looking at the colour wheel, which organises colours into a visual spectrum. These include:

- **Primary Colours:** Red, blue, and yellow are the building blocks of all other colours.
- **Secondary Colours:** Green, orange, and purple, created by mixing primary colours.
- **Tertiary Colours:** Combinations of primary and secondary colours like teal, magenta, and amber.

Colours are further divided into warm (red, orange, yellow) and cool (blue, green, purple) tones. Warm tones energise, while cool tones soothe. Using this knowledge, you can pair colours harmoniously or create striking contrasts.

## The Colour Wheel in Practice

Having an understanding of how to use the colour wheel when styling your outfits provides a great starting point.

- **Analogous Colours:** These sit next to each other on the colour wheel (e.g., blue, green, and teal) and create a harmonious look.
- **Complimentary Colours:** These sit opposite each other on the wheel (e.g., blue and orange) and create high contrast.
- **Triadic Colours:** Three colours evenly spaced around the wheel (e.g., red, yellow, and blue) make for vibrant, balanced outfits.

## Building a Colourful Foundation

**Start with Neutrals** - Neutrals are the backbone of any wardrobe. Shades like black, white, grey, beige, and navy act as a canvas, allowing you to experiment with bolder colours. For instance:

- *Pair a beige trench coat with a vibrant red scarf.*
- *Use white sneakers as a base for colourful casual wear.*

**Invest in Versatile Pieces** - Look for clothing items in neutral or versatile colours that you can mix and match effortlessly. A navy blazer, black trousers, or a white button-up shirt can be styled in countless ways with colourful accessories or layers.





## Personalising Your Palette

Find Your Undertone - Understanding your skin's undertone can help you choose colours that complement your complexion:

- **Cool Undertones:** Look for colours with blue or purple bases, like sapphire, emerald, or icy pastels.
- **Warm Undertones:** Choose earthy tones, like rust, mustard, or coral.
- **Neutral Undertones:** You're lucky—most colours will suit you, but muted shades often shine best.

## Experiment with Seasonal Colour Palettes

Seasonal colour analysis divides colours into spring, summer, autumn, and winter palettes based on undertones and intensity. For example:

- **Spring:** Warm, light, and bright tones like peach, mint, and buttercup yellow.
- **Summer:** Cool, soft, and muted shades like lavender, rose, and sky blue.
- **Autumn:** Warm and rich hues like burnt orange, olive, and maroon.
- **Winter:** Cool and vivid tones like royal blue, emerald, and cherry red.

## Playing with Patterns and Prints

Patterns and prints are a fantastic way to incorporate multiple colours into your outfit. Here's how to make them work:

- **Choose a Dominant Colour:** Select one colour from the pattern to base the rest of your outfit on.
  - **Keep it Balanced:** If your pattern is bold, keep the rest of your outfit neutral.
  - **Mix Patterns Carefully:** Combine patterns with a shared colour palette, or pair a large pattern with a subtle one for a chic look.
- For example, a floral blouse with a dominant pink hue pairs beautifully with solid pink trousers and nude heels.

## Accessorising with Colour

Accessories are the easiest way to experiment with colour. They can transform a simple outfit into a standout look.

- **Scarves and Hats:** Add a pop of colour to a neutral outfit with a bright scarf or hat.
- **Jewellery:** Gemstones and colourful beads can introduce subtle or bold accents.
- **Bags and Shoes:** A red handbag or cobalt blue heels can make your outfit unforgettable.

For a cohesive look, repeat the accessory's colour elsewhere in your outfit, such as matching your earrings to your shoes.

## Balancing Brights and Neutrals

When incorporating bright colours, keep in mind that balance is key:

- **The 60-30-10 Rule:** Use 60% of one dominant colour, 30% of a secondary colour, and 10% as an accent. For example, wear a navy dress (60%), a yellow belt (30%), and red shoes (10%).
- **Pair Brights with Neutrals:** Bright colours shine when paired with neutral





tones. A fuchsia blazer with white trousers creates a polished, modern look.

- **Monochromatic Brights:** Wearing different shades of the same bright colour can make a bold and stylish statement.

## Embracing Bold Choices

**Colour Blocking** - Colour blocking involves pairing solid blocks of contrasting or complementary colours for a striking effect. For beginners, start with two colours, like cobalt blue and mustard yellow. Add a neutral accessory to ground the look.

**Statement Pieces** - A statement piece—like a bright red coat or a sequined top—can be the focal point of your outfit. Keep the rest of your attire simple to let the statement shine.

## Dressing for Mood and Occasion

When deciding on what colours to wear, it is worth noting that colours can also evoke emotions and set the tone for your day:

- **Energise with Red:** Perfect for making an impression at a meeting or social event.
  - **Relax with Blue:** Great for casual outings or serene settings.
  - **Uplift with Yellow:** Ideal for sunny days or cheerful gatherings.
  - **Elegance with Black:** Timeless and versatile for formal occasions.
- With these in mind, always think about the message you want to convey when selecting your outfit's colours.

## Seasonal Adjustments

Although the aim is to always have your capsule wardrobe at play, a great way to keep your looks fresh and updated is to adapt your colour choices to reflect the current season. For example:

- **Spring/Summer:** Embrace light, bright colours and breathable fabrics.
- **Autumn/Winter:** Opt for deep, warm hues and cosy textures like wool and cashmere.

## How to Put an Outfit Together Using These Rules

Creating a cohesive outfit using these colour principles will help make the process a lot simpler. Here's a useful step-by-step guide:

- 1. Start with a Neutral Base:** Begin with a neutral piece like black trousers, a white blouse, or a beige skirt.
- 2. Add a Pop of Colour:** Choose one bold or bright item, such as a cobalt blue blazer or red heels, to act as your statement piece.
- 3. Incorporate a Secondary Colour:** Use accessories or layers to bring in a secondary colour. For instance, pair your cobalt blazer with a yellow scarf or handbag.
- 4. Follow the 60-30-10 Rule:** Ensure your outfit's dominant, secondary, and accent colours are balanced. For example, wear a navy dress (60%), a pink cardigan (30%), and green earrings (10%).
- 5. Use Patterns Wisely:** If your outfit includes a patterned piece, let it



guide your colour choices for the other items.

**6. Match Undertones:** Ensure all colours in your outfit share the same warm or cool undertone for a harmonious look.

**7. Experiment with Texture and Fabric:** Combine different materials—like a wool coat with a silk scarf—to add depth and interest.

By following these steps, you can create outfits that are stylish, balanced, and uniquely you. Always keep in mind that fashion is an art, not a science. Feel free to experiment, use these as a guide and step outside your comfort zone. Combine unexpected colours, mix and match patterns, and, more importantly, create your own unique style.

Using colour effectively in your wardrobe is about more than just following rules; it's about expressing your personality, mood, and creativity. With a bit of practice and experimentation, you can master the art of colour and transform your wardrobe into a vibrant extension of yourself. Whether you prefer timeless neutrals, playful brights, or dramatic contrasts, colour is your ally in creating your own unforgettable style.

**By Angela Haynes-Ranger**  
**Award Winning Style Coach, Mentor & Speaker**

*Angela is an Award Winning Style Coach, Mentor & Speaker. Passionate about empowering others, she helps women to build confidence through personal style, guiding them on a transformative journey of self-discovery.*

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# The Power of Perspective

If there is one universal principle that defines success, fulfillment, and transformation, it is this: true power comes not from control, but from the courage to let go. The world is in constant motion—shifting, evolving, and presenting both challenges and opportunities.

Every single experience—whether it appears as a roadblock or an open door—is placed in front of you for a reason. It is neither good nor bad; it simply is. The resistance we feel when things don't go as planned is not a sign of failure but rather a lesson, an opportunity for growth, a pivot designed to lead us toward something more significant. The problem is that most people spend their lives pushing against these moments, trying to control the uncontrollable rather than learning to flow with the rhythm of life.

**The Power of Perspective:** Success—whether in business, relationships, or personal growth—is not just about talent or opportunity. It is shaped by the way we see and respond to the world. A strong foundation of values and mental awareness determines whether challenges become barriers or stepping stones.

Too many people live in a constant state of reaction—allowing external circumstances to dictate their emotions, energy, and decisions. Fear, doubt, and frustration cloud the ability to move forward, trapping people in cycles of self-sabotage. But those who develop a heightened awareness of their thoughts, emotions, and behaviors gain the ability to shift their perspective. They don't let challenges define them; they define how they approach challenges.

The mind is the most powerful tool we possess. When directed with intention, it can turn failures into wisdom—it is about building awareness to navigate them with clarity.

**Let Go and Move Forward:** The greatest moments of transformation happen when you release the need for absolute control. The tighter the grip, the greater the struggle. Attempting to force outcomes, fearing change, or resisting life's natural ebb and flow only creates unnecessary stress and stagnation. Growth is found in trust—the trust that setbacks are simply redirections and that every challenge carries a lesson meant to prepare you for what's next.

Letting go does not mean inaction. It means focusing energy on what can be influenced rather than dwelling on what cannot. It is about replacing worry with intention & trading doubt for self-belief.

**Defining Success Through Values:** True success is not measured by wealth, status, or accolades—it is defined by the alignment between actions and values. Clarity in personal values creates a foundation for decision-making, purpose, and resilience. It serves as an internal compass, ensuring that progress is not just about external achievement but integrity.

Success is no longer about comparison or external validation but about living a life that feels meaningful and authentic. It is about making choices that reflect personal principles, standing firm in the face of adversity, and recognizing

‘The mind is the most powerful tool we possess. When directed with intention, it can turn failures into wisdom.’

real fulfillment comes from purpose rather than mere accomplishment.

This is the foundation of the work done at Inspire with Marissa, where individuals are empowered to develop mental clarity, recognize their core values, and cultivate the resilience needed to thrive in every aspect of life. Through guided reflection, strategic goal-setting, and transformational coaching, individuals can break free from limiting mindsets and step into a future filled with purpose, confidence, and success.

The Journey is Yours to Create: Life will always have its highs and lows, triumphs and uncertainties. Those who thrive are not the ones who avoid difficulty but those who embrace unpredictability with a mindset rooted in awareness and purpose.

Happiness is not found in eliminating struggle but in the ability to navigate it with clarity. The mind has the power to see beyond obstacles, find the lesson in the challenge, and turn life's unpredictable ride into something extraordinary. “You cannot control the rollercoaster that is life, but you can always see the track in your mind—and that makes the journey that much more exhilarating.”

By Marissa Cherepanov

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# 5 Essential Ingredients for Business Networking



Networking is frequently described as the first silent path to success, particularly in today's interconnected world, where relationships can lead to possibilities, resources, and corporate growth. Networking is critical to any business. From start-ups to multinational organizations, networking is the cornerstone of long-term success. This blog will examine why networking is essential in business, the rewards, and how to enhance your networking skills.

## 1. Building relationships

Networking establishes relationships based on trust, mutual understanding, and rewards. Humans do business with people they know, and as the business owner, you must attend key industry events, informal meetings, and conferences. Indeed, it is work, but it is worthwhile because the more people see you, the more they will trust you, leading to partnerships, collaborations, and eventually cooperative enterprises that benefit both parties. Genuine participation in any event can lead to meeting possible clients, suppliers, and buyers. You never know which door will open for you. Networking is all about surprise.

## 2. Unknown Opportunities

Networking in business generates new opportunities that may not be publicized; employment offers, joint ventures, and collaborations flourish during these discussions. When you network frequently, your industry will notice, recognize, and eventually trust you as a solid business partner. To promote yourself properly, you must develop your brand and elevator pitch.

## 3. Exchange of knowledge and learning

No company functions in isolation. You collaborate with stakeholders, each with unique expertise and insights that assist your organization. Learning from one another is essential, and gaining new insights can help you innovate, change, and stay ahead of the competition. As I usually say, I am a lifelong learner, and as a business owner, you must be aware, watch trends, and be interested enough to ask questions and learn.

## 4. Increase visibility

Networking is the process of increasing brand exposure, visibility, and credibility. The more people learn about your services, goods, and promotions, the more likely they will do business with you and seek your offerings. Furthermore, they are more inclined to recommend you to their network. As a result, business networking has a knock-on effect that leads to the formation of other strong networks.

Even better, you may build your reputation as a thought leader by speaking at events or participating in panels with industry leaders.

## 5. Support and Motivation

Running a business can be difficult and isolating at times. A supporting network will make things easier for you, especially when faced with difficulties and challenges that make it difficult to see the forest for the trees. We all have blind spots in our business, including myself. Connecting and sharing with others will help you realize you are not alone. Hearing other perspectives may help you advance. This boosts your motivation and inspires you to tackle it. Furthermore, you will make new contacts who may be valuable in your business endeavours.

*The question is, how do you start networking in business? Here are some practical tips for you:*

- Be sincere in your interests and queries. Instead of focusing on profit, prioritize trust and relationships. First, give, then get.
- Plan your pitch: Your pitch should be ready. What are your strengths, and how do you assist your clients? Personal branding is essential. If you need assistance with that, please contact me.
- Use online platforms, such as LinkedIn for professionals and Instagram for some firms. Connect online. You might wonder, "How do I connect with an unknown contact?" There are some ways to accomplish this through proper communication. I am always willing to help.
- Follow up: After each encounter, connect on LinkedIn or email to organize a coffee meeting with people who could benefit your firm, and vice versa.



- Nurture relationships by connecting regularly. I use LinkedIn because it alerts you about birthdays, job anniversaries, and changes.

Networking is more than just exchanging business cards. A successful business relies on long-term, trustworthy relationships in which both sides gain from the transaction. It promotes both business and personal growth. It expands your thoughts and ideas and creates new possibilities. Investing time and effort in networking opens learning, collaboration, and success opportunities. So, attend events, participate in online debates, and be present.

Your next successful company breakthrough may be just a conversation away.

by Hulya Kurt  
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# Tarot is your guide

By Hannah Dawe



There are so many things to write about when it comes to tarot reading and using tools to assist and guide individuals. There are some that still read tea leaves, which I believe is a beautiful way of keeping guidance simple yet effective. Some have numerous decks (me included!) that 'choose' which deck to use on a particular day or what the calling is like. When I do my personal readings for clients, I use one deck, which now looks very weathered and used, and I absolutely adore it. My deck tells a story, the shuffling, the spreads and the messages it has passed on to clients waiting for the cards to speak.

I decided for this edition to shuffle a deck and see what two cards came out and use that as your guidance for the moment you read this. I believe that the message is coming to you at the right time, and hopefully, it will be useful to you. The two cards are The Star, a Major Arcana (higher forces at play), and the Ace of Pentacles (new chapters), which are the cards that came out to be read.

## Here is the message for you

The Star, considered the best card of the pack due to its Karmic reward meaning, is one of feeling inspired and hopeful and can signal new opportunities ahead. It can also indicate that there is still some healing to be done with a particular area of your life, albeit internally or externally. Saturn, the planet of Karma, challenges, and discipline, is the ruling planet for this card. It can predict that you have already put in a great deal of work to remedy a recurring pattern in your life which needed addressing. This can show up as the same types of relationships ending the same way, similar work issues arising with colleagues, feeling like you're spinning plates and people-pleasing, to name a few.

The fact that it has shown up as the first card (strongest energy) means you can expect things to turn around for the better after a time of challenges. This is truly a beautiful card and one of abundance in all forms. Note that whilst this does signify abundance, this is related to a spiritual abundance rather than a sudden windfall of money (although this can happen). Due to its link with Aquarius, you may discover new depths to yourself that you have never explored before. This will be for the greater good, as Aquarian energy is great for the humanitarian aspect, and if we are to change things around us, we need to address what is on the inside and change that first.

Linked with the Ace of Pentacles, this could show a completely new way of thinking with regard to your money and physical things around you, such as homes, cars and work. This can predict some sort of financial increase, a job offer, thinking/ exploring doing something as a side hustle, making a move to grow your business, or making some investment. After a time of foggy thinking, there is a breakthrough; you will gain that sense of clarity and move forward with conviction with the potential this situation has to offer. Note that whilst this card is predominately about financial gain, it is more about the potential rather than the prediction of actual fortune; how you choose to manoeuvre yourself with this opportunity will be down to you with your own free will.

You can certainly gain financial success with this card; tarot is showing you the potential of what you can achieve. If you are wondering what this could be, allow for the signs to show up for you - racking your brain and thinking it can't happen or where or when it can happen will only serve as free-floating thoughts which will not get you anywhere. Focus on how that would feel: the recognition, the increase in clients, the pay rise, the house sale, whatever it is. The card is here for a reason and for you to read and understand that it is on its way to you.

It is here with The Star, and your message is that you have been seen and heard through your troubles, your loneliness and your challenges. The healing and karmic element of The Star has shown up to say in responding differently to your challenges, being less reactive, maybe cutting off certain aspects of people and situations which no longer serve you, you have gained a karmic reward. That reward will be presented to you in the form of a new opportunity which will assist you in the next chapter of your life because the benefits, should you wish to surrender to the unknown, will be victorious, joyful and rewarding, both financially and spiritually.

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# Wholehearted Living and Working Mums

## Embracing the Journey of Motherhood

One of the biggest missions of my coaching practice is to help working mums find joy. Yet, an emerging emotional theme resonates as I reflect on conversations with my clients: guilt and loss of identity. Many feel compartmentalised, broken, or cracked under the pressures of juggling motherhood, a professional career, and their sense of identity.

It's a tender space where a mother's identity seeks to heal from being pulled in different directions. Joy, once so natural, now seems elusive. I'm on a quest to uncover and share connections that bring us closer to experiencing joy—not as we did before motherhood but as something stronger and more profound.

### The Pursuit of Perfectionism Leading to Guilt

For working mums, the pressure to excel in both personal and professional realms often leads to unattainable standards and, in some cases, perfectionism. This mindset feeds into guilt, where the unrealistic pursuit of "getting it all right" backfires. I like to turn to Dr. Brené Brown's teachings on vulnerability, courage, and compassion, which tell us that embracing imperfections will help alleviate the weight of this pressure.

When working mums let go of perfectionism and the fear of judgment that comes with it, they can shift their focus from trying to be "perfect" to simply being "enough" at work and at home. This, in turn, reduces the ever-present guilt and allows space for connection and joy.

### The Struggle for Belonging

Motherhood can be isolating, especially for new mums. Whether navigating the transitions back into the workplace or feeling out of sync with societal expectations, working mothers often wonder if they truly belong in either space—work or home—and it can be a daily emotional rollercoaster. This lack of belonging creates cracks in one's self-esteem.

When we become mothers, our new identity as it emerges is very tentative and fragile and needs a lot of nurturing and support from others. However, in reality, often women find themselves alone for long periods of time with a new baby, followed by a swift transition back to work as if nothing had happened. They end up compartmentalising the two worlds and not feeling like they are fully part of either.

Dr. Brown's insight that vulnerability fosters belonging suggests a way forward. By leaning into authenticity and sharing struggles, working mums can find communities where they feel supported.

### The Core of Joy

A big question of self-worth is at the heart of transforming one's previous identity into that of a parent. Am I worthy of joy? How can I feel it again when I'm so overstimulated and tired? Feeling pulled between the demands of work and family often leads parents to suppress emotions, often with numbing habits, making joy feel like an unreachable goal. Dr. Brown highlights that self-worth allows us to endure discomfort better, tap into our vulnerability, and access positive emotions like joy.

### Wholehearted Living: The Antidote to Guilt

Wholeheartedness is about embracing imperfections rather than hiding them. Dr. Brené Brown's teachings remind us that acknowledging all good and bad emotions is essential to self-esteem and joy. Accepting that fear often walks hand-in-hand with joy is a powerful realisation for both parents.

