

The background of the entire page is a photograph of a sunset over a body of water. The sky is a mix of dark purple, blue, and orange, with the sun's glow reflecting on the water's surface. In the distance, there are dark silhouettes of mountains or hills. The overall mood is serene and hopeful.

*The Sun  
Will  
Rise Again*

*Holding On When All Seems Lost*

Helen Pearman Ziral, Natalie Bouchard,  
Melanie Groves, Tara Myshrall,  
Ella Balkwill, SR John, Tammy Adams  
Foreword by Krista Hannesen

# **The Sun Will Rise Again**

**Holding On When All Seems Lost**

**A Beautiful Life Books**

*The Sun Will Rise Again: Holding On When All Seems Lost*  
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# Foreword

One day last year, Ronnie (Publisher of A Beautiful Life Books) and I were brainstorming ideas for a new book. We were in the thick of the pandemic and things seemed kind of bleak. We both felt burnt out and were frustrated that we couldn't think of a title. Suddenly Ronnie says, "You know, we have to believe that the sun will rise again!" And so, this anthology was born.

And not just this anthology, but a movement. The fabulous authors woven within these pages share stories of hope and faith. These authors have come together with a shared goal of inspiring you, the reader, to have faith like you've never had faith before. No matter what happens, what the future brings, let this book be a reminder that the sun will rise again.

I hope you enjoy each chapter and allow each author to speak to your soul.

*Krista Swais Hanesen*

Head of Editing & Production  
A Beautiful Life Books

# 1. Unravelling Intergenerational Spirit Injury Ailments of Body, Mind and Spirit

Helen Pearman Ziral, PhD

## ***Have you ever heard of Intergenerational Spirit Injury?***

I define it as the emotional and psychic pain that breaks the spirit of individuals because of familial interactions and child rearing practices; rendering individuals psychologically weak, and emotionally and physically devastated.

To provide even more context, I will share narratives of intergenerational spirit injury buried in the folds of seven stories. The spirit injury/intergenerational spirit injury stories are a combination of storied threads and are not intended to represent that of any one individual.

## ***Defining Intergenerational Spirit Injury***

Arguably, spirit injury and intergenerational spirit injury do not exist in isolation; instead, they are woven through countless stories of *disease* tucked in the folds of our lived experiences. In this chapter, my intent is to

emphasize instances of spirit injury and intergenerational spirit injury.

**Adversity**, one of the silent companions of intergenerational spirit injury, is generally synonymous with stress. As defined by Hans Selye, stress is a variety of forces that bring about psychological changes when we are under attack., warding off the “attacker” with an assortment of tactics.

For example, when infection attacks the body, the immune system generally responds in the form of a high fever, rapid heart rate and an abundance of white blood cells. When the battle is won, the fever subsides, the heartbeat lowers, and rapid development of white blood cells is dissolved, and the body returns to normal.

Pain, another attacker is not only manifested physically, but also spiritually. Intergenerational spirit injury is the pain embodied by one generation and passed on to the next through blood memory or collective memory and child rearing practices. It is the spoken and unspoken suffering offspring inherit or embody as a coping strategy.

Recurring threads of spirit injury in the narratives that follow provide evidence of spirit devastation, intense emotional and psychological pain as verbalized the form of domestic abuse, rape, rejection, and identity.

I begin by providing an understanding of the probable link between intergenerational spirit injury and mind, body, spirit, financial health, and embodied energy.

I decided to tell stories from an intergenerational perspective, isolating the storied threads of the seven main energy centers or what is also defined as the seven major chakras. I opted to use the term energy center because of the hesitancy to subscribe to and acknowledge the presence of chakras.

I also use energy centers because we are energetic beings. Reflect on the spark experienced when you touch a doorknob in the winter after walking across a carpeted room. Even though I do not know the science behind this I have experienced mild shocks myself.

### ***The Seven Energy Centers/Chakras***

In describing each of the seven energy centers or chakras, the yarns provide an overview of individual growth and development, followed by behaviour and associated ailments. Each narrative concludes with strategies for healing and a positive affirmation.

### ***Energy Center One / the Root Chakra***

#### **Jolissa's Yarn of Imbalance and Disturbance**

Jolissa was conceived in a relationship where her mother was subjected to daily physical and emotional partner

abuse. Consequently, she inherited her mother's survival fear, a daily fear of intimate partner's violent tendencies.

Studies indicate that intimate partner abuse during conception is associated with premature birth or low birth weight. Also, that women who experienced abuse during pregnancy are twice as likely to deliver a preterm baby.

Newborn Jolissa was underweight, fearful, anxious unfocused and unable to settle. One could say she was not rooted or grounded.

Adult Jolissa experienced financial difficulty. Money tended to slip through her fingers as she used retail therapy to appease herself. Jolissa became a hoarder of unneeded items that created a disorganized mound of "stuff".

### **Associated physical/emotional challenges**

- Issues with teeth, bones, buttocks, knees, legs, feet, back pain, and sciatica
- Eating disorders, obesity, and weight problems
- Constipation and hemorrhoids
- Addictive behaviours (drugs, alcohol, food)
- Lethargy, tiredness, and lack of energy

### **Healing strategies**

Although there is an extensive array the following short list is a good starting point.

- Examine the earliest childhood maternal relationship/memory and reclaim the right to exist
- Physical activity – running, yoga, aerobics, weights, stomping to affirm being rooted
- Physical touch -massage (using red/earthy essential oils e.g., cedarwood, patchouli, myrrh, frankincense, and vetiver)
- Connect with nature – gardening, tree hugging, walking barefoot on the earth
- Vibrational work – extensive use of red (food, clothing, crystals, and gems)
- Journaling

### **Affirmation**

I deserve to be here, my needs are met, and I am immersed in abundance.

### ***Energy Center Two / the Sacral Chakra***

#### **Barbara's Yarn of Imbalance and Disturbance**

Barbara grew up in a household where pleasure was frowned upon. Her mother, a divorced single parent, believed hard work was rewarded and not frivolous play

and creativity. She sacrificed pleasure to survive. Could it be that Barbara's mother was never encouraged to have fun?

The child of an older ultra religious father and a wife 30 years his junior, Barbara's mother displayed the parenting pattern her parents used – cold, manipulation. Generally, she would shut Barbara off in her room where pleasure came in the form of toys, cookies, extra time with the games on her tablet.