### The Art of Kintsugi: A Metaphor for Motherhood

Kintsugi, the Japanese art of repairing pottery with gold, beautifully symbolises the cracks of motherhood. When a mother feels broken by the experience of childbirth, the physical and mental strain of raising a child, and the demands of work and family, I wonder if there is a way to help mothers reframe these cracks as opportunities to rebuild themselves with strength and grace into something even more valuable, unique and beautiful than before.

Like Kintsugi, parenting teaches us that imperfection is not just inevitable but part of motherhood's beauty. Working with a coach can help mothers fill their emotional cracks with the "gold" of self-worth, compassion, and joy. Motherhood is not about perfection. It's about navigating the cracks with courage and grace, knowing that joy and authenticity are within reach - even amidst the chaos.

**By Eve Ostrovskaya**

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# INTUITION

## *"How to Listen to Intuition: Trust and Strengthening Your Inner Guidance"*

Have you ever instantly known the right decision to do something? Or did you sense something was "off" before you had any logical proof? That was your intuition talking to you, a deep, inner knowing that guides you without relying on analytical thought.

Our society values ration and evaluation, so our intuition is often dismissed as unreliable or imaginary. However, when nurtured, intuition is a powerful and natural ability that can help us make better decisions, navigate relationships, and even strengthen our spiritual awareness.

### **What Is Intuition?**

Intuition is often described as our inner guidance system that provides insights without reasoning. Unlike methodical thinking, which relies on data and step-by-step evaluation, intuition offers immediate knowledge or awareness—almost like a sudden flash of understanding—"a knowing without knowing how you know," if you will.

Because our logical mind uses critical thinking and facts, its processing can take a while to find an answer. On the other hand, our intuition is instantaneous and produces an answer in just a few seconds.

### **Intuition can be manifested in different ways, including:**

- **A Gut Feeling:** A physical sensation in the body that signals something is right or wrong.
- **Sudden Insights:** A spontaneous thought or idea that appears out of nowhere.
- **Emotional Responses:** A deep sense of comfort or discomfort around a person, place, or situation.
- **Dreams and Symbols:** Receiving messages through dreams, repeated signs, or synchronicities.

### **Why Is Intuition Important?**

Many successful individuals credit intuition for their best decisions. Entrepreneurs, artists, and spiritual leaders often rely on their inner knowing to guide them. Steve Jobs, the co-founder of Apple, has said he trusts his intuition for product development and design. Barbara Corcoran, a real estate mogul and "Shark Tank" investor, has said she often makes business decisions based on her intuition. She believes it can be just as valuable as logic when investing in new opportunities.

### **Here's why intuition is valuable:**

#### **1. It Helps You Make Better Decisions**

Intuition acts as a quick-response mechanism, helping you make decisions even when you don't have all the information. It works by processing subconscious knowledge and past experiences at a rapid speed.

#### **2. It Strengthens Your Self-Trust**

When you follow your intuition, you reinforce self-confidence and inner wisdom. Over time, you begin to trust yourself more, reducing the need for constant external validation.

#### **3. It Protects You from Negative Situations**

Have you ever met someone who gave you a bad vibe or felt someone might be following you? In these instances, your intuition may be alerting you to unseen energy or hidden intentions. Trusting those signals can help protect you from toxic relationships and harmful situations.

#### **4. It Enhances Creativity and Problem-Solving**

Many great artists, musicians, and writers credit intuition as the source of their inspiration. You can unlock greater creativity and problem-solving abilities by allowing intuitive thoughts to flow freely.

John Lennon, a member of The Beatles, believed that his creativity came from a deep connection with his inner self. He relied on his intuitive guidance to shape his music and lyrics. Stephen King, a best-selling author, has said his intuition guides his writing process. Beyoncé, singer and songwriter has also spoken about how intuition plays a key role in her music. She trusts her instincts when writing songs and while she's recording in the studio.

#### **5. It Deepens Your Spiritual Connection**

For those on a spiritual path, intuition is often seen as a connection to higher wisdom, spirit guides, or the universe itself. Strengthening your intuition can help you receive spiritual insights and feel more connected to your soul's purpose.

### **How to Strengthen Your Intuition**

Like any skill, intuition can be developed with practice. Here are some ways to awaken and strengthen your inner knowing:

#### **1. Practice Mindfulness and Meditation**

Intuition speaks in quiet whispers, not in loud shouts, and its messages are very subtle. Meditation can help silence the mental noise of our busy lives so we can tune into our inner voice. Try sitting in stillness for a few minutes each day to strengthen your connection with your intuition.

#### **2. Trust Your First Instinct**

When making decisions, notice your first reaction before your logical mind takes over. Often, your initial feeling is the most aligned with your intuition.

#### **3. Keep an Intuition Journal**

Your intuition communicates with you through gut feelings and synchronicities. Keeping a journal helps you







intentionally track these moments, recognize patterns, and strengthen your awareness of intuitive messages.

#### **4. Spend Time in Nature**

Nature can clear mental clutter and reconnect you to your natural instincts. Take a walk outside, sit near trees in a park, or intentionally listen to the sounds of nature to reset your energy and heighten your awareness.

#### **5. Pay Attention to Physical Sensations**

Your body is an incredible tool for intuition. Notice how your body reacts to situations. Does your stomach tighten? Does your heart feel lighter? These physical cues often hold important intuitive messages. Your inner guidance acts as a warning system when your body contracts. When you feel lighter or more positive, it's guiding you toward abundance and peace.

#### **6. Ask for Signs from the Universe**

Ask the universe or your higher self for a sign if you need clarity. You may receive an answer through repetitive sequential numbers, symbols, or chance meetings. The key is to stay open and aware.

#### **7. Practice Small, Intuitive Decisions**

Test your intuition in small, low-stakes situations—like guessing who's calling you before looking at your phone or taking a different route home from work if your instinct is telling you to make a change. The more you use your intuition, the stronger it becomes. It's just like any other relationship in your life. The more you speak to it, the more you'll trust it.

#### **Overcoming Intuition Blocks**

You may have mindset limitations if you struggle to connect with your intuition. Here are common reasons people doubt their intuition:

##### ***Fear of Being Wrong:***

Many people second-guess their intuition because they fear making mistakes. Remember, intuition is about guidance, not perfection.

##### ***Overanalyzing Everything:***

If you're constantly stuck in logic, you may suppress intuitive insights. Try to balance logic with intuitive feelings.

##### ***External Opinions and Conditioning:***

Society often teaches us to prioritize logic over inner knowing. Reconnect with yourself and let go of outside influences.

##### ***Lack of Self-Trust:***

It's harder to trust your intuition if you don't trust yourself. Work on building confidence in your decisions.

#### **In Summary: Intuition is Your Superpower**

Your intuition is a powerful tool that can guide you in life, love, career, and spiritual growth. The more you listen to it, the stronger it becomes. Whether you experience intuitive nudges, gut feelings, or divine downloads, trust that your inner wisdom always works in your favor.

By practicing mindfulness, trusting your instincts, and tuning into your body's signals, you can develop a deep, unwavering connection with your intuition.

So, the next time you feel that inner knowing, listen to it. It might lead you to exactly where you need to be.

#### **BY BRANDI VAN**

Psychic Medium Mentor

*To learn more about intuition, visit my website, [www.brandivan.com](http://www.brandivan.com). I am a Psychic Medium Mentor, helping individuals overcome their self-doubt so they can fully embrace their psychic gifts, through my 90-Day Psychic Development Mentorship Program.*

[www.brandivan.com](http://www.brandivan.com)





# From **SUNDAY SCARIES** to **MONDAY FUNDAY**

By Fela Rosa

## Imagine This: A Monday You Actually Look Forward To

It's Sunday night, and instead of that sinking feeling, you're excited for Monday. Does that sound impossible? Then that's just proof that you're way too far down a negative rabbit hole. As a career growth and leadership coach, I tell you that's possible. There are people out there that live this reality. What I don't say is that this means your work will always be easy and not challenge you. And you need to be ready for some occasional setbacks, too. Still, I want you to think again. What if you could break the cycle of dread and start the week happy? You can, and I'm here to show you how.

## You're Spending the Majority of Your Life at Work

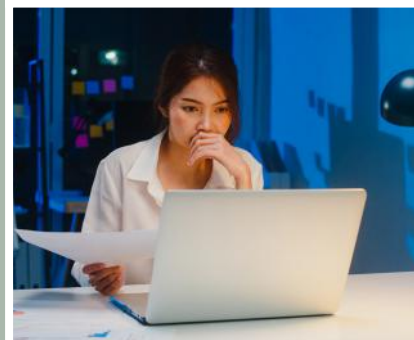
Did you know that you spend around 70% of your awake time either at work, commuting, or thinking about work? That's a massive chunk of your life. Yet, according to a Gallup poll, nearly 60% of Americans feel disengaged from their jobs. For many, this manifests as the notorious "Sunday scaries" - that sinking anxiety every Sunday night, dreading the week ahead. But here's the hard truth: The Sunday scaries aren't just an annoying mood. They're a symptom of something deeper. They're your brain and body telling you that something is off. They can lead to workplace anxiety and depression. Social Media "normalizing" Sunday Scaries is just not the solution. Sending funny reels about it won't solve anything.

## Sunday Scaries Are a Wake-Up Call

Those feelings of dread aren't a coincidence. They reflect a deeper issue: toxic management, misaligned values, or a career path that's opposite to your true self. And while it's tempting to blame everything and everyone around you, the reality is that only you have the power to make a change. You don't have to live in that constant state of anxiety. And really, you shouldn't! And the truth that no one wants to hear is this: it starts with you. With you taking over full responsibility for your career and life. No excuses. Get raw with yourself, where you're at, what you no longer tolerate, and what you want instead.

## Act Before Burnout Hits: Don't Wait for the Crisis

Listen to the early signs of dissatisfaction. Don't wait until burnout hits or anxiety takes over. Too many professionals ignore warning signs like Sunday Scaries and wait until they are completely burned out or even physically ill before changing. Proactively listening to the signals your body and mind are sending is essential. Recognize when things aren't right, and take action before you hit rock bottom. Prevent burnout by being proactive in your career and personal growth. No matter in what position you're in right now. The sooner you learn these lessons, the longer you can apply the solutions that work for you!





## Stop Escaping: Transform Your Career

Rather than numbing the Sunday scaries with Netflix marathons or daytime drinking, it's time to be intentional with your free time. Use it to think about what's not working and strategize about your next move. There are tremendous resources available, like podcasts, webinars, and coaches like myself. Yet so few of the millions of unhappy workers take advantage. The key is to focus on finding something that excites you and integrate it into your career. Work that doesn't just pay the bills—that's not enough to justify spending over 40 hours there.

## What Do You Hate?

How will you get there? What seems to be way easier for most people is to start at the opposite end. Ask yourself: What's not working in your current job? Get hyper-specific. Is it a toxic manager? If so, what makes that manager toxic for you? What is it that bothers you exactly? Or is it a lack of growth opportunities? An absence of purpose in your role? Identify the exact problem. This is the foundation of your future red flags and non-negotiables, the most important step in building a career you enjoy.

## Sipping Cocktails is Not the Solution

But don't stop there. Now, picture your ideal work scenario. This isn't a vacation dream where you're sipping cocktails on a beach. That's an escape. And honestly, only a very few individuals could sip cocktails 40+ hours per week for years and feel fulfilled. Two weeks are great, don't get me wrong. However, I am convinced you're here on this earth to do something meaningful. So ask again: What you need is a real, tangible vision. Reverse your hate items from your list into love items. What would your work look like if it was exciting, fulfilling, and aligned with your goals? Get crazy.

## Identity Shift from Victim to Creator

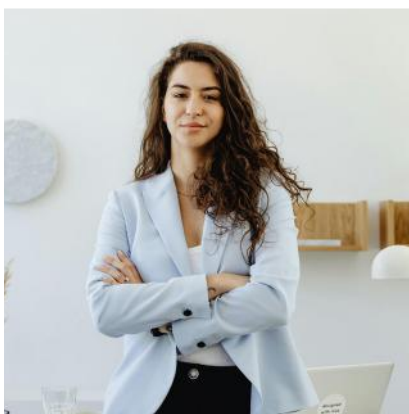
Now, we're cutting down to the chase. I promise you someone is already living this fulfilled reality. And this person is pretty different to you in many aspects. So, what is it that you need to change in your mindset, habits, or environment? How does this person dress, walk, talk? This is about shifting your identity. This is the exciting but also the hard part. This is about cutting off what no longer serves you and your mission.

It isn't just about switching employers. It might mean stepping up to a bigger role, changing industries, or even launching your own business. Escaping your current situation isn't always the answer; it's about taking charge and pivoting. You can pivot multiple times until you find a career that fits you perfectly. You can choose the path that brings you joy and fulfillment. No matter how "senior" you are, you have time to find this in your career.

## Create Impact: Lead with Purpose

For senior professionals, the stakes are even higher. It's no longer just about your own personal growth. It's about creating an impact. Whether you're leading a team, driving company change, or shaping culture, stepping into a leadership role with purpose will reignite your motivation. And don't think that purpose has to be world-changing, like curing cancer or solving world hunger. Your career purpose can be to help as many people in your teams as possible to develop, evolve, and thrive professionally and personally over time. Be clear in your head and promote the right people by creating a positive ripple effect in many lives. Just think about the positive impact a truly good manager has on their staff and every one his staff interacts with. It's not only about the workplace anymore; this is bigger.





## Feel the Shift: Reclaiming Your Power

Once you decide to take charge of your career 100%, something powerful happens: your energy shifts. You stop being a victim of your circumstances and become the creator of your career. You stop reacting to the work environment and start acting and shaping your environment. And that's where the magic happens. When you take control of your career, you no longer need to dread Sundays. Your Mondays will become something you look forward to - even if they include a lot of struggle, challenges, and growth. But all of it has a purpose now. Can you feel the shift already?

## Spiritual Growth: Building Inner Trust

Even the most successful leaders sometimes experience anxiety. Feeling overwhelmed is usual in today's fast-paced world, where many variables change simultaneously, and the speed of transformation will only continue to accelerate. You need to dissolve insecurities and build inner trust to thrive in this environment. That's the trust in yourself and the future, even when uncertain. It's about cultivating a mindset that no matter what challenges come your way, you have the strength to face them head-on. I'm not talking about religion here. I'm talking about building an unshakable belief in your capabilities and knowing that, in the end, it will all work out. That looking back, you'll understand why even the hard times were crucial. This inner trust gives you resilience and clarity, allowing you to make tough decisions and navigate challenges in the midst of crises where others would go into fight-and-flight mode.



## Rewrite Your Story: Take Control of Your Career

The Sunday scaries are not more powerful than you. You can rewrite your story. Stop playing the victim. Start being the creator of your career. It doesn't matter what's happened in the past. You can take control starting today. Start with one step. You don't need to prove anything to anyone but yourself. I've Lived It: From Dreading Mondays to Taking Control. I know this because I've lived it. I've been stuck in a job I couldn't leave, facing Sunday anxiety every week. I allowed myself to resign from the situation. Until I didn't. I took control, made a plan, and started making small changes. Slowly but surely, I built a career that I'm proud of. I took back my power, and so can you.



## Be a Corporate Warrior: Integrate Inner and Outer Work for Career Success

Once you reclaim your power, you'll intuitively understand that this is not only about your workplace. This is about being and living your most authentic and best self each and every day. Some days, it will be easier, and some days, it will be more challenging. It's only about catching yourself and getting yourself back on track. In the Corporate Warriors coaching sessions, I get my clients on their best career path by integrating both inner and outer work. This is the "not-so-secret sauce" of Corporate Warriors.



The inner work focuses on overcoming insecurities, building self-confidence, resilience, and a clear vision for the future. The outer work is about actionable business strategies, effective leadership, networking, and mastering professional presence. Often, the inner work is heavily underrepresented, making career coaching feel shallow. That's not what we at Corporate Warriors tolerate. Combining these two elements is the **ONLY WAY** you can thrive both personally and professionally. By doing the inner work, you unlock your true potential; by doing the outer work, you create career success and reach the financial goals you've been striving for.

## Ready to Make Monday Your Favorite Day Again?

Now, it's your turn. You don't need to dread Mondays any longer. Take that first step toward reclaiming your career, and let's make Monday your favorite day of the week. From small mindset shifts to major career pivots, you have the power to transform your life.





## Why it's time for companies to prioritize sleep support for working parents

By Samantha Buhrs

Imagine walking into the office, coffee in hand, ready to take on the day. Imagine doing that after just two hours of broken sleep, with your mind clouded by fatigue and your body begging for rest. This is the daily reality for countless working parents, particularly mothers, juggling demanding careers alongside sleepless nights with their little ones.

As a certified pediatric sleep consultant and the founder of Hello Little Sleeper, I work closely with exhausted parents every day. I see firsthand how sleep deprivation affects their mental and physical health, their ability to focus, and their job performance. Despite the growing number of corporate wellness programs, few companies offer sleep support for working parents, and that needs to change.

### The Historical Divide: why moms are still carrying the burden

For decades, it's been customary for women to stay home and care for children while men worked. Over time, the world of work has changed. Mothers are now expected to juggle careers, but the caregiving responsibilities have not. Despite working full-time, many moms continue to bear the weight of the household and child-rearing as if they aren't working at all.

Today, mothers are expected to work full-time while still handling the majority of childcare responsibilities. The result? Burnout, exhaustion, and impossible expectations. A 2024 study by the Financial Times found that mothers are significantly less likely to remain employed a decade after their first child. Similarly, a Gallup report revealed that working women experience higher stress levels than men, mainly due to the unequal division of labor at home. Despite their best efforts, many mothers are drowning under the weight of sleepless nights and career demands. Yet, as a society, we continue to watch without providing real support.

### Why sleep deprivation is a workplace issue, not just a personal one

Sleep deprivation isn't just a parenting issue; it's a workplace issue with major consequences for businesses. According to the World Health Organization, sleep deprivation costs the global economy \$400 billion annually in lost productivity.

Here's why companies can't afford to ignore it:

- **Reduced Productivity:** Sleep deprivation impairs focus, problem-solving, and decision-making, essential skills for high performance.
- **Increased Burnout and Turnover:** Many parents, especially mothers, leave their jobs because the exhaustion becomes unbearable. Providing sleep support improves employee retention.

- **Diversity & Inclusion Efforts Fall Short:** Companies that want more women in leadership must address real barriers, like chronic sleep deprivation.

### What companies can do

The good news? Supporting working parents doesn't require massive structural changes. Here's how businesses can make a real difference:

- Offer sleep consulting as part of employee benefits, just like mental health and fitness programs.
- Normalize discussions around exhaustion to reduce the stigma of burnout.
- Train managers to recognize and support struggling parents.
- Provide flexible work arrangements to accommodate sleepless nights.

### How I can help you

I specialize in helping parents improve their child's sleep so they can improve theirs, too. My sleep support services for businesses include:

- **Online Sleep Success Courses** – A self-paced program to help parents establish healthy sleep habits and provide proven tools and techniques to improve their family's sleep.
- **Sleep Workshops** – Interactive employee sessions packed with expert sleep strategies.
- **One-on-one coaching** – Personalized sleep support to address specific challenges.

Investing in sleep support is about more than helping parents; it's about boosting workplace performance, retention, and overall well-being.

If you're a working parent running on empty, especially a mom, please hear this, you are not alone. You don't have to suffer in silence. I see you. I know the exhaustion, the weight of it all, the feeling that no matter how much you give, it's never enough. But it shouldn't be this hard. Change needs to happen. You deserve support. You deserve rest.

And if you're a company, be part of that change. Imagine the impact of a workforce where parents aren't just barely making it through the day but thriving. Supporting working parents isn't just good for business; it's the right thing to do. Let's make it happen.

Well-rested parents don't just make better employees; they make better businesses.

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# Why having a GROWTH Mindset is the GOLDEN TICKET



**Did you know that your thoughts are incredibly powerful?**

Research shows that we have around 60,000 thoughts per day, and 95% of them are repetitive. This means that the thoughts you have today are often shaping your future without you even realizing it.

The key to growth lies in shifting from a lack mindset (where you feel stuck or not good enough) to a growth mindset (where you see challenges as opportunities to learn and evolve). When you start to change your thoughts, you change your reality. You can choose to embrace abundance, trust in your potential, and believe that every setback is a setup for a comeback.

Throughout my adult life, I have had to retrain my thoughts and rewire my brain towards 'My New Story'. Pain Points I personally experienced included feeling unworthy or not good enough, fear of failure, comparison to others, and negative self-talk. Your mindset shapes how you perceive your value, and when you cultivate a positive, growth-oriented mindset, you unlock the power to fully embrace your 'Self-Worth.'

**Below are some 'Golden Areas' of focus and solutions regarding mindset:**

## Self-Worth

**Problem:** If you constantly feel like you're not enough or that you can't improve, you'll limit your ability to embrace your true worth.

**Solution:** A growth mindset empowers you to see your value as limitless, reminding you that you're constantly evolving and worthy of love, success, and growth.

**Action Required:** Start believing in your potential today — your worth is not fixed; it's ever-growing!

## Relationships

**Problem:** In relationships, a fixed mindset may lead to blaming others or avoiding difficult conversations, stunting emotional connection and growth.

**Solution:** With a growth mindset, you'll embrace relationship challenges as opportunities to learn, communicate better, and deepen your connections.

**Action Required:** Approach your relationships with an open heart and mind—the deeper bonds you seek are within your reach!

## Career

**Problem:** A lack of growth mindset can lead to stagnation, fear of failure, and missed opportunities in your career.

**Solution:** Embracing a growth mindset helps you see setbacks as stepping stones and opens you up to new learning, promotions, and creative problem-solving.

**Action Required:** Shift your thinking today — your mindset only limits your career potential!

**In my Expert Opinion, 2 Sneaky Culprits That Will Deplete Your Growth Mindset are:**

### 1) Self-Sabotage

Sometimes, the biggest obstacle to your growth is... YOU. Whether it's procrastination, fear of success, or not setting boundaries, self-sabotage keeps you stuck. You might not even realize you're doing it, but it's holding you back from reaching your full potential.

### 2) Negative Self-Talk

Constantly doubting yourself and your abilities can significantly drain your growth. When you tell yourself, "I'm not good enough" or "I can't do this," you're reinforcing a fixed mindset that limits your progress.

These sneaky habits eat away at your self-worth and prevent you from stepping into your highest potential. But here's the good news: Awareness is the first step to change. These patterns can make you question your abilities, limit your potential, and steal your peace of mind.

But here's the truth: You are worthy of all the success, love, and happiness you desire!

**From evaluating my own personal journey, these three mindset shifts will accelerate everything:**

**1. Self-Awareness First:** Understand where you're at, what's holding you back, and what you truly desire. Growth starts with clarity.

**2. Commitment Over Convenience:** Stop waiting for the "perfect" time. If you're serious about results, you'll prioritize your goals no matter the challenges.

**3. Invest in Yourself:** Real transformation requires investment—whether it's time, energy, or money. When you bet on YOU, you unlock unlimited potential.

The Secret to breaking free from these cycles is recognizing your inner strength and nurturing your self-worth. It's time to stop letting those negative thoughts define you. You have the power to shift your mindset and embrace a life of confidence, clarity, and joy. Grab your

Golden Ticket today and claim the leap towards a 'Growth Mindset'. You are the Master and Driver of your life! The key is always in your hand!

**By Sarah Jayne Gwynne**

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# MAXIMISING YOUR SABBATICAL

## A GUIDE TO INTENTIONAL TIME AWAY



More employees than ever are stepping away, with the number of workers on sabbaticals doubling from 2019 to 2024, according to Gusto, a payroll and benefits platform that tracks extended paid leave trends.

Maximising your sabbatical is more than just clocking out; it's about actively engaging, setting intentions, and leveraging the opportunity to its fullest potential.

### Why Maximise Your Sabbatical?

A sabbatical is a rare chance to pause, reflect, and reset. More importantly, using this time intentionally can lay the foundation for future success.

Whether you're considering a career change, seeking a better work-life balance, or reigniting your passion for your current field, a well-utilised sabbatical can be a catalyst for positive change.

*To help you make the most of your sabbatical, I've developed the 6W Framework, a guide to structuring your time off with intention and purpose.*

### 1. Why Take Time Off?

The first step is to explore why you're taking this break. Understanding your motivation is the foundation of your entire experience. Is it for rest, self-discovery, a career change, or simply to explore new passions? Ask yourself: What do my body, mind, and soul need right now?

Your **'why'** serves as your compass throughout your time off. Each decision you make should be based on whether it brings you closer to fulfilling your **'why'**.

### 2. Where Do You Want to Go?

Choosing the right location is key to your sabbatical experience. Your environment plays a major role in supporting your why.

- *Do you need solitude to recharge in a remote retreat?*
- *Would staying at home allow you to be fully present in the moment?*
- *Are you craving adventure in a city filled with culture?*
- *Do you want to immerse yourself in a hobby while surrounded by nature?*

Your destination should nourish your soul and align with your why.

### 3. When Is the Best Time to Go?

Timing is everything, and taking a career break creates a ripple effect. Consider your current commitments, family responsibilities, finances, and work obligations. Are there specific

seasons that align with your goals? Do you need to coordinate around personal milestones or professional transitions?

Taking time off at the right moment enhances your sabbatical experience and minimises stress. Planning ahead allows you to fully immerse yourself in the journey without lingering worries or disruptions.

### 4. With Whom?

Who you spend your time with can significantly affect your experience. Some thrive in solitude, while others find energy in company.

- *Would a solo sabbatical give you the space for deep reflection and self-discovery?*
- *Do you want to reconnect with family or loved ones?*
- *Would joining a group of like-minded individuals provide the inspiration and support you need?*

Surrounding yourself with the right people who align with your goals ensures that their energy and presence enhance your journey rather than detract from it.

### 5. What Will You Do?

What you do during your sabbatical shapes your entire experience. Whether for relaxation, skill-building, or exploration, planning meaningful activities will give your time away purpose.

By intentionally selecting activities that align with your why, you ensure your time off is purposeful and enriching, setting the stage for a more fulfilling future. Fill your time with meaning, and you'll return more fulfilled.

### 6. Who Do You Want to Be?

Perhaps the most important question: Who do you want to become during and after your sabbatical?

A sabbatical can be an opportunity to reinvent yourself, gain clarity, and step into a future that excites you. Take a moment to envision your future self:

- *What will you have learned?*
- *How will you have grown?*

Your sabbatical can help guide you toward the person you aspire to be. Reflect on this throughout your time away to ensure you're growing in the right direction.

### Final Thoughts

A sabbatical is more than a break—it's an opportunity for transformation. Planning intentionally and aligning your experience with your why ensures that your sabbatical is not just a pause but a powerful step toward a more fulfilled and purposeful life.

**By Bex Thomas**

**Transformational Life & Career Coach, Sabbatical and Career Break Coach**

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# Break the Cycle: Raise Thriving Kids Through Emotional Healing!

Emotional health isn't just about us—it's about the generations that follow. As a parent, you have the power to break negative cycles from your own childhood and raise children who thrive emotionally, mentally, and socially. This is a topic very close to my heart, as my own journey toward emotional health has profoundly shaped the way I parent now and the way I help families through hypnotherapy. Parenthood highlights the emotional patterns we've inherited in the way we react under stress, how we handle conflict, and the beliefs we unconsciously pass on to our children. When I first became a parent, I really worried about the emotional wounds I carried that could inadvertently shape my own parenting.

## Breaking Generational Patterns

For many of us, emotional habits are passed down like heirlooms. The way our parents handled stress or expressed love heavily influences how we navigate relationships and life challenges. Without realising it, we pass these patterns onto our children. So, how can we break this cycle? By prioritising your emotional health, you're improving your own well-being and setting the foundation for your children to grow up with resilience and confidence. Imagine what it means for your child to learn emotional regulation, healthy self-expression, and self-worth—not through words alone but by watching you, too.

## Why Self-Care Isn't Selfish

As parents, we often put ourselves last. It's easy to feel that taking time for self-care is indulgent, but the truth is, it's one of the best gifts you can give your family. When you're emotionally balanced, you're better equipped to respond to your children with patience, understanding, and compassion. It's not about being perfect—it's about being present and emotionally available. I've learned firsthand how self-care can transform parenting. Through practices like mindfulness, reflection, and eventually hypnotherapy, I started healing the parts of myself that felt stuck or overwhelmed. The result? A calmer, more confident version of myself, which naturally created a more harmonious environment for my own children.

## How Hypnotherapy Helps Families Heal

Through my work as a hypnotherapist, I now help families navigate these emotional landscapes. Hypnotherapy is a powerful tool for breaking generational cycles because it works on a deep, subconscious level where many of our beliefs and habits are stored.

Here's how hypnotherapy can make a difference:

### Releasing Negative Patterns:

Hypnotherapy uncovers and releases outdated beliefs or emotional responses that no longer serve you. This might mean addressing feelings of guilt, perfectionism, or unresolved childhood experiences.

### Building Emotional Resilience:

Hypnotherapy allows you to reframe thoughts and build inner strength. Emotionally resilient parents can model this for their children, teaching them how to better navigate life's ups and downs.

### Improving Communication and Connection:

Hypnotherapy enhances your ability to listen, empathise, and connect with your children. You create a safe space for your kids to express themselves without fear by healing your own emotional wounds.

### Reducing Anxiety and Stress:

Parenting comes with its fair share of stress, but hypnotherapy provides tools to manage it effectively. When you're calmer, your home is calmer.

## My Journey: From Healing Myself to Helping Others

My healing journey began with my first child, who brought immense joy but also a mirror to parts of myself I hadn't fully understood. Like many parents, I struggled with self-doubt, stress, and the weight of wanting to do everything perfectly. It wasn't until I embraced the idea of healing my own emotional wounds that I started to feel more equipped for the challenges of parenting. Now, I work with other parents to uncover the root causes of their stress and anxiety and guide them toward emotional freedom. I've seen firsthand how empowering parents to heal themselves creates holistic ripples that benefit their entire family.

## Raising Thriving Children

Emotionally healthy parents raise children who thrive because they provide a secure, loving environment where children can develop confidence and resilience. When you work on your emotional health, you're teaching your children that it's okay to feel, to heal, and to grow. You're giving them the tools to navigate life with curiosity and courage rather than fear or doubt.

Every small step you take toward your own emotional well-being is a step toward a brighter future for your children. Remember, self-care isn't selfish—it's the foundation of a thriving family. Through hypnotherapy, you can unlock your potential, break free from the past, and embrace a future filled with possibility—while empowering your children to thrive with confidence, resilience, and emotional well-being.

**By Rachel Bernard**

Rachel supports parents, children, and teens through a combination of cognitive behavioural techniques, hypnotherapy, and mindfulness.

[www.thenesthypnotherapy.co.uk](http://www.thenesthypnotherapy.co.uk)



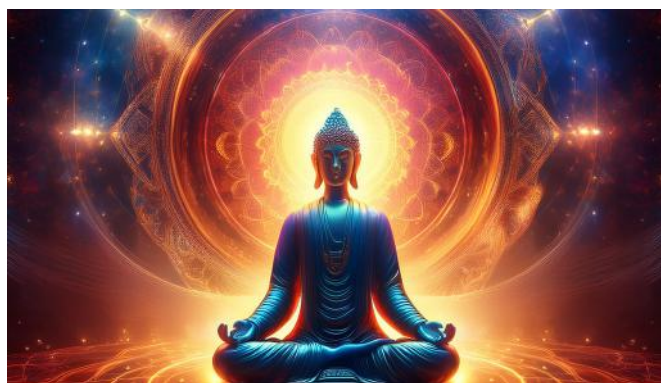


# WALKING IN THE BEAUTY OF TRUTH: TOUCHING THE MAGIC

*"There is a relentless search for the factual and this quest often lacks warmth or reverence... if we choose to journey on the path of truth, it then becomes a sacred duty to walk hand in hand with beauty." (John O'Donohue)*

What does truth mean in your life? How easily do you stand in the beauty of your truth?

Universal truths are recognised by many different spiritual pathways; however, truth can be highly subjective. We each have a unique experience of the world and an individual way of responding. Our inner realm is unlike that of any other being. As we pass through further experiences, they often simply consolidate our beliefs. The world around us is extremely responsive to our expectations.



However, if we are open to the transformational pathway of healing and evolution, we can respond to the opportunity to discover deeper truths about ourselves and life. Jamie Sams, one of my teachers, has said that magic is nothing more than a shift in consciousness. I offer here a fresh way of working towards discovering what truth may mean to you. You may resonate most closely with the aspect of the truth of the month in which you are born. This may be the one which most challenges you.

**January - Learning The Truth:** Encourages a seeking mind and willingness to learn. Learning the truth takes courage. It may not always speak of what we wish to hear.

**February - Honouring The Truth:** Every being has a Sacred Point of View. All individuals experience life's events in a different manner. There is truth in every life form's journey. This is to be honoured and is my personal pathway.

**March - Accepting The Truth:** We are known by our actions rather than our words. This is called karma by

some. If we consciously hurt another, we have made the unconscious decision to receive the lessons connected to harming another. It is essential not to be fooled by self-denial, half-truths, and lies.

**April - Seeing The Truth:** For this, we may need to look far and commit to the visions, dreams, and feelings of our inner potential.

**May - Hearing The Truth:** If we do not listen to the still, small voice of inner truth, we will never learn or expand. When we speak, we are not listening.

**June - Speaking The Truth:** It is best to practice this with humility from our hearts, being loving and clear. Sharing our stories with others and being willing to listen to theirs can help us gain perspective on our own path.

**July - Loving The Truth:** Every action of physical life is as sacred as our spiritual growth. It is just the other side of the same coin. Honour your body and all the pleasures of being human, and experience them all with a happy heart.

**August - Serving The Truth:** Our body is the ultimate scorekeeper. Illness and discomfort are signs that we are repressing and suppressing wounds and hurts. When we begin to listen to the truth of the body, we can begin to heal.

**September - Living The Truth:** This is when we go within to find our personal truth. It connects us to concern for others and the world.

**October - Working With The Truth:** Creativity is a beautiful way of expressing truth, giving it form in the world.

**November - Walking The Truth:** Standing in our truth with respect and authority draws towards us what we most need when we walk our talk.

**December - Gratitude For The Truth:** Being grateful for the truth in our lives offers the right attitude and can produce miraculous healing and new paths to follow.

**The Liminal Place - Becoming The Truth:** The place of all potentials, between the ending of the attachments to old truth and the beginning of the new: a place of ultimate freedom.

*Discovering The Truth ~ By listening to your intelligent heart, what the Japanese call Kokoro.*

May you walk in the beauty of truth and touch the magic.

**By Elizabeth Chanter**

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## Dancing with the rhythm of nature's cycles

Through the observation of nature, many cultures have found the seasons to offer great wisdom to the cycles of life and our physical and emotional health. Through the observation of the stars, the planets, the earth, and all its living species, our ancestors created ritual traditions, stories, myths, and symbolism to hold onto the knowledge passed down by their ancestors about the rhythm of nature, its cycles, and the connection that stirs change and growth within us.

In Chinese culture, Spring marks a new year. In Greek mythology, the Goddess of the season of Spring is the Goddess Persephone. Persephone was celebrated because she blessed them with renewal of life. In Persian culture, the Goddess of Spring, Anahita, is associated with healing, fertility, and wisdom and is symbolized by the Lotus that blooms in Summer.

The Babylonians and Assyrians celebrated Spring and the rebirth of the natural world with a festival called Akita. For over 3000 years, the Persians have celebrated their New Year, known as Nowruz, on the first day of Spring. The Celtic lit a bonfire to cleanse the land of evil spirits, and we find this theme in various ancient cultures around the world. Spring emerging from the darkness of winter, bringing warmth, growth, hope and abundance.

These ancient traditions also recognized the physical body and the spirit's wellness when tuning into the season. Spring indeed represents a time of renewal, growth, and transition, both in nature and within ourselves. The practices of Spring cleaning, rejuvenating our physical and emotional spaces, and tuning into the energy of the season can help us align with this natural rhythm and promote overall wellness.

In Traditional Chinese medicine, the season of Spring is associated with the liver and the Gall bladder. The liver meridian, also known as the "power plant of the body," plays an important role in detoxing the body. Spiritually, the liver is thought to store anger and resentment, and the gallbladder is where we store anger, resentment, and fear. In the chakra system, these organs are associated with the Solar Plexus Chakra, which is located in what we call "our core" and digestive system. This energy center is associated with identity, self-expression, and how we digest life and life's experiences.

In Ayurveda, the season of Spring is associated with Anahata, the heart energy center, the center of joy, love, acceptance, forgiveness and hope. It's interesting to explore how different healing systems, such as Traditional Chinese Medicine and Ayurveda, align the season of Spring with specific organs and energy centers. This highlights the importance of nurturing our bodies and spirits in harmony with nature's changing cycles.

The story of Persephone reminds us of the journey of life, death, and renewal—a cycle we see in natural life, as the days of Spring merge into summer only to lead us back to the darkness of winter. Her purity and beauty remind us that the months of Spring are a time of both ending and renewal. Just as the early Spring weather can be unpredictable, the sun may hide again in the clouds, hidden yet gaining strength. Your emergence out of hibernation may require a slow approach, gentle stretches, morning walks, lighter foods, and spending days recharging with fresh juice in one hand as you take a walk through your local farmers market.

The sight of morning dew and trees lush in all shades of green, the spring air carrying the scent of the season's blooms and the taste of the seasonal fruits, the feeling of the sun's rays touching our bare skin, and the sounds of the birds chirping—it is the season of Spring that demands we make an effort to be in the now.

As we embrace the energy of Spring, may we find moments of joy, clarity, and gratitude in the beauty of the blooming world around us. It's a wonderful reminder to take gentle steps towards emerging from our own personal "hibernation," recharging our spirits, and savoring the present moment in all its sensory richness.

**By Tania Abouzaki**





# HOW BOTH HYPNOTHERAPY AND PSYCHEDELICS CAN SUPPORT YOU IN MOVING AWAY FROM HABITUAL ALCOHOL USE



Obsessively doing something over and over that is really no longer serving you and wondering why you haven't been able to successfully change it has nothing to do with you being 'flawed' or 'incapable'. It's a matter of subconscious thought loops overriding your conscientious choice that you would actually like to do things differently.

Here is how both psychedelics and hypnotherapy can assist with interrupting obsessive thoughts loops that drive obsessive behavior, especially as it relates to alcohol use.

Thoughts that are on repeat incessantly become background noise because the mind ceases to acknowledge these rants as anything new, so it stops paying attention to them. But they are still being heard by your subconscious mind, which loves repetition and predictability. And the body does what the subconscious says.

In our normal daily lives, we are already overwhelmed, doing too much, and planning how we can fit in some breaks and ways to relax that don't require a lot of effort. We simultaneously want to make choices that serve our longevity and our well-being.

So, we might make a conscientious choice not to drink tonight or that we'll only have ONE at the restaurant, but when it comes to 'doing it differently,' our subconscious takes over to make things easier because what is easier is what the mind is already familiar with.