Barbara who experienced neglect, coldness, and rejection, was manipulated by a mother who would reward her with hugs for good behaviour. As a young woman, Barbara lacked desire, passion, and pleasure. With deficient Sacral chakra energy, Barbara was frigid and fearful sexually with poor social skills, rigid and anxious about change.

### **Associated physical/emotional challenges**

- Gynaecological and or fertility problems
- Cysts, menstrual difficulties
- Problems during pregnancy and childbirth
- Low back pain, knee problems and lacking flexibility
- Loss of appetite for food, sex, and life
- Find it hard to be alone

- Harbour a sense of inadequacy

### **Healing strategies**

Although there is an extensive array the following short list is a good starting point.

- Yoga and meditation
- Movement therapy
- Creativity through inner child work
- Find and practice healthy pleasures
- Journaling – related to body work – which parts are liked/disliked

### **Affirmation**

I move effortlessly and freely and deserve pleasure in my life.

### ***Energy Center Three / the Solar Plexus Chakra***

#### **Tambu's Yarn of Imbalance and Disturbance**

As a preschooler, Tambu was never allowed to be separate from her parents. Her mother treated Tambu as an extension of herself. When asked questions by adult family members, Tambu often turned to her mother for approval prior to answering.

At 4 years of age, while her mother was taking time out, Tambu shouldered the responsibility of tending to her younger brother. She was a "little mom" expected to keep an eye on her brother, give him his bottle and ensure he was okay. To top it off, she lived with shame and disapproval when she did not provide the care that was expected or when she used control with respect to toilet training.

During a crucial stage of development, Tambu experienced neglect, shame, and rejection because of the battle between autonomy and guilt (according to Erikson, a noted child psychologist). In this stage of development, Erikson indicated toddlers focus on developing a greater sense of self-control. Tambu tried to accomplish things on her own as she exercised control over her motor functions (specifically toilet training) and attempted to develop a sense of doing things on her own separate from her parents.

Tambu wanted her mother's love, and defiantly despite a broken will, she would still seek approval from others. Failure to demonstrate control was met with shame and guilt and hearing that she should be ashamed of herself, or that she was dumb, stupid, or ugly.

### **Associated physical/emotional challenges**

- Eating and digestive disorders, ulcers
- Hypoglycemia and diabetes

- Muscle spasms, muscular disorders and prone to accidents
- Exhaustion and chronic fatigue
- Hyperactive/hypertensive
- Disorders of the stomach, pancreas gallbladder, and liver
- Unfeeling, uncaring, unaware of one's own and others' feelings
- Quick tempered, flaring up easily, prone to cover pain with anger
- Prone to act without thinking

### **Healing strategies**

Although there is an extensive array the following short list is a good starting point.

- Risk taking initiatives (deficient energy)
- Stress management and deep relaxation (excessive energy)
- Martial arts and sit ups
- Learning to release and control anger
- Encourage autonomy
- Work on personal power and strengthening the will

- Journaling about abundance and anger

## **Affirmation**

I can do what I will do, and I honour the power within me.

## ***Energy Center Four / the Heart Chakra***

### **Gillian's Yarn of Imbalance and Disturbance**

Gillian grew up without her birth mother who died in childbirth. Her mother was a frail sickle cell sufferer who in her quest for love partnered with a married man who loved her deeply. From infancy, Gillian's father boldly chose to include her in the family he had with his wife. This proved to be a challenging situation.

From her stepmother's perspective, Gillian was the constant reminder of her husband's extramarital affair. At age seven her father died. Without her father to love and protect her, Gillian was emotionally abused by her stepmother and sexually abused by her father's two sons. Her stepmother set up rigid boundaries and convinced Gillian she was unworthy of love and acceptance by the others in the household.

Gillian's heart was hard and cold. She had been abandoned by her parents' unplanned deaths resulting in her unresolved grief. She was antisocial and

withdrawn and because of sexual, emotional abuse and lack of love, Gillian was lonely, intolerant of others and lacked empathy.

### **Associated physical/emotional challenges**

- Disorders of the heart, lungs, thymus, breasts, and arms
- Sunken chest
- Asthma and shortness of breath
- Chest infections and pains
- Immune deficiency
- Circulation problems
- Tension in the shoulder area
- Depression
- Fear
- Capacity to give and receive love

### **Healing strategies**

Although there is an extensive array the following short list is a good starting point.

- Breathing exercises
- Exercising the arms – reaching out, reaching in

- Practice forgiveness of self and others
- Release of grief
- Journaling on self-discovery, and examination of relationship assumptions
- Cultivate forgiveness -regain power, reflect, recognition of universal love and forgiveness

### **Affirmation**

I am worthy of love and live in balance with others.

### ***Energy Center Five / the Throat Chakra***

#### **Manpreet's Yarn of Imbalance and Disturbance**

At 10 years of age, Manpreet was on a truth mission. Growing up she'd heard family stories. She heard that her mother was abused by her husband because he refused to believe Manpreet was his daughter. Manpreet was desperate to know her identity, had she been misinformed or lied to as a child?

Manpreet could not put the issue aside, she had to know the truth. Communication is the essence of the energy of the throat chakra. The atmosphere in the home was unpleasant. She mirrored the yelling and screaming behaviour that existed in the household. Although she was admonished and told she was to be seen and not heard, she defiantly used her voice as her defence.

Manpreet often talked almost as if to hear herself. She rambled on as her way of staying in control. Generally, there was too much talk and very little content. She was prone to lengthy descriptions of events, sometimes embellishing details to make the story more sensational and noteworthy. You might even say she fabricated stories. Manpreet was not a good listener, instead her tendency was to talk over the other person or interrupt them, essentially, she loved to run on and on, it was her defence.

### **Associated physical/emotional challenges**

- Disorders of the throat, ears, voice, and neck
- Thyroid problem
- Tonsillitis
- Tightness of the jaw
- Verbosity (chatty), tactlessness
- Limited awareness and insensitivity
- Self righteousness
- Loneliness and isolation
- Rude and bombastic behaviour

## **Healing strategies**

Although there is an extensive array the following short list is a good starting point.

- Release voice by singing and chanting
- Journaling, and automatic writing
- Practising silence (excessive throat chakra energy)
- Learn effective communication skills
- Loosen neck (rotation) and shoulders
- Meditation
- Use of blue foods, crystals, gems, and essential oils (frankincense, geranium, jasmine, sage, cypress, peppermint, eucalyptus, tea tree and lavender)

## **Affirmation**

I hear and speak truth.

## ***Energy Center Six / the Third Eye Chakra***

### **Chenguang's Yarn of Imbalance and Disturbance**

As an adolescent, Chenguang had difficulty concentrating on her course work. Rarely did her reality match what she was being told by her parents. They had painted a reality of an idyllic world in Hong Kong, a world

far from the life she lived as a teenager prior to leaving the country.

Chenguang was aware that relations between people in Hong Kong and mainland China have been relatively tense since the early 2000s. Yet her parents insisted they lived a life of freedom because they had the trappings of a good life. However, Chenguang knew that most recently her parents began living in fear because her older brother had been arrested for protesting relations between Hong Kong and mainland China. To protect Chenguang, in 2019 she was sent to a college in Canada where she would be far away from the tension back home.

Chenguang kept hearing from her parents about the happy life they were experiencing in Hong Kong even as she heard that now it is easier to punish demonstrators and activists. In college, she struggled to establish friendships and when she interacted with her peers, she seemed spaced out, with details of far away visions. Chenguang's increased psychic input minimized her ability to "see clearly", she had difficulty concentrating and her grades were not as expected.

### **Associated physical/emotional challenges**

- Headaches
- Vision problems
- Abuse of higher powers

- Skepticism
- SAD (seasonal affective disorder)

## **Healing strategies**

Although there is an extensive array the following short list is a good starting point.

- Visual stimulation
- Create visual art – colouring and drawing
- Meditation
- Working with memory
- Guided visualizations
- Connecting image with feeling
- Journaling – creating a dream diary

## **Affirmation**

I see things in clarity as I open to the wisdom within.

## ***Energy Center Seven / the Crown Chakra***

### **Your unique yarn - Personal History of Imbalance and Disturbance**

An opportunity to look within.

What is your narrative; does it correspond with deficient elements or excessive elements?

You were presented with narratives associated with imbalances and disturbances of six energy centers/chakras, specifically the root, sacral, solar plexus, heart, throat and third eye chakras.

Now it's your turn to reflect on the crown chakra which develops in early adulthood and beyond.

Do you experience one or more of the following Crown chakra imbalances (either disturbance/deficiency or excess) or is it balanced? Read on and decide.

- Disturbance or deficiency
  - the need to be right – supporting the ego with the delusion that we know it all, thereby creating separation from others
  - the know it all - when the mind closes to new information about the Infinite/Universe/God – refusing new knowledge
  - failure to learn – not being able to incorporate change, difficulty understanding or retaining new information

- belief in limitation/constantly limited – grounded in limited thinking
- ignorant when it comes to spirituality, alienated from Source / spiritual skepticism, believing nothing exists outside that which is tangible
- longing for something more in life
  - (Portions adapted from Anodea Judith - *Eastern Body, Western Mind*)
- Excess
  - over-intellectualism – communicating in a way that exemplifies a level of brilliance
  - spiritual addiction – exemplified in vows of poverty, chastity and obedience –where individual growth is stunted as with any form of addiction
  - overwhelm – having too much information and not knowing what to do with it
  - psychosis – when the fifth (throat chakra), sixth (third eye chakra) and the seventh (crown chakra) manifest as voices, hallucinations, or delusions
    - (Portions adapted from Anodea Judith - *Eastern Body, Western Mind*)

- Balanced expression
  - letting go into being
  - bliss of your inner sanctuary
  - awareness of your infinite potential
  - alignment of body, mind, and spirit (even if not somewhat sporadic)
  - feeling one with the Universe and Creation
  - self realization (the apex of Maslow's Hierarchy)

### **Associated physical/emotional challenges**

- Migraines
- Brain tumours
- Cognitive delusions
- Amnesia
- Coma
- Withdrawn
- Depressed
- Fragmented as if things are falling apart
- Emptiness - longing for something more in life

## **Healing strategies**

Although there is an extensive array the following short list is a good starting point.

- Re-establish spirit connection (deficient energy)
- Learning and study
- Spiritual discipline
- Meditation
- Re-establish emotional connection (excessive energy)
- Examine belief systems
- Focus on goalsetting

## **Affirmation**

I am guided by inner wisdom.

In this chapter, I examined the threads of spirit injury resulting from child rearing and development, environmental and familial trauma, and stress.

You are invited to scrutinise each narrative (energy center/chakra) and imagine how the separate or clustered threads are embedded in you.

In your healing journey, please hold no animosity toward your parents and grandparents, or older family members. Instead, review the strategies and

affirmations above as you chart your enlightened wellness path.



Helen Pearman Ziral, PhD, professor of Humanities and Social Sciences is a human relations communication specialist, facilitator, and coach who, for over 20 years has been conducting workshops focused on women's resilience,

intrapersonal strength, and transformation, as well as stress management.

Dr. Helen Z focuses primarily on the convergence of spirituality and intergenerational spirit injury along the matrilineal line.

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## 2. How to Lead Yourself Through The Darkness

### Extraordinary Leaders Can See In The Dark

Tara Myshrall

The ability to lead yourself through the darkness and through times of uncertainty in your personal life has a tremendous impact on how you show up as a leader in the world. We demonstrate our leadership skills first in how we choose to lead ourselves.

Despite all outward appearances, many leaders are often facing their own internal battles and have overcome traumatic experiences in their lives. The people who appear to have everything together can be experiencing a very different reality behind the scenes. It is in these moments of navigating life-behind-the-scenes, deciding how we will lead ourselves, that we are able to connect with our leadership qualities on an even deeper level and discover that our experiences hold gifts, regardless of how difficult they may be.

This is what makes great leaders extraordinary. They are ready and willing to take ownership of their life and everything that has happened to them, the good, the bad and the ugly. They feel the fear but they do it

anyway, trusting that they can lead themselves through to the other side.

I recently realized that I had been pushing down some pretty serious traumatic events and memories from my past that were calling out for attention. After some triggering moments that had me lashing out in my old patterns, I started to get curious and I took the time I needed to guide myself through the process of healing and being present with what was actually going on.