Accessing and creating change at the subconscious level requires slowing down habitual thinking and allowing us to see things from a different perspective, a wider lens, and with a bit of detachment and curiosity.

Psychedelics allow the rational and analytical part of our mind to slow down and feel at ease.

So does hypnotherapy.

Psychedelics allow YOU, to act as a witness to your mind to see the deeper meanings and significance that you have attached to certain behaviors. Same with hypnotherapy.

When you are in a more relaxed state, in a specific setting with an intent to work on certain aspects of your mindset, your subconscious offers you clues and information to

assist you in ways generally unavailable to you in everyday waking life.

Both modalities I mention offer this.

When you can contact your subconscious in this way, you can essentially CHANGE the constructs that have been imprinted there. This gives you the ability to interrupt looping thoughts, change outdated thinking patterns, and create new neural pathways that allow you to easily change related behavior.

Many clients that I work with have similar forms of deeply embedded beliefs that alcohol is 'needed' to feel a sense of satisfaction, safety, or belonging. But what one typically discovers is happening beneath the surface is that they feel disconnected from themselves and have felt that way for many years.

With hypnosis, clients report that they are finally able to see that their attachment to drinking was actually an attempt to feel intimately connected with themselves, but the issue was that they were seeking this sensation via an external source.

When someone is able to SEE objectively that they have been running a self-tape that plays thoughts like, "I am lonely. I feel disconnected. I need to feel satisfied." They are also able to see that it is a futile path to satisfy those feelings with wine, beer, or spirits because no amount of substance will ultimately make them feel the way that they desire.

Both psychedelics and hypnotherapy can help you connect with not only your subconscious, your body, and your deeper longings but also with a greater sense of feeling more connected to life. And when these things occur, it becomes less and less necessary to reach for something to get feelings from. You feel much more situated in just being yourself.

by Jessica Betancourt



***Jessica Betancourt is a certified Rapid Transformational Hypnotherapist and Life Coach, working with people to heal their relationship with alcohol since 2021. You can find her on Instagram and via the podcast - The Radical Healing***



# BRAINSTORMING SOCIAL MEDIA CONTENT FOR START-UPS



Brainstorming social media content can be one of the most challenging tasks for start-ups, especially when trying to engage with your audience effectively. We've all been there, spending hours designing and crafting the perfect post, only to get a handful of likes and a comment or two on a good day. It can seem like a lost cause, especially when you're still trying to position your brand or haven't even found your audience on social media. You're not alone in having these draining emotions, but it's important to remember that social media is a powerful tool that can elevate your brand, increase engagement, and connect you with your target audience.

Effective brainstorming is crucial for generating content that captures your audience's attention and encourages interaction. Funny enough, most of my "Big Brain" ideas happen when I am in the shower, about to fall asleep, or after I work out. These are times when my mind is relaxed, and creativity flows in freely.

Whenever you find yourself in need of a powerful idea, it's beneficial to engage in activities that help you relax and clear your mind. By doing so, you create an environment where brainstorming can thrive, leading to more innovative and effective content ideas. To help you on your journey to brainstorming engaging social media content, here are my six tips that have proven effective for many start-ups I've worked with:

## 1. Be on the Right Social Media Platform

Not all social media platforms are created equal, and your target audience may not be on all of them. To elevate your efforts, identify the platforms where your audience is most active and tailor your content to them and that platform.

For example, Instagram is great for visually-driven brands, while LinkedIn is more suitable for B2B relationships.

## 2. Ask Your Audience Questions and Stay Engaging

Engagement is a two-way street. Instead of just pushing out content, ask your audience questions to spark conversations. Use these questions to build relationships with your audience and gain insight into their preferences.

Here are some questions to help you learn more about your audience and be engaging.

*What's the biggest challenge you're facing right now?*  
*If you could see us launch one new product/service this year, what would it be?*  
*How often do you use our product?*

## 3. Engage Back With Your Audience

When your audience engages with your content, it's important to engage back. Respond to comments, acknowledge shares, and engage with their content. This will build stronger relationships and encourage further interactions with your brand. The more you engage with your audience, the more loyal they will become to your brand.

## 4. Have a Clear Call to Action

Every post should serve a purpose. Whether you aim to drive traffic to your website, encourage sign-ups for a newsletter, or simply start a conversation, a clear call to action (CTA) is essential. These CTAs should guide your audience on what to do next.

Examples of CTAs are Book Now, Sign-Up, Buy Now, Checkout, Learn More, and Subscribe.

## 5. Diversify Your Content Strategy

To keep your audience interested in what you have to say, it's a good idea to diversify your content strategy. This could include mixing posts with videos, infographics, polls, and blogs. Different types of content appeal to various segments of your audience, and variety helps keep your feed looking fresh and clean.

## 6. Keep It Targeted and Customized to Your Audience.

Understanding your audience is the best and only way to create compelling content. Take time to learn about their demographics, interests, and challenges. Customize your content to meet their needs and preferences. This might look like adjusting the tone and style of your messaging to better connect with your audience. The more tailored your content is, the more likely it is to engage your audience.

A commitment to providing value is at the heart of every successful social media strategy. Your audience follows you for a reason - whether it's to learn, be entertained, or find inspiration. Stay true to the value you offer, and your audience will remain engaged and loyal.

**By J. Rachel West**





# Spiritual Leadership and Humour An Unbeatable Duo

According to general opinion, charisma, focus, empathy, diligence, and assertiveness make great leaders. While we value people with a sense of humour, this trait does not appear in the top 10 most important leadership qualities. A big mistake! The performance-enhancing effect of positive feelings has been proven countless times. Nevertheless, companies have not yet discovered good mood as a productivity factor.

An omission that can cost money and productivity. Because a good mood is a true miracle weapon. When we laugh, it puts us in high spirits, and we get natural doping. Performance and creativity go up, and we become active and, at the same time, resistant to pain and stress.

Humour builds connection, the basic ingredient of Spiritual Leadership. This is especially true since real laughter always happens in the now. Being completely present in the moment—and thus connected to oneself and others—is what makes Spiritual Leaders stand out. Employees long for this connection. It motivates us and ensures greater commitment to joint projects.

Best of all, laughter is contagious. When managers bring more humour into their everyday lives, it automatically radiates to the team members. Humour relaxes. On a cheerful working day, employees are happier, thus much more productive and creative. Dealing with mistakes in a humorous way, for example, reduces fear of failure. People become more courageous, try new things, and are more innovative.

Studies by renowned institutions such as the Wharton School in Pennsylvania or the London Business School show that laughter increases engagement and well-being and promotes analytical precision, productivity, creativity, and collaboration. It also leads to releasing the feel-good hormone oxytocin in our brain, which helps build social bonds and mutual trust. Good for team spirit and employee retention.

Many companies are currently under economic pressure, and the workload and, thus, the personal burden are constantly increasing. A joke can significantly reduce stress and the pressure felt, even if the circumstances do not change. The negative effects of stress on the health of employees are mitigated. Sounds oversimplified, but it's true: people feel more comfortable in a company with a sense of humour. They are willing to go the extra mile, and productivity rises. And they think twice before leaving this pleasant environment and looking for a new employer. This is an unbeatable advantage in times of quiet quitting, a lack of commitment, and a loss of trust in companies.

**Laugh at yourself!** Especially as a leader. It helps to soften hierarchies and enable real encounters. A light-hearted approach to one's own strengths and weaknesses makes leaders approachable, authentic and inspiring. And we like to follow authentic people.

**Laugh together!** Laughing together creates closeness by overcoming differences. Those who laugh feel connected, regardless of origin, status or beliefs. As a spiritual leader who knows about the power of humour and lives it in everyday life, you save money for team-building measures or for mediation to overcome conflicts.

If you dare to show your humorous side, your day-to-day work will also become easier. Your counterpart will find it much harder to refuse you something, and it will be easier to convince them. A joking remark also signals that I am above things and feel no pressure; I am sure of my success. You strengthen your negotiating position without exerting pressure – no matter who you are dealing with. You appear more self-confident, intelligent and competent. Even studies show that humour has an amplifying effect on the perception of status, self-confidence and competence.

There are many examples of humorous spiritual leaders. Albert Einstein – Not only did he have a brilliant brain, but he also had a playful sense of humour that emphasized his humanity ("If the idea doesn't seem absurd at first, it's no good"). Barack Obama – His dry, intelligent humour and ability to laugh at himself have earned him worldwide sympathy. Dalai Lama – His ease in dealing with profound topics and his mischievous smile show that humour, spirituality and leadership complement each other perfectly.

Spiritual leaders who integrate humour into everyday work can manage the almost impossible balancing act of being respected and loved at the same time. Positive people have an easier career. They are recommended more often and remembered longer. Humour helps form strong teams, motivate employees, negotiate better deals, and raise others' reputations.

**By Andrea Huber**

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# Spring Awakening

## Unlocking Creativity and Momentum in Life & Business

Spring is the season of awakening—a time when nature shakes off the dormancy of winter and steps into full expression. As entrepreneurs, leaders, and creatives, we, too, have the opportunity to embrace this season as a time of rebirth, renewal, and momentum. With longer days, fresh energy, and new inspiration, spring is the perfect season to breathe life into our creativity, set the foundation for impactful work, and move with clarity toward our #bodyandbusiness goals.

Let's explore how to harness this seasonal shift to unlock creativity and accelerate growth.

### 1. The Power of Seasonal Shifts on Creativity

Ever notice how creativity flows more freely when the seasons change? Science backs this up—our energy levels and cognitive function are influenced by sunlight, movement, and the environment. Spring offers the ideal conditions to:

**Tap Into Inspired Thinking:** With more sunlight and fresh air, your brain becomes more active and alert. Use this energy to brainstorm new business ideas, refine your creative projects, or solve challenges with a fresh perspective.

**Introduce Play into Your Routine:** Creativity thrives when we allow room for play and exploration. Breaking your usual patterns can unlock deeper inspiration, whether it's a new hobby, an art form, or a different work approach.

**Clear Mental Clutter:** Creativity often gets blocked by overwhelm. Take time to journal, meditate, or engage in mindfulness practices to declutter your thoughts and make space for fresh ideas.

### 2. Planting Seeds for Business Growth

Spring is a season of planting—both literally and figuratively. In business, this is the time to lay the groundwork for what you want to see bloom in the months ahead. Consider:

**Launching Something New:** Spring is the perfect time to introduce fresh offers, products, or services. The energy of renewal makes it an ideal period for engaging your audience with something innovative.

**Strengthening Your Network:** Just as plants thrive in the right environment, so do businesses. Use this season to build relationships, collaborate, and expand your community.

**Spring Cleaning Your Business:** Audit your business tools, strategies, and expenses. Are they still aligned with your goals? Now is the time to refine and optimize.

### 3. Moving with Energy and Flow

Spring encourages movement—not just in business but in our bodies as well. Productivity isn't about doing more; it's about working with the right energy. To stay aligned:

**Move with Intention:** Align your work habits with your natural energy cycles. If you feel more creative in the morning, use that time for content creation. If afternoons bring lower energy, dedicate them to admin tasks or breaks.

**Prioritize Restorative Practices:** Creativity and high performance require rest. Lean into restorative activities like breathwork, yoga, or mindful walks to sustain your energy.

**Celebrate Small Wins:** Growth isn't just about big milestones but daily progress. Recognizing small victories helps build momentum and keeps you motivated.

### Conclusion:

Spring reminds us that growth requires both action and flow. By embracing the season's energy, we can unlock our creativity, plant the right seeds for business expansion, and move forward with a sense of alignment and purpose. This is your time to awaken your fullest potential, so go out and create, thrive, and bloom!

By Taneka Johnson

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# SHOULD YOU WRITE A BOOK USING AI?



Artificial intelligence—AI—has caught many of us by surprise.

AI isn't new. To name just a few everyday applications using AI, there is Siri on iPhones and Alexa on Androids, 'personalised' feeds on social media based on your search criteria, language-checking tools, and banking and payments apps on smartphones.

While AI is not new, it's the speed with which the technology has progressed and seemingly overtaken certain aspects of our lives that may be overwhelming for many.

I wouldn't have thought even 12 months ago that I would be posing this question. Initially, my knee-jerk reaction as a book writing coach would be to answer, 'No! Don't use AI to write a book!' However, that's not very helpful. Let's move on to define what 'using AI' can mean in the context of writing books.

***If a nation loses its storytellers, it loses its childhood—Peter Handke***

What Does 'Using AI' Mean?

AI can be a helpful tool when writing books. Nevertheless, those who are not creatively inclined may consider using AI to generate an entire book.

As a tool, AI can be helpful. I recently published my third book and used ChatGPT, an AI tool, to help with generating a blurb. I specified the required word count, the topic, and the book threads and asked ChatGPT to suggest a blurb using that criteria. Was the result useable? Not immediately. I had to put it through several iterations to capture the right tone and vocabulary, and then I made several more adjustments myself until I was satisfied with it.

To test whether ChatGPT could generate an entire book, I queried if it could write a hypothetical 30,000-word book on how people could write a book using AI. ChatGPT responded enthusiastically, 'Certainly!' It listed a series of steps: outline development, section drafting, and

interactive collaboration. It gave me a sample outline and offered to begin drafting each chapter.

On the surface, it sounded good. However, when I looked at the suggested outline, it was heavy with clichés and hyperbole, as well as being repetitive and unoriginal. And that was just the outline! I was curious about the 'interactive collaboration' part that mentioned 'balancing human creativity and AI efficiency.' It seemed to recognise that human input was necessary—thank goodness!

## **Ethical Concerns**

AI 'learns' through taking online content in a free-for-all manner. Regarding artistic works, in a pre-AI world, that is classified as plagiarism and would be penalised accordingly.

There seem to be no safeguards to protect artists' copyright against AI, including the work of authors, musicians/songwriters, and visual artists, among others. That is very worrying.

## **The Creative Process**

As a writer and published author, I would gain zero satisfaction from having AI write my book. Aside from the many ethical issues, think of the pleasure you've derived from the hundreds of books you've read over your lifetime that have been written entirely by human beings. Think of the classics, like Shakespeare, the Brontë sisters, Dickens, D.H. Lawrence, Austen, Dostoevsky, Chekhov, Tolstoy, Hugo, Flaubert, Dumas, Goethe, F. Scott Fitzgerald, Louisa May Alcott, Harper Lee, Mark Twain, Katherine Mansfield ...

As a writer and published author, I would gain zero satisfaction from having AI write my book.

***Writing a novel is not merely going on a shopping expedition across the border to an unreal land; it is hours and years spent in the factories, the streets, and the cathedrals of the imagination—Janet Frame.***

Think of all the authors whose works you've loved and how each author has their unique voice. AI cannot do that. AI cannot create from, or write from, the heart. I know I'm biased, but I'm just going to come right out and say it: I don't believe anyone should write an entire book using AI. Where's the authenticity, the joy, the emotion? Where is the human element? Is it even ethical to claim you've written a book generated by AI? Personally, I don't think it's ethical.

In my opinion, AI is a tool, and it needs to be treated accordingly.

*gail tagarro*   
THE BOOK WRITING COACH

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## Trusting God's Plan: How Faith Leads to Healing After Divorce

### Introduction

Divorce is one of life's most painful transitions. The emotional turmoil, self-doubt, and uncertainty about the future can feel overwhelming. But in the midst of heartbreak, there is hope.

One of the most powerful lessons I've learned in my journey—from divorce to rediscovering my purpose to building a life of freedom—is this: Healing begins when we surrender to God's plan. If you're struggling to find peace after divorce, know this: God's plan is greater than your pain. Let's explore how faith can be the foundation of your healing journey.

### 1. Surrendering Control & Trusting His Timing

It's easy to ask, "Why did this happen to me?" or "Where do I go from here?" But healing starts when we shift our focus from asking "why" to trusting "what's next."

**Jeremiah 29:11 reminds us:** "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

**Action Step:** Instead of dwelling on the past, pray for clarity, guidance, and trust in what God is preparing for you next.

### 2. Finding Strength in Faith, Not Fear

The enemy wants you to believe that your pain is permanent, but God wants you to rise stronger than before. When we trust in God's plan, we exchange:

*Fear for Faith  
Anxiety for Peace  
Brokenness for Restoration*

**Prayer for Strength:** "Lord, replace my fear with faith. I trust that you are guiding me, even when I can't see the way."

### 3. Healing Through Forgiveness & Letting Go

Holding onto past hurt only weighs us down. True healing happens when we forgive, not for them but for ourselves.

Forgiveness doesn't mean forgetting—it means choosing peace over pain. When we let go, we make room for the blessings God has for us.

**Reflection Question:** What is one thing you need to release today to step into your healing?

### 4. Stepping into Your God-Given Purpose

Your story doesn't end here—God is preparing you for something greater. The pain you've endured will become the testimony that inspires someone else.

**My Journey:** I walked away from a six-figure corporate job to follow my calling—to help women like YOU heal, grow, and reclaim their power. And now, six years into my podcast and empowerment coaching, I know this is exactly where I'm meant to be. And the same is true for you. Your best days are still ahead. Trust His plan.

### Final Encouragement

If you're struggling right now, remember that God has not forgotten you. He is writing a story of redemption in your life. Are you ready to step into your healing?

**Want deeper support?** Join my faith-based empowerment coaching program and take the next step toward your breakthrough! Book your Breakthrough call with me today!

**By Angeline Mitchell**





# Beats to Breakthrough From Business to Boardrooms



## Using Music and Neuroscience to Transform the Boardroom

If you think Boardrooms are places where rhythm goes to die, think again. Sure, most meetings are mainly spreadsheets than musical theatre, but what if a well-placed "6 minutes "of curated music could turn your next strategy session into a breakthrough bonanza? Enter the world of Music and Neuroscience, where the right beat or rhythm can make all the difference between business as usual and business that Booms.

## Turning the Boardroom into a Backstage Pass

When I walk into a Boardroom, I'm not just setting up a meeting—I'm setting the stage for sold-out business solutions. Imagine if being part of the C-suite felt more like being backstage at a concert, where anticipation and electric energy buzzed through the air. Just like a Broadway show, there's a cast of characters—from performers to tech crews—all essential and playing their part.

I love the moment before stepping on stage, warming up my flute while the audience shuffles to their seats. I bring this same vibe when transforming a boardroom, conference theatre, or workshop space. I've seen it hundreds of times: a well-curated soundtrack melts away awkwardness and creates an atmosphere where possibilities unfold.

This is where my "Beats to Breakthroughs" vision mapping kicks in. It's the starting line for solving everything from massive production challenges to team dysfunction or the everyday grind. People often try to fix these issues with outdated problem-solving techniques, but I bring a different beat.

Once, I started a leadership workshop with a track from Jesus Christ Superstar—my first professional gig as a flautist in the band. What happened next? Stoic executives transformed into air-guitar legends, ready for Gigs of a lifetime. The same folks who were too aloof to share ideas suddenly turned into Oscar-worthy performers, delivering insights with the passion of an

a sassy, beautiful side road that leads to a beach, a fabulous seaside town, with less stress and solutions to the challenge. In a business setting, this translates to a room full of people who are more relaxed and open to ideas. The rhythm sets the pace, and before you know it, you've got a meeting that actually feels... fun. And a doable solution!

I've seen this magic firsthand. During a session with a Tech firm, I played a "six-minute "piece by Mozart to create a calming atmosphere, stimulating the brain's feel-good hormone, Dopamine, at work again. After lunch, I cranked up the energy with upbeat tracks, instantly lifting the room's vibe. By the end of the workshop, what started as a stagnant meeting had transformed into a think tank on steroids.