Through my self-reflection, I started to better understand that the things I resist, persist. And my old way of doing things wasn't going to serve me anymore. I had been stuck in the survival patterns of fight and flight, refusing to address some of the more traumatic memories of my past.

### **You Always Have a Choice**

I used to want to avoid pain so much that I would run from love. I didn't love myself enough to truly express the pain that was hiding in the shadows of my mind until something would happen that would trigger a physical reaction in my body, taking me right back to those powerful moments as if they were yesterday.

In refusing to face our fears, we stay stuck and small. We let fear win, instead of love. These moments of perceived darkness are actually gifts. They are opportunities to connect with parts of ourselves that are crying out for

attention and lead ourselves through what needs to be expressed and processed in the body.

Being a leader means that we are able to be present and witness what is taking place at this moment, within ourselves.

*Do you see how even the darkest of moments offer you gifts?*

*Do you sit in the pain, process it and then move through it?*

*Do you look at the unfolding of your life with curiosity?*

*When we avoid looking at the pain, we often silence our inner child. In my hiding and avoidance, I was failing my inner child. She did not feel safe. I was ignoring her truth and ultimately, I was taking her for granted and making her feel like a liar, just as so many had done to her in the past. I didn't make it clear to her that it wasn't her fault that these monsters came lurking in and it wasn't her fault that she couldn't stop them.*

*I was stuck in flight mode, running from one thing to the next, avoiding what was truly happening and unfolding in my inner worst moments. Despite everything looking polished and put together on the outside, my inner reality was very, very different.*

*What I've come to realize is that only facing the pain, feeling it and letting it go can truly heal it. Surrendering to the pain temporarily, so that it can be processed out of the body is how it is released so that you're finally free from it.*

*This is what it means to lead yourself through the dark, being able to feel the pain, look at your reactions directly and move through to the other side. On the other side of fear is always love. Yet the fear can be so loud that it keeps us stuck and silently suffering. To lead yourself through the dark is to be able to feel the fear and do it anyway, believing in your ability to come out on the other side.*

Maybe you've experienced these moments where life goes sideways. Where you go into reaction or your inner child needs attention and you recognize that something is off. Whether it's a trigger from a colleague or a moment of realizing that you are spouting shame onto a loved one, there are still experiences that bring things to the surface that perhaps we don't want to look at.

## **Recognizing The Voice of The Gremlin**

I really believe that becoming the leader that we need for ourselves and our communities, starts with recognizing the voices in our heads that don't belong to us. Women everywhere struggle with voices telling us that we aren't good enough, worthy enough, doing enough, or being enough. We are constantly bombarded with messages that we need to change who we are, that we need to perform, that we need to show up in different ways and do more, be more, perform more.

These voices in our heads can get SUPER loud. So loud that we believe them and listen to them. Self-leadership starts with recognizing that these voices in your head aren't you. Some people call them the ego, some people

the saboteur, but I resonate the most with the word gremlin. These little gremlin voices can show up when we least expect them. And they always get REALLY loud when you are on the precipice of a breakthrough or ready to step into the next level.

These inner gremlin's job is to keep you safe. And it does this by telling you to avoid pain. It tells you to avoid facing your fears. It tells you to keep running and to keep fighting. Because this gremlin doesn't know how to lead. It doesn't know how to move forward in life. It doesn't know how to heal or how to grow.

The only thing the gremlin knows how to do is keep you safe. And it thinks that staying where you are will keep you safe. And it might. But if you stay in safety, you will be living in fear.

When you boil everything down, there are only two options in life: Love and Fear.

### **The Scream Vs The Whisper**

Everyone has their gremlins, they are part of our evolutionary development to keep us alive. But when we realize that the voices of the gremlins aren't really us, they are just voices trying to keep us safe, it becomes easy to free ourselves from their power.

When we can dissociate the gremlin as the gremlin and not who we truly are, we are then able to hear the voice of our soul, which is the voice of love. Because just as

much as the gremlins want to speak to us, so do our souls. But the thing is that the gremlins will scream at you, and the soul will whisper.

They are very different voices and aspects of our being. And when we can recognize these different voices and how they like to show up, the patterns that they use, we can become extraordinary leaders who are able to navigate the inner world.

Once you can separate yourself from the gremlin voices, you start to realize that you can feel the fear and do it anyway. Despite the gremlin voices getting louder and louder, you have the ability to take radical ownership of your life. This is where a lot of people get stuck. They become paralyzed by fear. Because what they don't know is that on the other side of the fear is love.

### **Feel the Fear. Do it Anyways**

We feel the fear. We do what we are called to do anyway. And then we discover love. We discover the next level of our lives. We discover the thing that we thought was out of reach. We heal.

But the process of feeling the fear, of doing the things that our souls are calling us to do, this is the land of the in-between. This is what it means to lead ourselves through the darkness.

It's the moment when you leap and hope that life will catch you. It's the moment when you look your pain

straight in the eye. It's the moment when you meet your inner child who you have abandoned. It's the moment when you hold the truth of what has really happened to you. It's the moment when you bring your attention to the thing that you have been running from.

You know that expression, "what you resist persists?" This is the moment you stop resisting. You let yourself experience the pain, the tears, the rejection, the sadness, the isolation, the loneliness, that was created from the trauma. And you lead yourself through to the other side.

Anyone who knows me knows that I'm a fighter. I fight for injustice and inequality. I fight for the underdog, for the people who have no voice or who are overlooked by society.

Being a fighter has become an ingrained piece of my identity. But through doing this work, I was reminded of my inner child, the little girl in me, who I continued to abandon, who I didn't fight for. This inner child was desperately crying out for attention. She wanted to be loved and nurtured and to be safe. And I was busy fighting for everyone else, stuck in survival patterns where I fought for those around me, but continued to abandon myself.

By taking the time I needed to look at these dark memories, these traumatic experiences, I was able to transform their power over me. I was able to meet my inner child with love. I was able to hear what she had to

say, to listen to the wisdom that she had to me. To hold her as she was crying. To apologize for not fighting for her and for not being able to protect her. I was able to reparent. And to hold the space of being both the child and the adult in the room.

This work was strengthened by moving energy through my body because I know that the body is able to help with healing. I spent time in nature, I hiked in the woods and let the emotions, the fear, the sadness, the rage, move through my body. I soaked in a hot tub and let the bubbles melt the pain that I had been refusing to feel. And I led myself through to the other side.

This has been the pattern that has taken place over and over again in my life. This is what it means to be an extraordinary leader, to be able to walk through the dark, to lead yourself to the other side where you are a better version of yourself because you are committed to love. You are driven by love and you are following your soul. You are embracing all of you, the pieces that were abandoned or neglected or abused. The parts of you that hold gifts for yourself and for your future.

This healing has reframed my relationship with myself. I'm able to recognize my gifts of fighting for what is right and just and needed in the world. I am able to recognize my gifts of leading myself through the fear and through the fire and I'm able to show others that it is possible for them and for their lives.

This process also allows us to transmute our past experiences and write a new story. We can process the pain and emotion and let it pass through our bodies, moving to a new reality where we hold the wisdom of the experience, but not the emotional charge or wounding. This can create superpowers that will fuel your leadership to the next level.

Because when you know how to lead yourself, you will show up as a better leader for your team and for your community. You will be connected to your gifts, you will know that you have the strength to walk through the darkness and face the fears. You will know that your commitment to love is greater than the voices of the gremlins trying to keep you safe. You will know that you can show up with all of the pieces of you as you work to create a life that is wildly free, expansive and designed by your desires.



Whether it's climbing Mount Everest, speaking to a room of influential executives or literally jumping out of an airplane, Tara Myshrall is a speaker who inspires everyone she meets. Powerhouse Tara Myshrall calls her audience to rise up

and slay the insecurities that stand in the way of authentic power.

As a speaker and teacher Tara shows that expansion is possible and offers practical tools of enlightened self-awareness to illuminate the path of true empowerment. Motivated by the desire to support and serve her audience, Tara embodies radiant power and presents opportunities for new possibilities to emerge for her audience.

Building multiple careers from the ground up, Tara Myshrall is an industry leader and currently the Public Sector Manager of Canada with Information Builders, an international company that streamlines data management. Tara is the Regional Vice President for Talend Canada.

Focusing on business intelligence, predictive analytics, data quality and big data, Tara serves law enforcement agencies, healthcare, and municipalities throughout Canada. Tara's driving motivation is to provide a service that enables her clients to make data-driven decisions to compel change and enhanced results.

Tara also worked as a national account executive and regional trainer with both Dell Canada and Danier Leather, building her career from the ground up and becoming an influential and powerful force. Through dedication and hard work, Tara built a career around providing exceptional service to everyone she encounters. She continues to push the limits of sales possibility, is an integral leader of multiple teams dedicated to growth and precision.

The proud mother of an 18-year-old son, Tara is an involved parent and sole provider for her family. Motherhood is a huge part of Tara's life and she is continually both challenged and inspired by her son and strives to be a positive example for him.

### Mission

My mission is to inspire and equip women to chase their dreams, serve the world and honour their unique contributions with love and compassion. I believe in helping women expand their potential and overcome beliefs that keep them trapped and playing small.

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## 3. A Beautiful Destruction

### Natalie Bouchard

“The answers and the best route for the quest come from the inside. The answers to all your questions are already within you.” How many times have you heard these statements? I don’t know about you, but these statements frustrated the %^&\*# out of me.

Simply put, I wanted it all! I remember feeling so overwhelmed and frustrated, and boy, was I triggered a lot! I worked hard and felt like I was doing everything alone! I felt that when one area of my life was good, something would happen to mess up my happiness. I was a corporate-executive mom juggling it all. On the outside, my life looked great. I had a good husband who was a great father, had a beautiful home, had two beautiful healthy girls, and earned six figures doing what my parents believed amounted to success. But deep inside I was unhappy, leading to a lot of shame in me. I kept telling myself, “I should be happy. What is wrong with me?”

For years, I believed I understood what mindset work and personal development were. I used to believe that mindset work was all about controlling my thoughts and being positive. Today, I understand clearly that it is not about positive thinking. This is the biggest misunderstanding in this industry. I was trying to put positive thinking on top of something that I had a

negative feeling about. My body could feel the difference between the life I was living and the life that I knew deep down I should be living. This was causing huge stress on my body, and I started to accumulate more fear and frustration.

My mind was filled with chatter, statements such as “I should feel this way—but I don’t.” I kept going to my mind for more answers, slapping positive affirmations on all my sabotaging thoughts and expecting my life to change. I clearly did not understand what mindset work was all about. I was forcing ideas because I had been told this is how it’s supposed to be, and this is the way an individual should feel. I was not paying attention to the damaging chatter, and I would constantly go into action toward a new goal, hoping that it would finally bring me the happiness I sought. Instead, I felt drained. I couldn’t wait to get “there”—wherever “there” was for me at the time—so that I could leave that place of discontent and longing. My worst chatter was “Why did it have to be harder for me than for others? Is the universe teaching me more lessons?”

I remember looking through social media and feeling bad. I’d see lifestyles that I wasn’t living and think to myself, “There’s no way they’re living that life! They are all pretending to be happy. Life can’t be that easy. They are definitely struggling with something and lying about it.”

Then it all started to crash! My health, my job, the money, my career, and my marriage.

One by one. A beautiful destruction.

Of course, I visited doctors and psychologists to figure out what was wrong. I thought I was experiencing a midlife crisis. I received all sorts of diagnoses. I call them reductionistic diagnoses. If the professional you are working with does not understand mindset work, they will diagnose your paradigm by placing a label on it. Yes, most psychologists and doctors have not fully embodied mindset work. You are not your paradigm! You are not your mind or your thoughts! I am going to get deep here, but it is your birthright to understand all this information not taught in schools. I don't just guide people toward a good life; I guide my clients toward living a life that is so beautiful and grand that they would want to relive it over and over again.

What are paradigms? Paradigms are a multitude of habits, behavior, and beliefs that control 95 percent or more of your daily actions, which in turn control all your life results. Before the age of seven, our subconscious mind was wide open. Theta, a lower vibrational frequency than your conscious mind from a brain-activity perspective, runs your world from zero to seven years of age. Basically, your entire operating system is wired from the ages of zero through seven. Whatever you were told, experienced, and saw and the decisions you made about the meaning of things that happened, you took them all in and created ideas and stories around them. The first seven years of your life are foundational to your present goals and perceived limitations. That's why the ancient Greeks would say,

“Give me the child until he’s seven, and I’ll show you the man.” They understood the importance of those first seven years.