## Real-Life Rockstars: Success Stories

I once worked with a marketing team that had hit a creative wall. Meetings were uninspired, and morale was low. I decided to shake things up with a music-driven session. We started with a track that had a slow, steady beat to get everyone grounded.

As ideas started flowing, I amped up the tempo. Before I knew it, the room was buzzing with collaboration. The best part? That same team went on to launch a campaign that set sales records. One manager told me, "It was like you turned our brains from buffering to super-fast broadband!"

Another favourite story involves a finance team. Yes, finance—where fun usually goes to die. I played a funky, heavy bass track to start a budgeting meeting—think "Queens of the Stone Age." It felt risky, but the rhythm seemed to loosen up the room. A rather reserved analyst cracked a joke, and before long, the team collaborated and laughed. It's incredible what a little groove can do.

## Bringing Beats to Your Boardroom

Want to try it yourself? Start small. Create playlists for different

acceptance speech. Creative solutions flowed fast, like a dam bursting its banks.

## The Science Behind Music

This isn't just a gimmick—it's brain science, well, Neuroscience. Certain beats and rhythms synchronize with our brain waves through a process called brainwave entrainment. Our brains have many circuits, and carefully selected musical tracks can reduce stress, boost focus, and ignite creativity.

Music impacts the brain's reward system, releasing Dopamine, the 'feel-good' hormone. (Some research groups have said it's like being on Cocaine; well, guess they know? ) It can also lower cortisol, reducing stress. In layman's terms, your brain has opened up to neuroplasticity, new connections. Instead of driving along the same boring highway, you have found

stages of your meetings. Use soft classical music for focus, upbeat songs for brainstorming, and something mellow to close on a positive note. And if you want to take it further, my workshops can transform your boardroom into a dynamic, creative space where breakthroughs are the norm.

## A Beat That Means Business

So next time you're prepping for a big Pitch or trying to energize your team, don't just rely on another PowerPoint. Bring in a beat that means business. Because when the rhythm is right, the results can be music to your ears—and your bottom line. A Breakthrough all in one!

By Sally Arnold

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# Reigniting The Passion During Pregnancy

As you prepare for birth, it's easy to overlook the time couples spend together connecting through romance. Work, conflicting schedules, baby planning, and other responsibilities contribute to less attention given to the connection between partners. It turns out that intimacy during pregnancy plays a significant role in maintaining emotional and relational health. In one study, of all the couples who participated, 86% to 100% were sexually active during pregnancy. However, intimacy is more than just physical actions; it's also a core way to strengthen the bond between you and your special person.

As the months go by, the desire for intimacy can shift. Hormonal changes, body transformations, and general life prep can affect how you show and receive affection. It's super normal to experience these changes, and it's crucial to acknowledge them so that both partners can handle them together. The emotional ride that comes with pregnancy might heighten or even create new forms of intimacy that aren't merely physical.

Building that emotional closeness is more than simply staying connected. When you and your partner feel emotionally in sync, it can alleviate stress and create a supportive team environment, which is key for mental and physical health during this new chapter.

## Navigating Changes and Reigniting Passion

Every pregnancy is unique. Physical and emotional changes can influence how you both experience intimacy. Feeling self-conscious or unsure about how the body transforms throughout pregnancy is common.

To keep the flame alive when traditional intimacy becomes tricky, why not explore some creative avenues? Think of activities that nurture closeness, like cooking a meal together or a gentle massage. Even a quiet evening watching your favorite show can create some memorable moments.

If you're feeling more courageous, try these suggestions:

### 6 Creative ways to encourage more intimacy during pregnancy

1. Hire a Sex Doula or Sex Therapist to explore barriers to intimacy
2. Consider new sexual positions
3. Invite pillow talk to enhance arousal
4. Focus more on cuddling, touching, or kissing instead of intercourse
5. Be spontaneous and adventurous with your time together
6. Try role-playing during foreplay

Embrace new ideas to bring you and your partner closer. Different strategies and techniques will excite romantic partnerships and keep monotony at bay.

Setting the scene for intimacy doesn't need to be complicated. Make time for each other, free of distractions. Reigniting the passion between the two of you could mean scheduling a date night or just those few minutes before sleep when you can chat about your day and share your thoughts. Dimming the lights or playing soft music are easy changes that will have a greater impact.

Understand that communication is your biggest ally when inviting more romance into your connection. Knowing your partner's sexual needs involves listening and responding with empathy. Share your concerns and wishes openly without fear. It sounds simple, but sometimes, we need a reminder that saying what we feel can be the most profound form of intimacy. Engaging in these honest conversations brings you closer together.

## Addressing Health Concerns and Building a Supportive Relationship

Talking about intimacy with your doctor might feel awkward, but it's essential for getting the right advice that suits your situation. Whether you're managing discomfort or have specific health concerns, a healthcare professional can offer guidance tailored to your needs.

Open conversations can often normalize what others might find off-limits. Talking about any hurdles you might face is a positive step towards finding solutions. Don't shy away from seeking out advice or helpful resources if things get tough.

Couples who keep the lines of communication open often find ways to balance intimacy with the demands of pregnancy. Real-world experiences from other couples can inspire new approaches and make the path feel less lonely. You're on this journey together, and by supporting one another, you can navigate it with strength and harmony.

## Final Thoughts

Keeping the intimate spark alive during pregnancy offers several benefits. It can boost your connection, help manage stress, and even enhance your mood. Engaging in physical affection when it feels right provides both emotional and physiological perks for both partners.

Despite this, not everyone feels the same way. Some couples might decide to pause intimacy for a bit during pregnancy, and that's okay, too. There could be several reasons for this choice. Don't skip out on direct communication about each partner's feelings and needs. Most importantly, respect each other to find what works best for you.

If you want to discover more ways to increase the intimacy in your connection, contact me, and let's talk about it.

## By Maxcine Watson Life & Fertility Coaching

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Frequency and Perception of Sexual Activity during Pregnancy in Iranian Couples

Maxcine combines her expertise as a Certified Life Skills Coach and international-level Professional Coach with her advocacy for quality fertility care. She incorporates evidence-based research and knowledge from her parenting experiences into her unique coaching style. The result is a client-centered approach that ignites deeper personal awareness while targeting goals. Maxcine helps men and women improve their chances of creating the family they want in their future.

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# REMEMBERING WHO YOU REALLY ARE IS RECLAIMING YOUR LEADING ROLE

A new look at leadership and how to be your own leader.

Can you imagine yourself being a leader?

Well, you already are. What I'm going to tell you might be shocking. Fasten the seat belt and get ready for the paradigm shift. Here's the change in perspective you were always seeking.

It all started with my spiritual awakening in 2023. I sensed that my reality, as I had perceived it until now, was not as it seemed to be. How could I feel pure love and separation at the same time? I knew there must be something going on behind my human perception and judgement.

When I discovered the Law of Assumption and "got into manifestation", I experienced an eye-opening paradigm shift. Everything that I believed to be true about myself started to crumble.

## Here's what I found out:

I can have everything that I want without lifting a finger. I'm the source of everything. My life comes out of me. I experience what I'm conscious of. Manifestation is about self-awareness, not about techniques.

Wow...This truth was shocking and relieving to me at the same time...

Life does not happen outside of me. I'm not IN reality; I AM reality. I look at reality as reality.

Max Planck already said it in his famous quote: **"When you change the way you look at things, the things you look at change."**

I dived deeper into quantum physics and realized that I'm not my body, thoughts, or emotions. I'm awareness and consciousness. I'm the observer of my own beingness. Being conscious of something is my nature. And that something is ME.

Scientist Ph.D. Donald D. Hoffmann calls this ME a conscious agent, a unique point of consciousness that has certain experiences that only I can have.

That means I'm a leader. I take accountability for everything I'm aware of. No one else can see what I see. Without me, nothing exists.

As the center of a closed system, I lead my own quantum field, my own universe and I can only ever experience the content of my own consciousness.

But as part of this greater consciousness - God, source - I'm connected to everyone. A change in me, is a change in all the other beings.

That's why I could still feel the love. Because that's what we all are made of. The separation came from my human self that feels separated, that doubts, worries and fears.

If I don't know myself, then I'm trapped in my own matrix. Though there is nothing outside of me, I can create the experience of being led by an outside matrix.

Hoffmann describes it as playing in the headset, like in a computer game where I have a certain character, but I'm not this character. Nevertheless, I can forget that and then believe all my experiences to be the truth.

But the ultimate, changeless reality behind all of that is consciousness, filled with all the blueprints for limitless experiences. It is independent of the subjective reality I create based on my chosen identity and beliefs. There are infinite versions of ME and others. That's how consciousness gets to know itself through me.

Science and spirituality are growing together. They admit that until now, we have only discovered the headset. Through mathematical calculations, they try to describe what's going on. But what's behind space-time (considered doomed now) will probably remain a secret forever. Because trying to figure that out is like chasing our own tail.

I stopped manifesting and started being my authentic self. I decided that I'm living my dream life now. And my desires are revealing themselves to me more and more...

I'm very grateful for this new perspective on life. Finally, I remembered who I am, and now I feel completely invincible.

Consciously leading myself with love - for me and all the other beings with whom I'm connected - is the biggest shift I've ever made.

If you ask me how you can apply these insights, I would say:

Stop the doing. Become more self-aware. Start being the person you always wanted to be. Live by your own rules and lead yourself with love and curiosity.

**By Eva-Maria Prell**

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# DEEP DISTRUST OF LIFE

Patience is a virtue, they say, and that is a truism. No one comes by patience naturally. No one instinctively responds to adversity and interruptions or encounters opposition to one's plans without some degree of agitation and frustration. Some people would say that patience is simply counter-intuitive. It is not something with which we are born. It is, instead, a work of cultivation in the human heart, a deepened trust that life is supportive and a knowing that all timing is in divine order.

I, myself, am in recovery from and learning about my impatience. However, my impatience was not focused on the moment that I was in; the focus was on the potential of the future moments to come. This future longing began as a child. I was immersed in the fantasy that what was to come would inevitably be richer and more fulfilling than what was available now in the current moment.

Even when I experienced moments of my desires coming to fruition, I was so future-focused that I could not even appreciate it. The lure of potential was so strong for me that I couldn't be with what was present. I could not see that there are supportive cycles in life. I was in a constant loop of chasing my future self. I can now see that because I could not patiently be with myself, I created an unnecessary struggle in the constant pursuit of those golden future moments that were always out of reach.



The cause of impatient pursuit? My deep distrust of life coupled with my own desperate need for security. I was engaged in trying to force life's flow, as I did not know it could happen any other way. I always felt an internal pressure, deep in my belly, to push myself and others, all the while feeling anxious, irritable and frustrated when the execution of my plan did not deliver results exactly as I'd planned. This pressure caught up to me over time, and it seemed as if nothing could be accomplished with ease, almost as if I was deliberately being blocked on my path.



The constant force that I was deploying kept me from being able to experience the underlying order of the universe. Yes, there is a universal order, and we are intended to be the agents of those underlying patterns! From time to time, both in our personal lives and at a collective level, the stability of life is overturned. If you can enter deeply into the spirit of such times, you will come to realize that nothing is really out of harmony or order and that all will reveal itself in time! From the planetary elliptical patterns of the cosmos to the minutes in the hours, there are many natural rhythms in our universal order with which to align yourself.

The four seasons demonstrate the natural pattern and rhythm of transition throughout the year. In my daily life, there are times when winter-like conditions have been prominent, where resources have become scarce, where I felt lost for some time or experienced unexplained sadness. These periods are valuable and necessary when you work with them rather than against them. By developing your patience in these cycles, wisdom is revealed. The beauty of this wisdom lies in its self-validating nature. The practice of patience leads to seeing it pay off, which then makes waiting easier and, eventually, more instinctive.

Impatience is always rooted in the mind. This is directly related to our neocortex, which processes information in such a way that we perceive time as happening with a past, a present and a future. As I continue to deepen my practice with patience, I notice that there is a tremendous difference between action caused by the pressure of feeling impatient and action aligned with divine inspiration.



I can now recognize that when I am immersed in my impatience, it results in a loss of my own natural rhythm. My breathing becomes shallow, and my nervous system is overactivated. When I am not attuned to a rhythm beyond myself, I'm left with the core feeling that all is not as it should be. Of course, this feeling is absolutely untrue. Every single circumstance is always exactly as it should be.

Patience is trust—not just in timing but also in that what is meant for you will be for you. As you demonstrate trust in life's cycles, even the challenging moments, a state of acceptance occurs. There is no need to look for that illusive future oriented, alternate reality. You are present with what is, and this acceptance further facilitates patience.

An important point is that the quality of patience represents more than just a waiting period. Through my experience, I've come to realize that waiting can occur in either a patient or an impatient manner. Patience is a foundation that can be built upon; it is supportive of our needs, while impatience stems from both fear and conditioning. Fear drives us to avoid uncertainty or failure by rushing things, while conditioning reinforces this tendency with external expectations of instant gratification. Together, they create a cycle of impatience that becomes difficult to break free from.

As I've refined my patience and grown my trust in my own life's rhythms, my heart has opened further, and my attitude has become softer and more yielding to myself and others. Hindsight reveals that life is constructed of beautiful and perfect patterns woven into exquisite tapestries and that my individual life is not outside of these impressive cosmic patterns. My life is, in fact, always a part of these wider patterns, and they support me at all times — especially the most challenging times. I now have the ability to hear, synchronize, and act upon my own life's music.

When I become impatient, even for a moment, I have stopped listening to and trusting in the greater life force. The only way I've found to temper my impatience has been to experience that there is a perfect order in the seasons and cycles, and grounding my timing to a rhythm that is attuned to the subtle metronome that is my life is the most supportive action I can take.

And I'd like to offer you this simple practice: when impatience stirs within you, ask yourself — what value can I find in this cycle?

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# YOUR GUT SECRETLY SABOTAGING YOUR HEALTH

## Is Your Gut Secretly Sabotaging Your Health?

Did you know that over 70% of your immune system is in your gut? Your gut health and immune system are closely linked, and changes to one affect the other. Your gut contains over 100 trillion bacteria (including fungi, viruses, and other microbes – collectively known as the gut microbiome) – more than the number of human cells in your body!

The bacteria help break down food, absorb nutrients and even regulate your mood. When your gut microbiome is balanced and functioning correctly, you feel energised, healthy and energetic. Still, an imbalance can affect more than just digestion – it can affect your energy levels, immunity, and even your skin.

Your gut is like your body's command centre – when it's healthy, you feel amazing. When it's not, you might experience digestive issues, fatigue or even mood swings. Think of your gut as a garden: if you feed it well, the good bacteria will thrive and flourish, and you will feel energetic. But if you have more of the bad bacteria, you will start feeling run down and sluggish. An unhealthy gut can ripple effect on your entire body, affecting everything from digestion to mood and immunity. It is often caused by lifestyle factors, poor diet choices, and stress. Here's how it impacts overall wellbeing:

### Digestive Problems

Your gut contains trillions of bacteria, which play a key role in digestion and nutrient absorption. When there is an imbalance, harmful bacteria outnumber the good ones, known as gut dysbiosis. The harmful bacteria can cause excess fermentation of food, resulting in bloating, abdominal pain, gas and many other symptoms, especially after eating certain foods.

A study published in the Microorganisms Journal found that general gastrointestinal problems such as abdominal pain, bloating, gas, diarrhoea and constipation are the main symptoms of dysbiosis (1).

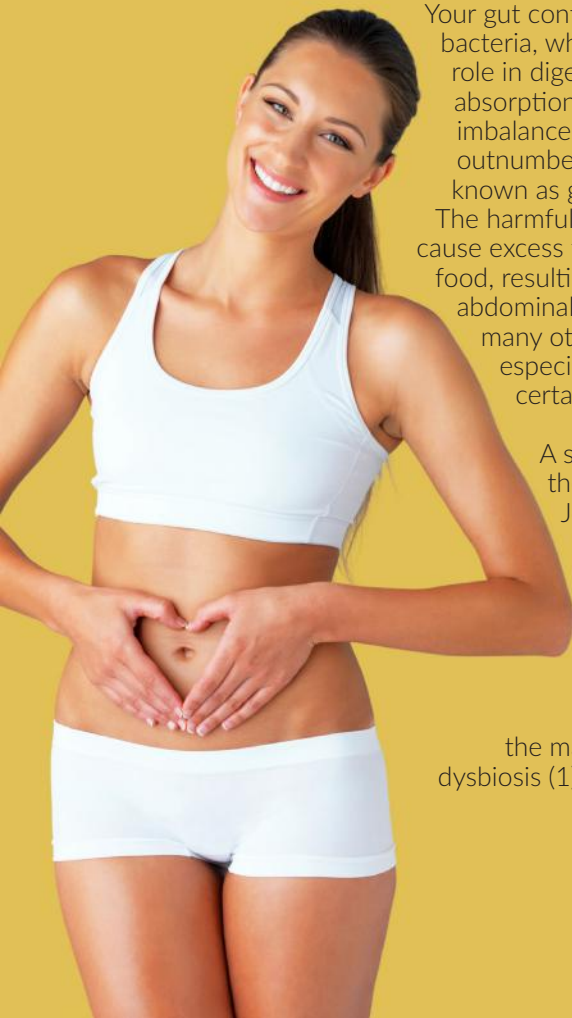
An imbalance in the gut microbiome also promotes inflammation. If this inflammation is ongoing, it can damage the lining of the intestines, allowing toxins, undigested food particles, and bacteria to leak into the bloodstream, a condition known as leaky gut. This can trigger food sensitivity, digestive discomfort, and even immune system reactions.

A study published in the Food Microbiology and Biotechnology Journal stated that there was growing evidence which suggests that dysbiosis (imbalance in the gut microbiome) disrupts the integrity of the intestinal lining and significantly impacts the level of inflammation in various tissues including the liver and adipose tissues (2). An unhealthy gut can be the root cause of many digestive problems, but with proper care and attention, you can restore balance and improve your gut health.

### Weakened Immune System

Nearly 70% of your immune cells are found in your gut lining. Your gut is home to trillions of bacteria, both good and bad. When the harmful bacteria outnumber the good ones (dysbiosis), causing an imbalance, it can trigger chronic inflammation, which disrupts immune function. It lowers your immune defences, making you more vulnerable to infections and even autoimmune reactions.

A study published in the International Journal of Molecular Sciences found that if the balance is disturbed, dysfunction of the intestinal immune system occurs, which further triggers a variety of diseases, including IBD (Inflammatory Bowel Disease). Several studies indicated that intestinal dysbiosis causes an abnormal immune response, leading to IBD (Inflammatory Bowel Disease) inflammation and destruction of the gastrointestinal tract (3).







A healthy gut is important for a healthy and strong immune system.

### Mental Health Problems

An unhealthy gut can significantly impact mental health, causing issues like depression, anxiety, brain fog and mood swings. This happens because of the gut-brain connection, also known as the gut-brain axis – a two-way communication system between your gut and brain. A study published in Clinics and Practice found that a healthy gut function has been linked to normal central nervous system (CNS) function. An imbalance in the gut microbiome (dysbiosis) and inflammation of the gut has been linked to causing several mental illnesses, including anxiety and depression, which are prevalent in society today (4).

Gut health and mental health are deeply connected. A healthy gut can lead to better mood, less anxiety, and better focus.

### Skin Problems

The gut-skin axis directly connects gut function and skin, with the gut microbiome significantly influencing the skin's appearance and health. When the gut is unhealthy, it can trigger skin problems like acne, psoriasis, eczema, rosacea, premature aging, and chronic inflammation. When the harmful bacteria outnumber the good bacteria, it can cause a leaky gut, which can lead to toxins in the bloodstream, which can cause redness, irritation and breakouts on the skin.