Every time there is some sort of limiting belief, behaviour that we don’t understand or are unsure of its origin, it always comes from zero to seven. So, if you are saying things like “I have this and that [PTSD, bipolar disorder, health issues, some sort of bad genetics, hormonal issues, bad financial luck, bad luck with love],” I’m here to trigger you by saying you don’t have any of that! You’ve been misdiagnosed because you have a collection of behaviors, beliefs, and habits that you inherited in the first seven years of your life, and people, possibly including you, are putting a label on them to make sense of them and identify you with some disorder. All you need to do is correct the behavior, and guess what happens? The issues with your love life, money, health, mental health, and business all go away! See, I had quite the childhood, filled with negative events. The limitations I was experiencing as an adult had everything to do with all the labels, self-judgments, and agreements I made with myself in the first seven years of my life.

So, if I am not my thoughts, my inner chatter, my mind, or my paradigms, then who am I? For most of my life, I believed I was my thoughts. My thoughts, filled with past stories, controlled my entire adult life. When I began to study mindset work, I discovered that my mind was intended to be this powerful tool that I control to manifest anything I desire in three-dimensional form.

But we are conditioned to step away from our soul, step away from desires, settle for less, and let our minds be filled with past stories to govern our daily decisions, continuously creating the same day, week, month, and year.

My first step was to ask, “What do you really crave, Natalie?” What I didn’t realize back then was that one’s purpose—one’s authentic self, one’s true self—is found on the other side of what one deeply craves in life. But most have been taught that what they crave is wrong, bad, unnecessary, impossible, and selfish. They have built so many layers of paradigms on top of who they really are and are so far removed from their authenticity that this question becomes so challenging to answer. Or in many cases, the paradigm controls what you believe you desire causing you to end up with a pseudodesire, not an authentic desire.

Pseudodesires are found all over society — “If I had that body, I’d be happy;” “If I was a millionaire, then I would be free;” and “If I had the love of my life, then I wouldn’t feel so lonely;” are examples of pseudodesires people chase. These things will add comfort to your life, but they will not create happiness, freedom, and love in your life. You must first connect to and discover who you really are. When you do, you will also connect to your unique genius and gifts. No one will ever be able to take that away from you. That is freedom!

I began to discover who I was. I started to test-drive different vehicles despite my paradigm chatter saying,

“What are you doing? We don’t even like vehicles!” I did not listen to my mind. I started to discover who I was by listening to my body. Why my body? Well, your soul is a ball of energy connected to this infinite universe. No, your soul is not this thing inside your body that the majority have been taught to ignore. Your soul is infinite and beyond powerful. Quantum physics now proves what we once believed to be “woo-woo” is now considered legitimate science. But how do we listen to that part of us that is authentic and avoid listening to our sabotaging paradigms? Close your eyes and start listening to the feeling in your body. Listen to your intuition instead of the chatter in your head. Your soul speaks to you through your body.

## **MY BODY**

At one point, I started to look at bodies and athletes. At the time, my chatter was saying, “That’s vanity! Your body looks fine.” But my body was not doing fine. I was diagnosed with hypertension, high cholesterol, hypothyroidism, and cysts on my ovaries. My paradigm chatter was saying, “You are thinking of becoming an athlete when you have health issues and your body fat is at 36 percent.” But having learned tips on how to master my mind, I knew to check in with my body and place the focus away from my chatter. When I did, becoming an athlete felt light, not heavy. I immediately remembered that as a child, I always pretended to be a gymnast, a dancer, and a figure skater. Pretty much my entire childhood, I daydreamed of becoming an athlete. So, in my body, all this felt completely right. But in my mind,

the chatter was against it. I decided to listen to that feeling in my body—my intuition.

I had soul-aligned myself, I was learning to control my thoughts and fairly quickly I became an energetic match for what I desired. The exciting part is that my paradigm/thoughts were shifting quickly and the chatter was getting softer and mainly working with me instead of against me. For years I wanted to increase my motivation around my body and I finally figured how to do it.

See, your thoughts control your emotions, which in turn control your actions. So the power of my emotions pulled me into inspired action. I became so inspired that it didn't feel like I was moving against the current anymore. I struggled with my body for two decades, but in one year, I achieved third place on the world stage as a "professional" fitness athlete! I remember just knowing that I would be in the top three. I was no longer living life "hoping" for the results I wanted. I was living life "knowing" I was going to create the results I wanted. Here I am, over the age of 40, finding myself in several top fitness magazines and thinking, "Holy crap! Did this really happen?"

## **LOVE LIFE**

But then, things came crashing down once again, particularly my marriage and career. Interestingly, I had reached a quota of over 250 percent as a sales executive. I had achieved quantum leaps in my career

while simultaneously becoming an athlete, and I thought this would make me happy. But it didn't. Something about my career no longer felt right in my body. My inner chatter kept convincing me that this was great money and I would never earn this sort of money on my own. To make matters worse, my marriage was falling apart. One of the worst beliefs that I absorbed growing up is, "When one thing in life is good, the rest falls apart." Since my health was thriving, my career and love life would naturally fall apart. I knew too well that I was creating all this with my thinking.

I walked away from my home and my old life and started over in a home one-third the size of my previous one, with barely any furniture. However, these two years ended up being the most magical years of my life, far more magical than winning pro athletic medals!

I received a call that changed my life. I was studying with Bob Proctor, the world's top mindset and prosperity teacher, and wanted to meet him. A friend called to invite me to one of Bob Proctor's events. But the event would happen while I would be in Mexico. My mind wanted to say "no," but my soul was acting up in my body. Something was telling me to go. So I did the opposite of what I typically would do and said "yes." I never could have expected where my soul was about to guide me, but I knew it would be amazing and to trust it. I was led directly to my soul mate, in another country. My mind could never have attracted what my soul wanted to experience in a love life. It still blows me away how accurate my inner guidance was. It's important to

note that while I was going through my separation, I was writing a script of the love life I wanted. I wrote a script daily, in the present tense, of the perfect love life I deeply craved.