A study published in the CosmoDema Journal found that changes in the gut microbiome may impact the onset and course of skin conditions such as psoriasis, eczema, and acne. In addition, they may cause systemic inflammation, which may worsen skin disorders (5).

Emerging studies suggest that a healthy gut microbiome can improve skin health drastically by lowering inflammation, boosting collagen formation, and reducing various skin problems (5). A healthy gut can lead to clearer, healthier and more radiant skin.

### Weight Gain

Your gut plays a major role in digestion, metabolism, hormone regulation, and even appetite control. When there is an imbalance in your gut microbiome, it can

disrupt blood sugar levels, causing cravings and energy crashes. It can also slow down metabolism, making it harder to burn calories. An unhealthy gut can make it harder to lose weight and even contribute to weight gain.

A study published in the Gut Microbes showed that the composition and function of the gut microbiome have an impact on obesity. It found that people with an unhealthy gut tend to have more of the Firmicutes bacteria, which is linked to a higher calorie absorption and weight gain, and they have a lower proportion of Bacteroidetes, which is associated with a leaner body composition (6).

Both Firmicutes and Bacteroidetes are important, but an imbalance between them can lead to weight gain, inflammation and poor digestion.

Keeping your gut microbiome balanced is essential for better health.

### The Bottom Line


Your gut is the foundation of your health. A healthy gut is important for smooth digestion, better nutrient absorption, and overall well-being.

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## Protecting Our Children Understanding and Preventing Childhood Sexual Abuse

Most parents spend many months preparing for a new child. We buy all the necessities our little one could need, spending thousands on diapers, clothing, a crib, swings, toys, and much more.<sup>2</sup> While many parents and guardians dedicate time, energy, and resources to baby-proof staircases and installing outlet covers, one critical aspect often goes unnoticed — educating oneself about childhood sexual abuse prevention. Protecting our children extends far beyond physical boundaries. It's about having the courage to understand this challenging topic and learn the tools for prevention.



Childhood sexual abuse remains one of the most complex issues facing communities today. It is a global epidemic within every race, religion, culture, education level, and socioeconomic status. Currently, 1 in 3 girls and 1 in 5 boys are at risk of being sexually abused before their eighteenth birthday<sup>1</sup>.

In other words, no child is immune from the dangers, especially when you understand that 90% of abusers are the people you know, love, and

trust the most, like close friends, coaches, clergy, etc. Alarming, 40% of abusers are a family member. Childhood sexual abuse has become an epidemic not only because of its devastating impacts but also because it's such an unpleasant topic.

Recognizing childhood sexual abuse in all its forms is part of the foundation of prevention. One of the biggest misunderstandings about sexual abuse is that there has to be physical touch for it to be considered abuse. This is not true.

According to the American Psychological Association, sexual abuse refers to "any nonconsensual or exploitative sexual behavior or activity imposed on an individual without their consent."<sup>3</sup> The National Child Traumatic Stress Network (NCTSN) elaborates further to add that "abuse includes both touching and non-touching behaviors, like voyeurism (attempting to view a child's body), exhibitionism, or exposing a child to pornography<sup>4</sup>. These non-physical acts can be equally damaging yet are often overlooked or misunderstood as innocuous.

Staying silent about this topic only allows abuse to flourish. One particularly chilling insight into the mindset of a perpetrator comes from the haunting words of an abuser, who confessed to "molesting without reproach in the fortresses of unaccountability, surrounded by a pool of silence, denial, and unasked questions.

The realm of the Three Monkeys" (see no evil, hear no evil, speak no evil)" <sup>5</sup>. Speaking about childhood sexual abuse is a societal necessity to facilitate prevention.

Imagine the power we hold as a community if we choose to normalize conversations around childhood sexual abuse — not in hushed tones but with clarity, directness, and determination. This column is not about fearmongering but about equipping ourselves and our children with knowledge and confidence.

Bringing awareness to childhood sexual abuse prevention is no small task. It takes collective effort, courage, and commitment from parents, educators, policymakers, and community leaders. But the stakes are too high to allow silence or fear to stand in the way of action.

Childhood sexual abuse prevention is about protecting today's children; it is about shaping a culture that values openness, accountability, and resilience for generations to come. It is about creating a stronghold of protection rather than those of unaccountability, tearing down walls of silence, and replacing denial with vigilance and compassion.

Now that you understand WHAT childhood sexual abuse is, in my next column, I'll share with you WHY prevention is so important. In the meantime, I urge you to take a moment and reflect on the role you can play in unmasking abuse in your community.

Whether starting hard conversations or advocating for stronger child protection policies, every action matters. Together, we can shine a light on what has been hidden for too long, offering our children the safety and support they deserve.

The essential takeaway for everyone is to understand that abuse is not one-dimensional, and prevention does not start and stop with physical boundaries. Misunderstanding or underestimating the extent of what constitutes abuse leaves gaps for perpetrators to exploit.

It is time to take meaningful steps toward prevention and protection. Every child deserves to grow up without the heavy burden of abuse disrupting their path.

**By Yvonne Sandomir**

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# Reconnect with Nature to Renew Your Mind and Life

Have you ever felt calmer after a walk in the woods or sitting by the sea? That's no coincidence—nature has a way of restoring balance, lifting our spirits, and helping us feel more grounded. Research suggests that connection to nature could reduce stress, improve sleep, boost immunity, sharpen focus, and bring a greater sense of purpose. But beyond personal well-being, reconnecting with the natural world strengthens relationships and deepens our sense of responsibility to care for the planet. Nature isn't just a backdrop to our lives—it's a relationship we belong to. When we engage with it intentionally, we cultivate awareness and a deeper connection to the Earth. As spring brings new life, it's the perfect time to embrace the renewal that nature offers.

## Getting started

### Discover Your "Why"

Connecting with nature starts with intention. Ask yourself: Why do I seek this connection? Reflect on past moments of peace in nature—a forest walk, a sunrise, or waves on the shore. Identifying what draws you to nature helps make your experience more meaningful.

### Choose safe and inviting natural spaces

Where you immerse yourself matters. Seek welcoming places such as parks, forests, or lakesides. Plan ahead—check the weather, dress appropriately, and bring essentials like water and a first-aid kit. Respect and protect the environment by following the "leave no trace" principle.

### Make time for nature a priority

Even ten minutes outdoors—whether walking, stargazing, or eating lunch outside—can improve well-being. Small, consistent moments in nature strengthen your bond with the Earth and provide balance.

### Disconnect and be present in nature

Unplugging from technology deepens your connection to nature. Make outdoor time tech-free and engage your senses—listen to birdsong, feel the breeze, and breathe in fresh air. Observing without distraction fosters clarity and emotional balance.

## Show gratitude and respect for nature.

Nature sustains us, and small acts of care strengthen our relationship with it. Pick up litter, minimize waste, support conservation efforts, and choose eco-friendly habits. Respect wildlife and preserve natural spaces to ensure their beauty remains for future generations.

## Spring Seed Sowing Practice

Spring is a season of renewal and growth, reminding us of life's cycles and fresh starts. It is the perfect time to plant both literal and metaphorical seeds for the goals you wish to nurture. Begin by reflecting on the areas of your life where you seek growth. If possible, choose a plant or seed that symbolizes your intention and set a clear, actionable step to support it. Track your progress alongside your plant's growth as a tangible reminder of your commitment.

**Physical:** Focus on movement and well-being. Choose seeds that symbolize strength and resilience, such as oak or bamboo, and commit to habits that support your health, like regular exercise and balanced nutrition.  
**Intellectual:** Cultivate curiosity and knowledge. Select wildflowers, which represent diverse learning, and set a goal to read, study, or develop a new skill.

**Emotional:** Foster self-awareness and resilience. Plant a sensitive plant (*Mimosa pudica*) as a symbol of emotional growth, and engage in self-care practices or meaningful connections with others.

**Behavioral:** Build consistency in daily habits. Choose herbs or vegetables which require regular care, symbolizing a commitment to positive routines such as mindfulness or structured daily practices.

**Spiritual:** Deepen reflection and inner awareness. Plant lotus or sage as a reminder to dedicate time for meditation, contemplation, or a deeper connection with nature.

**Social:** Strengthen meaningful relationships. Flowers that attract pollinators, such as bees, symbolize community and connection. Take steps to nurture friendships, plan gatherings, or contribute to social well-being.

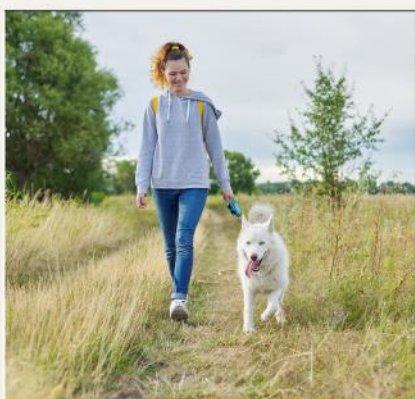
**Occupational:** Foster adaptability and career growth. Select bamboo or fast-growing vines representing resilience, and define clear steps to advance in your profession or creative projects.

**Environmental:** Support sustainability and ecological balance. Choose native plants that benefit local ecosystems, and take action to reduce waste, conserve resources, and adopt eco-friendly habits.

Spring is a season of renewal, offering the perfect opportunity to cultivate growth in both nature and life. By setting intentions and nurturing your aspirations, you create space for transformation. Let this season inspire you to reconnect, plant new beginnings, and embrace the possibilities that come with each step forward.

By Karina Jaskova

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## THE INVISIBLE THREAD

### BREAKING FREE AND BUILDING YOUR OWN FUTURE

#### ***“The Thread That Holds Us Back”***

#### ***Recognizing the unseen forces that shape our transition into adulthood***

##### **The Unseen Strings That Shape Us**

I remember the first time a former student reached out to me years after graduation. “I don’t know what I’m doing,” she confessed, her voice a mix of fear and frustration. “I thought by now, I’d have everything figured out.” I could hear the weight of expectation pressing against her as if the invisible thread of what she “should” be doing had wrapped itself around her so tightly that she could hardly breathe.

And I understood. I see it every day. Young adults—especially those navigating mental health challenges or neurodivergence—are tied to invisible expectations, afraid to step off the path they never chose but feel obligated to follow. The pressure to “get it right” straight out of the gate, to have a clear career path, financial stability, and a well-defined future—it’s overwhelming.

But what if I told you that adulthood isn’t about following a pre-laid track but about learning to weave your own thread? That the invisible strings holding you back don’t have to define you?

##### **The Thread That Holds Us Back**

There’s an invisible thread that weaves through our lives, often without us realizing it. It ties us to expectations, past experiences, self-doubt, and societal pressures that whisper what we “should” be doing. For many young adults—especially those navigating mental health challenges or neurodivergence—this thread can feel less like guidance and more like a chain, pulling them in directions they didn’t choose.

We all carry these threads—some are stitched with love and support, while others are woven with fear, pressure, and uncertainty. But what happens when your path isn’t the one you truly want? What if your dreams don’t fit neatly into the mold handed to you?

Too often, young adults feel trapped in the comparison game, believing they’re falling behind when they’re just

moving at their own pace. The pressure to have it all figured out can suffocate the joy of discovery, and the invisible thread of expectations tightens with every step.

**Key Takeaway:** Awareness is the first step to untangling this thread. By recognizing what’s holding us back—self-doubt, fear, or external pressures—we can take control of our future. True independence isn’t about cutting every tie—it’s about learning which threads to keep, which to reweave, and which to let go of finally.

##### **Breaking Free: Rewriting Your Narrative**

Let’s talk about rewriting your own story. If the thread of expectation has been pulling you in one direction, what would happen if you took a step back and asked yourself: Is this the life I actually want?

For young adults struggling with anxiety, ADHD, autism, or depression, this question can feel even heavier. Neurodivergence often means navigating a world that wasn’t designed with you in mind. The thread that holds many people back is often even tighter for those whose brains work differently—because the world tells them they should fit into a system that wasn’t built for them.

But here’s what I tell my clients: you don’t need to fit into a world that doesn’t make space for you—you need to create a world where you belong.

That might mean taking a different career path, advocating for your needs, or redefining what success means for you.





**Action Step:** Instead of asking, “What should I do?” try asking, “What excites me? What environment helps me thrive? What is MY definition of success?”

### **The Power of Small Steps**

Breaking free from the invisible thread doesn't happen overnight. It happens in small, intentional choices that, over time, create an entirely new path.

### **1. Challenge the Narrative**

If you feel trapped by expectations, take a moment to ask: Whose voice is this? Is it yours, or is it a parent's, a teacher's, or society's? If the thread pulling you in one direction doesn't belong to you, it's okay to let it go.

### **2. Embrace Natural Consequences**

Real growth happens when you allow yourself to experience life fully. Failure isn't a dead-end; it's a lesson. Instead of fearing mistakes, lean into them. If you never take a wrong turn, you'll never learn how to navigate your own path.

### **3. Redefine success**

Success doesn't have to mean one perfect path. It can mean stability, fulfillment, creativity, joy—whatever resonates with you. Success looks different for every person. The sooner you own your version of it, the sooner you'll feel free.

### **4. Surround Yourself with the Right People**

You can't rewrite your narrative if you're constantly surrounded by voices reinforcing your fears. Seek out mentors, friends, and communities that support your growth, not just your comfort zone.

### **Weaving Your Own Thread**

By the time we enter adulthood, we've spent years being told what to do, how to act, and what success should look like. It's no wonder so many young adults feel lost when they're finally given full control. But what if we reframed the process? Instead of seeing adulthood as a pre-written script, what if we saw it as a blank thread, waiting to be woven into something uniquely ours?

Letting go doesn't mean giving up—it means:

- \* **Releasing perfectionism.**
- \* **Letting people have their opinions without letting them define you.**
- \* **Accepting that life doesn't have to look one way for it to be meaningful.**

For those with mental health struggles or neurodivergence, this process can feel even heavier. But the future is not pre-written. It's created in the small, everyday choices that shape our lives. Every day is a new thread, waiting to be woven into something meaningful.

**Key Takeaway:** True freedom isn't about breaking every thread—it's about learning how to weave a future that finally feels like your own. Let go of the expectations that were never meant for you and step into the life you were meant to create.

### **Final Thoughts**

If you've ever felt like the weight of expectations was too much, know this: you are not alone. Every person is walking their own path, and there is no single way to build a meaningful life. The threads of expectation may always exist, but you get to decide which ones to keep, which to rework, and which to let go of entirely.

So ask yourself: What kind of life do I want to weave? And, more importantly—what's stopping you from creating it?

**By Nicole Rolon-Caro**



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# WHY DO WE CLICK WITH CERTAIN PEOPLE IN A RELATIONSHIP?

*by John Kenny*

As a relationship coach, I receive many emails and messages from people seeking advice and from people who want to take a deeper look at their relationships through coaching sessions.

*Some commonly asked questions are:  
How do I know if they are the one for me?  
How do I know what to look for in a partner?  
How can I make them love me more/again?  
What can I do, as I have second thoughts about my relationship?*

There are many more, but these are pretty common. Romantic attraction can be as complex as we are... and we are because we are human beings. There are no guarantees when it comes to love and finding the right person for you; you can't make someone love you or make yourself love someone else, no matter how hard you might try.

There will always be an element of the unknown when it comes to love and romance, but there are things that we know that can attract you to someone else... and give that relationship the best chance of not only surviving but being a wholly fulfilling experience.

Science dictates that opposites do not attract when it comes to healthy relationships. For it to work on this level, there needs to be a commonality in different areas—a meeting of personalities, preferences, interests, values, and principles. However, being too similar can be as big an issue as being too different.

As one couples therapist put it – the sweet spot is when the couple has a bedrock of similarity. There are enough similarities that work together, but enough nuances that complement the relationship and bring something to it that the other doesn't. Examples of these differences are that one person is more creative than the other or slightly more introverted than their extroverted partner.

One essential element in a healthy and secure relationship is that each person feels the other is committed to them. This feeling of security, safety, and trust that the other person has you, that you can trust them, is essential. Certain studies have shown that believing in the relationship is the key factor in predicting the overall quality of a relationship. I have spoken and written before about physical attraction, the chemistry side of why we are drawn to one another. Even though it can mislead us (listen to my podcast episode titled "What is Love?"), it can't be overlooked as an important part of a fulfilling relationship. As connected beings, physical contact makes us feel... well, connected. And a sexy spark can be a key ingredient to the success of an intimate relationship.

There are also four defined theories as to why people fall in love and are linked to how rewarding, fulfilling and comfortable we feel when dating somebody. Reward theory argues that attraction stems from dates that satisfy people's basic needs for self-enhancement, connection, or self-expansion etc. Evolutionary theory argues that women are attracted to ambitious, industrious partners, while men are attracted to beautiful, chaste or innocent partners.

Attachment theory argues that people with opposing attachment styles are attracted to one another. Instrumentality theory argues that attraction depends on whatever goals people most hope to achieve via dating. I am sure that this list will contain a mixture of them all. There are also other factors at play here that I discuss in my six things you need to attract and create a healthy, loving relationship.

These are attraction style, attachment style, relationship beliefs, relational patterns, resistance and what you want from and can give to a relationship. One thing I coach that is a definite when it comes to attracting the right person for you or creating a healthy relationship is: If you can't be yourself in your relationship, you are not compatible with the person you are with.

Being authentic means that the people you meet will either be attracted to you for who you are or they won't. Giving up on any part of yourself in a relationship essentially destroys what you are trying to build or save. Being inauthentic is also unsustainable and draining and can lead to resentment, frustrations, and all manner of negative outcomes.

Compromise is a word I often hear in relationships, and I don't necessarily subscribe to it. To most, compromise means giving up something you don't want to or against what you need.





Giving in a relationship needs to come from a good place. I am doing this because I want to, because I love you, and it makes me happy to do so. If you don't feel this or are doing something out of desperation or meeting a different need, it isn't sustainable.

It is important that you hold onto who you are no matter what. The caveat is that you must be happy with who you are and have worked through the issues that may be unhealthy for you to continue with. Never believe that you need to please someone to like or love you. A relationship will only be as fulfilling, successful, committed, loving, and connected as it could be if both parties live it authentically.

Another thing I work on in coaching is the Law of Attraction. Now, think of this as you will, but it does work, and there is also some real science behind it. You need to consider what you want and what you need in a relationship and focus on bringing that towards you. Be patient and keep your eyes on the prize. Your reticular activating system will always focus on what you want to bring towards you on a subconscious level and filter out what you don't focus on.

One psychologist put it like this: Imagine, for a moment, this someone you are looking for is a bus, and you're waiting at the bus stop. You keep seeing bus No2 and bus no5, but you're looking for bus no1. It can feel frustrating and time-consuming, but you must wait because all those other buses are headed for a destination other than you want. So, it's best to wait for bus No. 1 because it will get you to where you want to be and is worth the wait. because you are worth waiting for.

Focusing on the best thing for you is key. If you go to the park looking to avoid the dog poo, then all you are focusing on and looking out for is... yes... the dog poo. So look for what you want, not for what you don't want. Did you know that you do not need to be perfect for someone else, either? Well, you may be a perfect fit, but not a perfect person.

There is an attraction in imperfection; it draws us together. There is a shared quality of being imperfect, a humanness to it we pick up on subconsciously. It makes us relatable. It is widely known that we judge others in a way we judge ourselves, as we accept others as we accept ourselves. It is ok that we have issues and struggle at times and are even unhappy with parts of ourselves as long as we are prepared to work on those and make them acceptable. We are all the same, and these 'flaws' are in everyone. Accepting our own makes it easier to accept those of others.

Again, a caveat. Don't accept what doesn't meet your wants and needs, however. If the imperfections cause you issues and the other person isn't going to work on them, then you can accept they have them but not accept them into your life if they don't suit you. So, what are some tips for finding the right partner? Understanding what we have attracted in the past and why and working on those things is a great start if you're single and looking for a relationship moving forward.