Interestingly, when I met Kevin, my inner chatter was telling me to run away. My mind was running with thoughts that music artists are trouble, that I wasn't even divorced yet, that I didn't need any man, that it was even irresponsible of me to date this quickly after a separation. But I could feel the energetic vibration that my soul was creating in my body. My mind wanted me to run away. But I could feel my soul. I was connected, and the more Kevin spoke, the more it became clear that he was not like any man I had met before. He was the one.

## **MONEY AND PURPOSE**

Now to my money situation. I had now left the corporate world. I was starting over in this little home. I did OK for a year and said in my mind, "Well, I'm doing OK." I'd only been in business for three months and was already on target to hit six figures. But then Erica, my eldest daughter, shared her greatly triggering thoughts. I will always remember her words.

"Are you OK, Mom?"

I answered, "Yes. Why do you ask?"

She responded, "Because we are living in this tiny house." Obviously, she did not like this downgrade. It had her feeling naturally insecure.

That woke me up! My daughter helped me see another paradigm that was controlling my life results. Growing up, when women left marriages, I witnessed them living with a lot less. I was creating that in my own life. Time to wake up, Natalie! I can do this with or without a man actively living with us. Yes, I had met my soul mate, but he had a life in the USA. I could feel that limiting belief leaving my body and being replaced with a new power I had never connected to before. I was going to conquer my biggest paradigm yet—my money paradigm. I grew up in an environment that was heavily controlled by money and went to work only to chase money. Also, men were the main providers, and even as a successful woman earning six figures, I was still living a limited life. I was waiting because I could not see myself building a dream home on my own. I could only see myself doing something this major if a man was actively present in my life.

I had finally woken up. My daughters are masters in triggering me toward awareness. I used to believe that having children was a disadvantage to my becoming successful. Today, I realize that women with children have a bigger advantage for success. The thing about living alone is that you get to be right a lot. When you are alone, you have no exposure to another opinion, which is how we grow the most. I was finally allowing my motherhood experiences and all the triggers that come with it to guide me toward more instead of resisting them. Did you know that on the other side of all your triggers is the life of your dreams? We live in a universe that is very precise and filled with so much unconditional

love. The universe is always guiding us toward what our soul desires. It does not test us, teach us lessons, or judge us. Limited, fear-based, and lack-based thinking is the root cause of all struggles on this planet.

I had to learn to drop my calculated ways and understand that when I felt resistance and when I was triggered in life, the universe was showing me what to look at so that I could change my perspective of it. I was finally seeing how perfect our universe is, and I stopped trying to change things outside of me and simply changed my thinking to match what I authentically desired. That's freedom! I spent most of my life seeking financial freedom. Believing in financial freedom means that you believe you need money, an object, to be free. The truth is, to attract the financial comfort I attracted, I had to learn how first to be free. That's why most are still out there chasing the elusive financial freedom no matter how much they earn. They are focused on the wrong thing.

That was it! I decided I could do this. I could build my dream home with or without a man. If I wanted something, I could go get it, no matter how big!

I knew that the only way I'd ever manifest a much bigger home for me and my family was to start being that person, here and now, that is an energetic match for this dream home. Your mind can only connect to achieving something this big if you become an energetic match for it. I believed, felt, saw, and did as though I was already that person with the means to buy my dream home.

Again, I needed to discover what my soul desired to experience in a home. So several times a week, I was out in show homes, googling homes, or visiting new listings. Yet the inner chatter was very loud that I was wasting my time and everyone else's.

Several months later, I was skating on the canal with my youngest daughter, Sophia, and she says, "Let's build on the canal so that we can skate and kayak from our backyard." My first thought was *wow, no!* But then I rejected that thought because my body felt curious. So we decided to check it out. I walked into a showroom and was so inspired. I immediately sat down with the builder and started to plan my 4,000-square-foot home. My old self couldn't have imagined buying this with a man, let alone with only my name on it. I really wanted this home. I spent the week asking myself, "What would it take for me to make this happen?" My realtor introduced me to her mortgage broker. My thoughts were getting really loud: *This won't work!* But I ignored my thoughts. Remember, our thoughts don't know how to get us to that next level of our life. Our thoughts are mainly based on past events and memories. However, our intuition is a powerful faculty we all have been gifted with. It picks up vibrations and translates them through our bodies. Understanding that feeling in our bodies is such a powerful skill for anyone to have. All I need to do aside from listening to the signals in my body is to stay focused on what I desire, and I know the "how" will reveal itself.

The mortgage broker advised that it would be approved, conditional on a massive down payment because I was less than two years in business. I needed an extra \$300,000.00 to make this awesome home a reality. I did not have it, but I decided to sign and buy the house. I would never expect a person to leap like this with blind faith. Please, understand; I was not leaping with blind faith. My decision to leap was backed by educated faith. I have worked with thousands of entrepreneurs in the last twenty-three years and know too well the stress and problems that are created when a person leaps with blind faith. But with educated faith, which means understanding how your mind operates, your success is guaranteed. I could feel it in my body that I would succeed. Within some months, the down payment was secured, and I was planning extras like upgrades, furnishings, and landscapes. A lot of what society would call "luck" started happening for me. There's no such thing as luck when you understand quantum physics. My business was growing fast. Yes, there was some growing pain, but the pain was the resistance that my mind was creating in my life. I simply said yes to a major luxury that I craved and stepped forward, and my entire life shifted so drastically.

I share my story not only to show you what is possible but to help you see that your intuition, controlled by your soul, is your compass. Your success is guaranteed once you learn how to follow your authentic desires and trust your intuition. There are two drivers in life: love (the desires of your heart guided by your soul) or fear (guided by your paradigms and thoughts).

What do you deeply desire when it comes to body, love, and money? Please take the time to journal the most important question of your life. This is the first step toward your freedom, love, and joy.



Natalie Bouchard is a High Performance Coach that works with women entrepreneur and executives who desire to be more magnetic with their body, be more magnificent in their love life, and be more masterful of their feminine, so they can step-up in their

career or business and unlock more abundance and joy.