There are a few things here to look at: I have already mentioned attraction style, relationship beliefs, relational patterns and resistance. We also have safe spaces to which we like to return and can create this outcome before we even begin seeing someone. If this, for example, means being by yourself is safe, then you will choose someone who makes you want to return to this space. Along with this is the person we want, which I have already covered here too.

You can also look at these things if you are in a relationship. If the person you are with doesn't match what you want and need in a relationship, it may be time to sit down and think about how to address this with them. So, what could be on your list? I suggest that it include the fundamental things that you want in someone, not the music or movies you like, although this is a bonus, but deeper things such as their personality, goals, vision, values, and principles. Physical attraction can be important, but this will change as we age. Being attracted to someone deeply is key, and as we know, attraction comes in many forms.

Choose someone that:  
Is willing to know you and get to re-know you as you change through life. Someone who has got you, and you can get them right back when needed. A person who can be strong and yet sensitive when required, who can be open emotionally and solve issues as they arise. Have what is called a strong internal locus of evaluation – or value themselves from within and don't require a lot of external validation. Someone who has worked on themselves and is emotionally intelligent about who they are and about who you are. They can be flexible and forgiving and can listen and hear with empathy and understanding.

Understand that life comes with loss, be aware of how to be in these moments, and be able to self-soothe. It makes you feel safe and secure both emotionally and physically. You will have your own ideas of what you need, but these are the common ones that come up with my clients and ones I also see as significant for getting the minimum of the 80% that you deserve in your relationship.

***Anything less than that, and there are things to be addressed and some work to do.***



# How to Maintain Your Spirit During ... Global Chaos! A Journey to Empowerment

In a world that thrives on unpredictability, resilience becomes our greatest strength. Resilience isn't about bouncing back; it's about rising beyond challenges and creating a life of empowerment. Here, I'll share insights and actionable steps to help you thrive amidst life's chaos.

Chaos is inevitable. Whether it's work pressures, personal challenges, or societal shifts, we all experience moments of upheaval. Recent events like the drones on the East Coast, the New Orleans car attack and the Las Vegas car explosion outside of Trump Towers highlight the unsettling times we're living in.

Political unrest and societal divides only add to the collective anxiety. My journey through Hurricane Katrina (and multiple other devastating storms), infertility, and breast cancer taught me that while chaos is uninvited, it is also profoundly transformative. Resilience is the superpower that helps us rise above and grow stronger.

So, what is resilience, exactly? It's a superpower! And one we can build. Resilience is the ability to adapt, recover, and thrive despite challenges, and it's not innate. It's a skill we develop. Resilient individuals share key traits such as emotional agility, intuition, self-compassion, and strong boundaries. Do you have any of your own resilient moments that come to mind? Reflect and consider what you learned from them. Also, it will be crucial to manage stress.

Here are some easy tips:

- 1. Breathe deeply:** Practice inhaling for four counts, holding for four, and exhaling for six.
- 2. Create a morning ritual:** Morning walks and affirmations helped me shift my mindset during challenging times.
- 3. Simplify commitments:** Saying no to unnecessary obligations can help you regain control and focus.

Try incorporating these strategies into your daily routine to build a foundation of calm and focus. Also, pay attention to what you are telling yourself.

Our mindset shapes our reality. To combat negative thoughts, use this simple process:

- 1. Catch it:** Recognize the thought.
- 2. Challenge it:** Ask yourself if it is true or helpful.
- 3. Change it:** Replace it with a positive belief. For example, shift "I am not enough" to "I am doing my best, and that is enough."

By reframing negative thoughts, you empower yourself to take control of your inner narrative. That way, you can really listen to your inner voice. Intuition is your inner GPS, guiding you through uncertainty. Strengthen it by practicing stillness, journaling your thoughts, and trusting your initial feelings. Following my intuition has led to empowering experiences and opportunities. Trusting your gut can open doors to transformative opportunities.



This may be difficult for some of you, but learning to say no is a powerful act of self-care. Many of us struggle with this due to fear of disappointment or societal expectations. Reframe your mindset: every "no" to others is a "yes" to yourself. During my recovery, setting boundaries transformed my energy and focus. Practice polite but firm ways to say no and watch your life shift for the better.

Finally, learn to love yourself. Self-compassion is strength; it is a powerful attribute. Speak to yourself with kindness, forgive past mistakes and celebrate small victories. During my healing journey, learning to rest without guilt became an act of self-love. What's one way you can be kinder to yourself today?

## Building Your Resilience Toolbox

*Resilience is built with the right tools.*

Consider these:

- **Gratitude journal:** Focus on the positive aspects of your day.
- **Support system:** Surround yourself with trusted people.
- **Self-care rituals:** Prioritize activities that nourish your mind and body.

Community is also vital. Together, we can achieve remarkable things.

From chaos to clarity, my journey has shown me the power of resilience. You, too, have the ability to rise, thrive, and create an extraordinary life. Let's connect—visit my website, follow me on social media, and explore resources designed for you. Together, we rise.

by Laila Morcos Zissis, PCC, NBC-HWC, CMC

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# Build A Personal Brand That Gains Traction With These Tips

It is a new year, and if building a personal brand is part of your goals this year, then this is for you! First, how has the journey been? Do you think you need to gain better traction? Could you use some tips to boost your personal brand online? Please keep reading to learn more.

Building a personal brand is not enough; it needs to gain the right traction. What does this mean? Your personal brand needs to get the attention of those who need what you are offering. If you don't gain their attention, they may find it difficult to locate your brand. If your personal brand is not gaining traction, how can you fix this?

It is also important to clarify that gaining traction can mean different things for different people. The question is, what does it mean for you based on your goals for your brand? As such, it is important to set your own goals for your own brand. This way, the traction you gain is more authentic and relevant to what you need right now.

Gaining traction as a personal brand is strategic and needs to be treated as such. Furthermore, as a professional, employing the right visibility strategies is crucial to help you put your best foot forward. It's not enough to build a personal brand; you need to build a brand that gains the right people's attention.

Here are some practical steps to help you gain the right traction with your personal brand:

**1. Be clear about your values:** Your values are like signposts that tell people what they need to know about you. Now, what are those things that tell people what they need to know about the brand you're building? Reflect on them and clearly state them. Ensure you make these values very clear to yourself, and then communicate them clearly to others. As a personal brand, one of the things that stands out is your set of values.

**2. Be consistent with your messaging:** As you communicate your values, you also need to be clear with your messaging. Your messaging is the takeaway you want people to get after coming in contact with your content online. You need to ensure there is consistency so that people can better relate to your message and so that your message can stick. The work is in being consistent, and you need to do that. This will also help you stand out from other personal brands, and the people who are looking for similar values can listen to what you have to say.

**3. Don't try to speak to everyone at the same time:** Doing this can be a mistake because you will not be able to effectively talk to the targeted group of people you want to talk to. You need to understand those who need what you have to offer and communicate with them clearly and directly.



**4. Let people know to work with you:** To gain traction, you may want people to contact you for your skills or certain services you are able to provide. As such, it is important to let people know that you are open to these opportunities and need to be clear about them. For instance, do you have a media kit or a landing page showing the services you offer? Not only that, they need to be able to contact you easily. You may want to



**Don't try to speak to everyone at the same time!**

have contact options on your social media pages or a website if you have one.

**5. Consistently deliver value:** Two of the things to remember when building a personal brand: "values" and "value." Your "values" here means your core values, which are about your personal ethics. On the other hand, "value" is what you are offering others, what you "bring to the table" for others. And so, it is important to consistently deliver value while maintaining your values.

Need to find out more? Email me at [brandingwithayishat@gmail.com](mailto:brandingwithayishat@gmail.com) or visit [www.brandingwithayishat.com](http://www.brandingwithayishat.com) to learn how I can help you build a personal brand that gains the right traction.

**By Ayishat Olanrewaju**



## Changing careers & overcoming challenges in your mid-thirties through small habits

Making a career shift in your mid-thirties is terrifying. The emotional, financial, and mental instability that comes with stepping away from a long-pursued path can be overwhelming. For years, I dedicated myself to a dream I had since I was a teenager, only to realise that it no longer aligned with the person I had become. This realisation was one of the hardest truths to accept but also the beginning of my transformation.

Small, daily habits became my foundation. Committing to simple routines such as going to bed and waking up at the same time, exercising regularly, eating clean, and quitting alcohol provided me with stability when everything else felt uncertain. More importantly, I embraced a period of isolation to reconnect with myself, allowing me to quiet external noise and truly listen to my inner voice.

Immersing myself in the wellness industry and becoming a mindset coach played a crucial role in my journey. Through this shift, I found purpose in helping others navigate their challenges, and in doing so, I gained a deeper understanding of my struggles. Facing uncertainty and overcoming depression multiple times required a

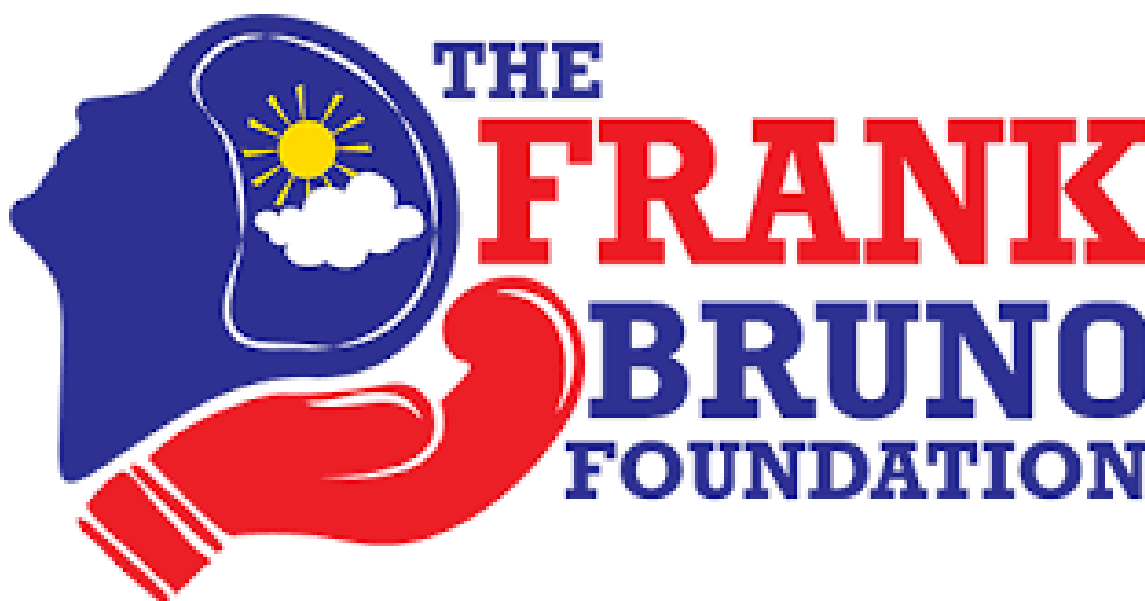
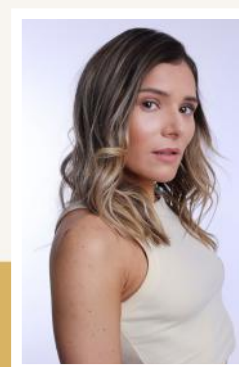
complete mindset shift. I had to break free from imposter syndrome, let go of the pressure to have everything figured out, and fully embrace the unknown.

The hardest part wasn't just changing careers; it was accepting that I had outgrown an old version of myself. Sometimes, we become someone entirely different on the way to a goal. Taking time for self-reflection, respecting my body and mind and prioritising my mental health have been the best decisions I've ever made.

I'm not saying I have it all figured out, but I've come to realise that it was never about the destination. It's always been about the journey. If I could give my younger self one piece of advice, it would be: Don't lose today trying to live for tomorrow.

**By Mariana Brandao**

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# Healing Through Grief

## How Yoga, Reiki, and Sound Healing Transformed My Journey

In the darkest moments of grief, I found light through healing modalities like Yoga, Reiki, and Sound Healing. Here's how they transformed my life.

In January 2020, my uncle passed away, and just two months later, London went into lockdown. It was an immensely dark and difficult time. When my uncle passed away, I was overwhelmed with emotions and began experiencing intrusive thoughts. Being in a vulnerable state, I found myself susceptible to believing these unsettling thoughts, which left me feeling deeply uncomfortable.

Alongside this, I was overcome by intense waves of anxiety that didn't feel like my own—almost as though I was carrying someone else's anxiety, yet I was the one enduring its weight. This led me to feel unsafe and have a lack of trust in my own body, which I felt was defying me. Having previously experienced the benefits of yoga in my life, I knew it could help shift stagnant energy and support me in reconnecting with my body. Turning back to yoga felt like a natural first step in releasing the emotional and physical tension I carried.

### Yoga

I started practising pranayama (an ancient breath technique that originates from yogic practices in India) and yoga asanas (yoga poses) for anxiety. The yoga asana practice taught me to become more aware of where I was mentally and physically. I also recited the 'sa-ta-na-ma' Kundalini Yoga meditation that involved chanting and mudras (hand gestures), which improved focus and mood; this allowed me to see where I was emotionally and spiritually. If you're curious about trying yoga to help alleviate grief symptoms, I would recommend a slow and gentle practice of yin yoga to begin with.

Whilst yoga helped me reconnect with my body, I felt drawn to explore other practices that could support my emotional and spiritual healing, leading me to Holy Fire Reiki.

### Holy Fire Reiki

In May 2020, my intuition guided me to learn Holy Fire Reiki (a lineage of Japanese energy healing technique) despite never having tried Reiki before.

During my Reiki attunement process, a meditative initiation into Reiki abilities, I went up in the clouds into what I perceived to be 'heaven'. When I arrived there, I was surrounded by loved ones who had passed over,

like both of my grandfathers. However, even though loved ones surrounded me, there was only one person I was looking out for: my uncle, who had passed away 5 months prior. In the meditation, I turned around and saw that he was there. I was so ecstatic to see him because since he had died, I worried about whether he would make it to 'the other side' okay. This experience comforted me, as he had found peace and was where he was meant to be. This also gave me a sense of acceptance of his passing.

I was extremely grateful for the Reiki level 1 training as I felt it allowed me to feel closer to loved ones who had passed away, as well as believe that there is a whole spirit team looking out for me and that those I cherished had found peace: even though up until that point, I did not have many positive beliefs around life after death.

### Sound healing

In addition to the Yogic practices and Reiki, my mother introduced me to sound healing to help me on my healing journey. We did this online since we were in lockdown, and it helped me relax, forget the world for a short while, and leave me feeling inspired.

Sound healing is a great modality for lifting spirits, and I recommend it, particularly to those who have never meditated before. Bringing your awareness to the sounds of the singing bowls can be easier than trying to focus on the breath or get rid of thoughts completely.

### A Path Toward Healing

Yoga, Reiki, and Sound Healing —combined with the unwavering support of my coach, family, and friends who listened when I needed to talk—profoundly impacted my well-being. Over time, the intensity of my grief softened. While the pain of loss hasn't completely disappeared, it no longer defines my life.

Inspired by the transformative power of these practices, I've created a community on Instagram, launching in March 2025. I'll be offering accessibly priced group sessions in Yoga, Reiki, and Sound Healing online. My goal is to share these healing modalities and support others on their journey.

Healing from grief is a deeply personal process, but practices like Yoga, Reiki, and Sound Healing can open doors to peace and transformation. If you've experienced grief, I'd love to connect, hear your story, and support your journey. Join me on Instagram: @Hukam.yogastudio

## By Kiran Sidhu

Instagram@selfawarenesswithkiran







## Emotional baggage

Kerry embarked on a profound spiritual journey of self-discovery after meeting a journalist named Andy Whist during a bustling modelling shoot in a vibrant city.

This encounter marked a pivotal moment for her as if she had been handed a key to unlock the secrets of her true potential. In that instant, she understood the importance of releasing the emotional baggage and toxic influences that had held her back from making positive progress.

With newfound determination, she stepped forward, ready to embrace life fully.

As she began this journey, life started to unfold in unexpected ways. Opportunities that once seemed elusive suddenly aligned perfectly, each one presenting itself like a gift waiting for the right moment.

Kerry realized this journey was fundamentally about taking action, recognizing divine timing, and embracing transformational change. She utilized her past experiences and self-help tools to move forward, deepening her understanding of herself and the world around her.

She experienced a rollercoaster of emotions throughout this transformative process, facing both loss and victory. From this, she coined her personal mantra: "If I win, I win; if I lose, I lose—either way, I win because I learn something new about myself." Each experience taught her invaluable lessons, shaping her into a stronger and wiser version of herself.

After enduring these small battles, Kerry became convinced that something remarkable awaited her on the horizon, even if it had not yet materialized in physical form. She could envision possibilities further along her future timeline as long as she desired them.

Kerry recognized that this journey was far from easy; it required immense courage, resilience, and a willingness to confront her deepest fears. It was a process that involved her mind, mainly followed by the body and spirit, aimed at constructing a more authentic self. As she continued along this path, she felt herself evolving closer to her true identity, ready to embrace the endless possibilities that awaited her.

For Kerry, it was all about learning to accept herself. In 2023, she fully stepped into this new chapter of her life as a psychic clairvoyant medium and hypnotherapist.

By Kerry Mayes  
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# Supporting





# WHY YOUR BUSINESS NEEDS A GROWTH PLAN— YESTERDAY

If you're running a business without a strategic growth plan, you're essentially hoping that success will find you. But hope isn't a strategy. A well-structured business growth plan isn't just nice to have—it's essential for any business that wants consistent, predictable progress. Without it, you risk wasting time, money, and energy on scattered efforts that don't move the needle.

## The Power of a Plan

**A strong growth plan does three key things:**

Attracts the right customers – Not all clients are ideal. A plan helps focus on high-value opportunities instead of chasing every lead.

Clarifies your unique value – Potential customers will move on if you can't quickly explain what sets your business apart.

Creates a system for sustainable success – Instead of relying on luck or last-minute ideas, a plan ensures long-term, scalable growth.

## Where Most Businesses Struggle

Many business owners rely on word-of-mouth, sporadic social media posts, or discount-driven promotions to keep things running. However, these tactics can lead to unpredictable results, inconsistent revenue, and missed opportunities without a clear strategy.

That's why having a structured plan matters.

## What Goes Into a Business Growth Plan?

**Every business is different, but an effective growth plan typically includes:**

Market positioning & ideal client targeting – Knowing who to serve and how to reach them.

Messaging & branding consistency – Ensuring your business communicates a clear and compelling value.

Lead generation & conversion strategies – Creating repeatable systems to attract and close new business.

Financial forecasting & scalability – Understanding revenue projections and planning for future expansion.

By taking the time to craft a solid plan, business owners can shift from a reactive mindset to a proactive one—ensuring they make informed, strategic decisions that fuel long-term success.

If you're running your business without a clear, actionable plan, now is the time to create one.

The best businesses don't grow by accident—they grow by design.



## By Jane Parmel

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Expert Profile Magazine is



## Becoming the Strongest Version of You: Why It Matters

Menopause is often seen as a personal journey, but its ripple effects can touch every aspect of our lives and relationships. It influences not only how we feel and function but also how we impact those around us - from family and friends to colleagues and clients. That's why striving to be the strongest version of yourself during menopause is more important than ever.

For many women, menopause can feel like a storm of physical, emotional, and mental changes. My own experience reflects this. At 47, I entered perimenopause, unaware of what was happening. I felt overwhelmed, struggled with brain fog, and experienced mood swings and physical symptoms like weight gain and sleeplessness. These changes disrupted my professional life and strained my relationships. It wasn't just me who suffered; my family, colleagues, and workplace all felt the impact of my struggles. This period of my life showed me how deeply menopause affects everyone around us.

So, why is it crucial to become the best version of yourself now? Because when we're at our best, the ripple effects are positive rather than disruptive. Showing up as our strongest selves helps us manage menopause challenges and improve our relationships, work performance, and overall quality of life.

Here's how becoming your best self transforms this journey:

- 1. Harmony:** *Understanding and addressing your menopause symptoms fosters harmony at home and work.*
- 2. Peace:** *Achieving peace with yourself allows you to maintain calm and balanced interactions with others.*
- 3. Success:** *You can excel in personal and professional pursuits with clarity and confidence.*

Becoming your strongest self requires effort, but it's worth it. Start by learning about menopause and how it affects you. Prioritise your physical and mental health with sustainable habits like regular exercise, mindful practices, and a balanced diet. Invest time in understanding your emotions and seek support when needed.

Menopause is a transition, not an endpoint. By focusing on your strength and wellbeing now, you can create a ripple effect of positivity, empowering yourself and those around you to navigate this phase with resilience and grace.

**By Jeanette Forder**

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# Supporting

# CALM



# HOW TO SUCCESSFULLY START A NEW GOOD HABIT



***“You do not rise to the level of your goals; you fall to the level of your habits and systems,” James Clear wisely noted.***

As a leadership coach who has experienced the transformative power of intentional habits, I want to share a personal story that demonstrates how small changes can create a significant impact.

When my husband and I found ourselves drowning in corporate careers with young children, our communication suffered. We barely had time to discuss basic family matters, creating tension in our relationship. This burning need for better connection became the catalyst for one of the most impactful habits we've built.

***Let me share the five-step method we used, which you can apply to any habit you want to create.***

**1. Identify Your Burning Need:** Without a compelling reason, new habits rarely stick. Our need was crystal clear: we needed quality time to communicate as partners and parents, not just passing ships managing logistics.

**2. Design a Simple Solution:** We decided on a 15-30 minute daily conversation. The solution doesn't need to be elaborate—it just needs to address the core need effectively. For us, even a brief, focused conversation could make a difference.

**3. Implementation Strategy:** We chose to have our conversations during lunch breaks, often as phone calls while walking around our respective office neighborhoods. This strategy worked because it didn't require extra time in our packed schedules and provided privacy away from busy lunchrooms.

**4. Schedule for Success:** We identified lunchtime as our sweet spot—afternoons were hectic with children's activities, and mornings were rushed. Choose times when you're most likely to follow through consistently.

**5. Navigate the Messy Middle:** Some days, unavoidable meetings meant missing our chat. Instead of giving up, we simply resumed the next day. Perfection isn't the goal; consistency over time is what matters.

This habit became a game-changer. We stayed aligned as parents, deepened our relationship, and even improved our work productivity (fresh air and some movement meant we had renewed energy for the afternoon).

When COVID hit, and we began working from home, we adapted our habit into daily walks together with kids, further strengthening our family bonds.

***My challenge to you is to start with one meaningful habit, master it, and then build upon it.***

***The intentional effort you invest in today will transform your life in ways you can't yet imagine.***

**By Maggie Perotin**

**Business and  
Leadership Coach**



[www.stairwaytoleadership.com](http://www.stairwaytoleadership.com)



## Let's Get Curious - Part 2 - "Nurturing Your Garden of Self-discovery"

In the winter edition, we got curious and discovered the power of letting go. **How did that look and feel for you?** As the seasons change, let's shift our focus from letting go of those things that no longer serve us to planting seeds of discovery. With curiosity and a non-judgmental mind, try to answer this question: If your personal growth were a garden, how would it look? Flourishing and vibrant, or in need of tending? What seeds are you planting in your life with your thoughts and actions?

Like any garden, growth doesn't happen overnight. Self-discovery involves intention, compassion and a willingness to nurture things over time. It's gradual. It's easy to become impatient when progress isn't immediate and is temporarily unseen. Trust the process. Trust that things are working behind the scenes. Positive habits, self-awareness, and intentional actions nourish growth.

### How do you cultivate your own "Inner Garden"?

The first step is awareness: recognizing and mindfully clearing the "weeds" (negative self-talk, unhealthy patterns), letting them go, leaning in, and shifting towards a more positive mindset. The next step is discovery: What are those things we mindfully plant in our minds and hearts that shape who we are, who we are becoming, and the direction we feel guided to pursue? These become your "seeds."

The **"Garden of Self-discovery"** activity (adapted from "The Bean Story") is a great tool for mindfully exploring one's unique values, strengths, and aspirations. It brings you closer to—and more aligned with—your authentic self. Through intentional journaling and introspection, you can cultivate a symbolic "garden" that celebrates personal growth and makes you curious about your journey. This simple practice creates a foundation for lasting change.

Don't forget to celebrate small victories, such as a moment of self-compassion, an old fear overcome, or a healthy habit you have newly woven into your world. Each step is progress. You got this! Your garden reflects the care you give it. What will you plant today? Contact us at [www.talkbreathelive.com](http://www.talkbreathelive.com) for a free guide. This article is the second of the four-part series "Let's Get Curious."



By Darlene Wierski-Devoe  
Wellness Facilitator, Author & Speaker  
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# Shifting Reality: You Hold the Power

Your free will begins in the mind, as do the perceptions you wish to view your life through, which then creates what is called your “reality”. Your mind sets up the beliefs, through your views, and places into action that this is truly how things in life are for you. Ultimately, you live out this story as a perception of belief within you. Knowing this gives you the power to use your free will to change your perception, views, values, and beliefs to change your reality easily.

Moving into the process of creating this change is to feel what you feel. This gives you insight or meaning into what you believe and how it's playing out in your “perceived” reality now. Take a moment to feel and create in your mind a different version of reality for yourself. Notice what beliefs will need to change in order for this to become your reality.

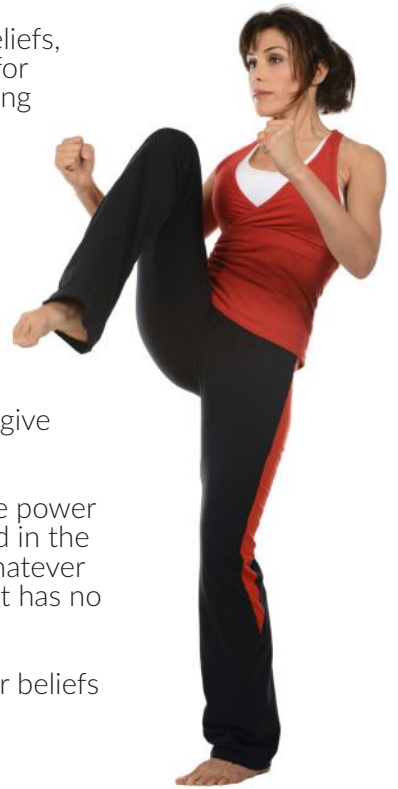
Change begins when you open your awareness in this way to create differently. As you do, your reality will begin to shift naturally to how you choose to feel and give meaning to things differently.

The power of your free will in all of this is that at any given moment, you have the power to choose how you believe, and your mind will create it for you. The power is held in the flexibility of the mind, that it can create whatever you imagine in whatever way you desire. The truth is the mind does not care, per se, as it has no judgment or say. It just follows or mirrors your belief system.

Connect, and allow me to guide you through shifting your beliefs without resistance and creating the life you desire.

By Janyelle Huff

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## Supporting

# NHS



## Lets make 2025 your best year yet...

Let's make this your best year yet. One of the great things about manifestation is that it works when you are specific—not only in the details but also in the feelings, which is most important. Feel the energy of how you would feel once these things come to fruition.

Next, you are going to write a story about how 2025 commenced and put it in a letter to yourself. In this letter, you share details about how amazing this year was and how you achieved your goals.

As a great man once said, thoughts become things. Let's focus your thoughts on the year you want to create. Love/Career/Entrepreneurship etc. This is your story, so take it seriously, but also have fun.

Be bold and fanciful as you describe your best year. Go into detail using people, places, and things. You are telling the story as if it had already come to pass and basking in the afterglow. Remember, it's 365 days of your best-to-come accomplishments.

**By Tanya Brown**

**Tanya Brown Spiritual Business Coach**



# Supporting







## BRAINSPOTTING: UNLOCKING THE MIND'S HIDDEN POTENTIAL FOR TRAUMA HEALING

By Bonnie Kimpling

Brainspotting is an innovative therapeutic technique that has gained recognition for its effectiveness in healing trauma. Developed by Dr. David Grand in 2003, this approach taps into the brain's natural ability to process and release traumatic experiences.

At its core, brainspotting works by identifying specific eye positions, called "brainspots," that correspond to areas in the brain where traumatic memories are stored. By focusing on these spots, clients can access and process deeply held emotional pain that may be difficult to address through traditional talk therapy alone. The process typically involves the practitioner guiding the client's eye movements using a pointer while asking them to focus on their physical and emotional sensations. This dual focus on external visual cues and internal experiences allows the brain to reprocess traumatic memories more effectively.

One of the key benefits of brainspotting is its ability to bypass the conscious, thinking parts of the brain that often interfere with accessing emotional content. This makes it particularly useful for individuals who struggle to verbalize their traumatic experiences or find traditional therapy approaches insufficient. Brainspotting has shown promise in treating various trauma-related issues, including PTSD, anxiety, depression, and addiction. It can help clients regulate their emotions, retrain emotional reactions, and release experiences that may not be accessible to the conscious mind.

The technique's effectiveness is attributed to its ability to activate the brain's subcortical regions, where trauma is often stored. By directly tapping into these areas, brainspotting can facilitate rapid and profound healing, often yielding results more quickly than traditional talk therapy. While research on brainspotting is still emerging, many clients report significant improvements in their overall well-being after just a few sessions. As our understanding of the brain-body connection in trauma healing continues to evolve, brainspotting stands out as a powerful tool for those seeking to overcome the lasting effects of traumatic experiences.

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## Activate your Third Eye Use Your Breath to Bridge The Physical and The Spiritual

In my series on third-eye opening, we reached an important point: exploring a practice that allows access to this mystical gateway. In the physical body, the pineal gland connects the physical and spiritual worlds. The Third Eye chakra, associated with spiritual awareness and connection to our higher selves, is linked to it.

This 10-minute breathing technique helps decalcify and energize the pineal gland, allowing a better connection to the Third Eye and opening the flow of energy through the entire body.

1. Find a quiet space and sit comfortably with your back straight. Take a deep breath and let it out slowly to connect with your soul.
2. Now inhale deeply through your nose for a count of four, focusing on your third eye, the space between your eyebrows.
3. Hold your breath gently for a count of four, visualizing an Indigo light radiating from your pineal gland, expanding outward.
4. Exhale slowly through your nose for a count of six while making the sound of OM. The breath, along with the vibration of the hum, stimulates the pineal gland, awakening its energy.
5. Continue this cycle for 10 minutes, allowing the vibration and focused awareness to deepen your connection.


You might notice a slight warmth or tingling at your Third Eye during the exercise or feel a sense of calm.

After this meditation, write down anything that comes to mind: thoughts, images and emotions. At first, nothing may seem significant, but with time patterns emerge.


Activating your third eye is about opening your awareness to the Divine within. With practice and trust, your connection grows stronger, guiding you toward your soul's deepest truths. And the best part? This journey doesn't require perfection—just an open mind and heart.

By Eva Maria Hunt  
[www.spiritual-wonders.com](http://www.spiritual-wonders.com)



**You'll Never Be Alone**  
ISSUE 1  
MAGAZINE

Expert insights on ...  
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# Bridging the Gap

As a psychic medium who has worked with spirits for over 25 years, I believe the physical body is a vessel that carries our spirit, which continues to exist after the physical body dies. By experiencing mediumship, which is communicating directly with people who have died through their spirit, I know that both the living and the dead want to look after each other.

People will come to see me for a psychic medium reading to find out if their person is ok, often seeking support over what happened before and after their death. Spirit equally likes to confirm this information. For example, a Mum praised her daughter for doing everything she had asked for, a Dad spoke of his favourite 'up-beat' song playing as he was taken into the church, confirming it was the right decision, another Dad comforted his daughter, telling her that it wasn't her fault that their family money did not go where it should have done, and another apologised to his daughter for the pressure she had been put under dealing with his estate.

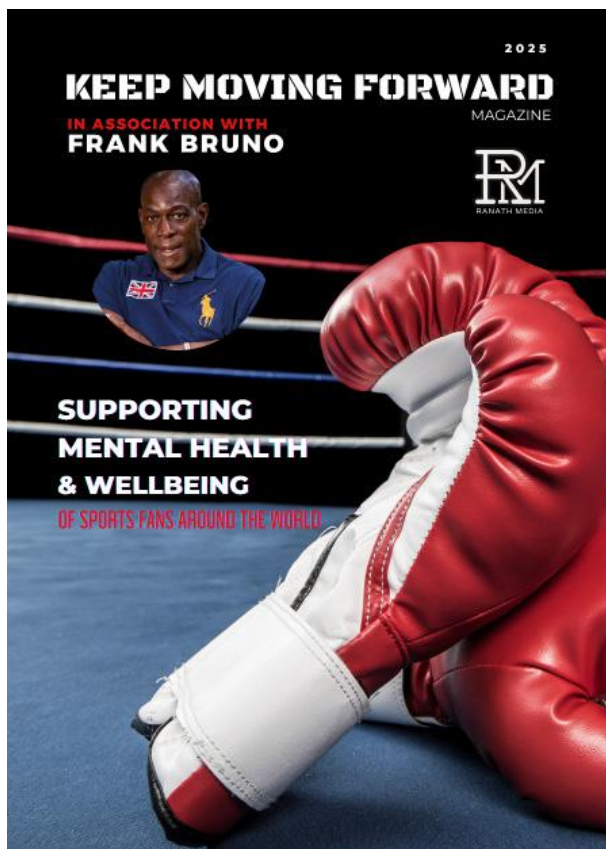
I see my work as bridging the gap between the physical and spiritual worlds. As a Planning Ahead of Time (PAT) Consultant, I help people to look at their life and their importance within it. We discuss what would have happened if they had died last week. We consider how they could make it easier for their family and friends. We then put the plans in place to facilitate that and make sure their wishes are known. As a psychic medium, I wish to bring comfort to those who are grieving by demonstrating the continued connection between us.

Planning ahead is extremely beneficial, not just for the client but for their family. I helped one client's family prove overpayment of care fees of £26,000; I found four private pension policies for another within a mass of stored paperwork and I helped one speak to parents about a change of will that was causing family tension and my advice led a lady to change her will 3 weeks before her death which meant that her three children benefited from her estate as opposed to her husband who was in long-term care.

Mediumship shows me that the choices you make matter. It is never too early to plan ahead. Planning Ahead of Time helps you to make choices to your last breath... and beyond.

**By Dayle Adams**

[www.planningaheadoftime.com](http://www.planningaheadoftime.com)



**Coming Soon  
in 2025  
In Collaboration  
with Frank Bruno**

# DEI's Missing Piece: Why Cognitive Diversity Should Be Your Next Strategic Focus

If neuroinclusion is not a priority in your budget right now, then it's probably costing you millions without realizing.

While organizations have made significant strides in diversity, equity, and inclusion initiatives, many are overlooking a revolutionary critical dimension: cognitive diversity. The focus on visible diversity markers, while crucial, has left the potential of neurodivergent talent largely untapped – and it's costing businesses far more than they realize.

Consider this: if your organization employs more than seven individuals, then you've got at least one neurodivergent employee. They're your most innovative problem-solvers, pattern-recognition experts, and out-of-the-box strategists, among many other invaluable qualities. Yet many are wasting valuable mental energy, masking their natural working styles to fit standardized workplace norms, diminishing both their wellbeing and their potential impact on your bottom line.

Research consistently proves that cognitively diverse teams in psychologically safe working environments perform better. When organizations create spaces that embrace different thinking styles, they don't just support neurodivergent talent – they unlock new possibilities for everyone. Teams become more creative, processes more efficient, and solutions more profitable.

However, the traditional corporate environment often inadvertently creates barriers for diverse thinking styles. Standard meeting formats, rigid communication protocols, and inflexible work schedules are likely stifling the very cognitive diversity that could drive your competitive advantage.



The transformation begins with the understanding that neurodiversity-affirming practices aren't special accommodations—they're strategic tools for organizational excellence. Simple, cost-effective changes will dramatically improve team performance and retention.

The most forward-thinking organizations are already recognizing that cognitive diversity isn't just an HR initiative – it's a business imperative. They're reaping the tangible benefits of increased innovation, improved problem-solving capabilities, and enhanced employee engagement.

The question isn't whether your organization includes neurodivergent talent – it's whether you're creating an environment where this talent can truly thrive and drive your business forward.

Ready to transform your DEI strategy and unlock the full potential of cognitive diversity in your organization? Let's explore how neurodiversity-affirming practices can become your competitive advantage. Contact us for a strategic consultation.

**BY BETH THOMAS**



[www.neuroinclusivelink.co.uk](http://www.neuroinclusivelink.co.uk)

## THROUGH OUR PARTNERSHIPS – BRANDS & ORGANISATIONS WE SUPPORT AND ARE SEEN





## Shift your mindset from envy to inspiration

A positive transformation can start at this very moment, and there's no better time to begin the journey toward a fulfilling, liberated life. The new year presents an opportunity to realign our vision. In this edition, I will share valuable and practical techniques to shift your consciousness from a confined and isolated mindset to one of joy and comfort.



**Practice Gratitude:** Start each day by noting three things you are grateful for. Focusing on what you have rather than what you lack can shift your mindset from envy to appreciation.

**Celebrate Others' Success:** Instead of comparing yourself to others, celebrate their achievements. Recognize that their success does not diminish your own potential but rather can serve as a source of inspiration.

**Set Personal Goals:** Identify what you truly want to achieve and set specific, attainable goals for yourself. Having a clear direction helps you focus on your own journey instead of getting sidetracked by others.

**Seek Out Role Models:** Find people whose accomplishments you admire and learn from them. Understanding the hard work and dedication behind their success can motivate you to pursue your own dreams.

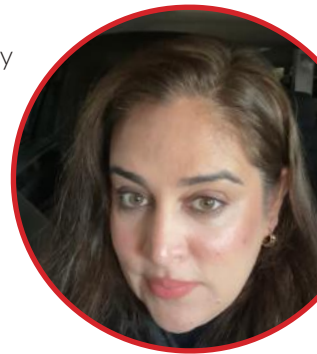
**Engage in Creative Activities:** Whether painting, writing, or playing music, engaging in creative pursuits can boost inspiration. These activities allow for self-expression and can reignite your passion.

Embracing these changes can lead to a more fulfilling existence where stress and misunderstandings are minimized. You'll find that communication becomes more open and honest, paving the way for deeper connections with those around you. As you continue to practice and refine these techniques, you'll also experience a boost in your self-confidence and emotional resilience, allowing you to navigate life's challenges with greater ease. Ultimately, this journey of personal growth will enhance your relationships and inspire those around you to embark on their own paths to self-improvement.

I have noticed a remarkable transformation in my feelings and an enhancement in my quality of life by practising these techniques and truly embracing them as my own. This is a lifestyle shift, not just a fleeting phase; it should integrate into your identity, so give yourself time for this to occur. Gradually shape your path little by little each day and witness the positive changes unfold.

[www.soulsomewellness.co.uk](http://www.soulsomewellness.co.uk)

By Sonia Kay



**'MAG IT HAPPEN'**