<https://www.seaclearlynow.com/>

## 4. What The Heck?!? Except I Didn't Say Heck...

Melanie Groves

*"I think he's had a seizure."* I remember speaking those words as though in a trance. I could hear myself say it, the words echoing off the cold hospital walls, but I didn't want to believe it. Up until now, our son, let's call him "A" had done all the things we'd expect. He'd hit all the milestones of a healthy thriving 4 year old. And then this. It came 4 months after his 4<sup>th</sup> birthday. It seemed to come out of nowhere. While at the time I thought this was the hardest thing I had gone through, admittedly that first seizure knocked me to my knees. I would learn to find strength that I never knew I had as we took on this new way of life with our 4 year old "A" and at the time, almost 2 year old "L".

The morning it happened, my husband had dropped "A" and "L" off to the daycare. When he returned home, he mentioned that "A" seemed to have had an unusual anxiety type reaction where he held on to his dad for a longer time than usual. This was our adventurous boy, who once in a new place, said *"bye!"* and immediately went to explore. My husband was nervous about his vasectomy that day and so I thought nothing more of it, certain that he was simply projecting his nerves onto our son. His procedure was textbook, he emerged without issue. When he was set up on the couch in his recovery

position, complete with icepacks, snacks and the tv remote, I set out to pick up the boys from the daycare. It was a beautiful July day. Perfect weather, warm but not ridiculous humid, and a cloudless sunny sky. I breathed in this beauty and was thankful that my job re-structure had happened last week and not in the dead of winter. Funny the things you think about. I would come to realize just how much a blessing the timing of this job loss would be.

The boys were happy to see me, full of smiles, hugs and stories. I chatted with their caretaker for a few minutes and then we were off. It was such a nice day. I felt inspired. "Let's go to the park". Of course they were up for it. What 2 and 4 year old would refuse? It was a short walk from the daycare so no need for the car. The chatter continued as we made our way slowly to the park. With the park in sight we began to navigate crossing the street. With each little hand firmly in my grasp, and a last glance for any oncoming traffic we commenced the cross. We had reached the middle of the road when "A" tugged at my hand. I looked down to see what amusing thing he might have to say or point out but instead of a face filled with wonder, I found a face so pale as though all the colour had drained out. His eyes were wide in terror and his pupils so big you couldn't see the beautiful blue anymore. His body started to twist as his head seemed to arch in the complete opposite direction. He couldn't stand. And then his eyes went completely vacant.

Time slowed, it seemed, like in slow motion. The thoughts flooded in:

*"No time to think."*

*"No time to panic."*

*"How do I keep these 2 kids safe?"*

*"I'm in the middle of the road, one kid can't hear me and the other might dart out at anytime."*

*"Spring into action."*

*"Move! Go!",* I was literally moving like a robot.

*"Talk to the kid", "OK "L" hold on to mommy's shorts ok?*

*Don't let go."*

*"Scoop up "A" in your arms, back track to the side of the road.*

*"Sit on the boulevard."*

Only when safely sitting on the side of the road safe from oncoming traffic, with "A" laying on my lap and "L" next to me, did I allow myself to think. Except I couldn't hear myself think over the pounding of my heart.

What the heck just happened? Except I didn't say heck...

We would come to learn a lot about epilepsy. All about the many different kinds of seizures there were and the even wider range of potential treatments. All of which would inevitably fail. As luck would not have it, "A" was diagnosed with refractory epilepsy. Also known as drug resistant epilepsy. As the name implies, this form would not respond to traditional medication. So while 1 in 100 may have epilepsy and 67% of those would be controlled on anti-epileptics, he fell in the 33% that would not. How would we navigate school and sports and activities and life? Well, it turns out you do. He fared better than us I

think. He went on with his days and took the seizures as they came. The momma bear however was on high alert. All the time. Hyper-vigilant, ready to run upon any sign of impending seizure, leaping out of a dead sleep in the night if need be. It didn't come with a cape though but it did come with chest pain. I don't know if it came on slowly or all at once but it came with a heavy oppressive weight in the middle of my chest that was always there, always reminding me to be alert. What the heck?! Except I didn't say heck...

Thankfully in those early days, we were blessed with a kindergarten teacher who had experience with epilepsy and made it her priority to make sure he was taken care of while at school. She was a ray of sunshine. Truly, that sun that shines through those dark clouds, as though giving you a small peek at heaven.

As the tests continued and the resistance to medications was solidified, we got a glimmer of hope. The leading children's hospital in the country recommended a surgery. An epilepsy surgery. From all the scans it seemed that all the seizures originated from the same location in the brain. All clinical terminology aside here's how it was positioned, *"it's easy peasy, we remove the golf ball size part of the brain that is misbehaving and seizures will be gone."* Brain surgery. Inhale..... remember to exhale, brain surgery. So 3 weeks prior to his 6<sup>th</sup> birthday, "A" with excitement about the lasers they would use for the surgery and us tired from the 2 years of sleepless nights and days filled with worry, we

followed the best advice we had at the time and said yes to surgery.

The surgery went extremely well, as did his recovery. Within 3 days they were amazed at his recovery and sent us home to continue the healing. A week after the surgery, the swelling had gone down and I felt like I could breathe a little better. 11 days after surgery came the seizure. And 2 hours later another. And an hour after that another. What the heck?!? Except I didn't say heck...

We found ourselves back in the emergency room of the leading children's hospital and were told not to worry, and that this could happen as the swelling in his brain came down post-surgery. They administered a stronger sedative at least stopping the 12 seizures in 24 hours streak. For now. And home we went.

14 days after surgery we were back in the surgeon's office. The air was heavy as he delivered another blow. The pathology had come back and it turns out that the seizures as it would seem were a side effect of a more sinister autoimmune disorder where his brain was attacking itself. He gave us the diagnosis. A name I'd never heard of, and of course we hadn't since it's fairly rare. My research would soon uncover that it occurs at a rate of 1 in 500,000. Extremely rare. The surgeon makes a referral to a neuroinflammatologist (yup that's a real specialty, who knew), and he talks a bit more and then let's us go. If I had to pinpoint the moment where we lost hope, I'd say here. "A" started to withdraw, his normal talkative, inquisitive chatter seemed to vanish overnight.

He was quiet and an anger slowly starting to simmer just beneath the surface. His brother, now 3 and a half was starting to exhibit aggressive tendencies too. And the parents, us, well our strong veneer was starting to crack.

So as the momma bear does, I looked up this new condition. I spent hours on end researching and pouring through any medical journal I could find referencing the condition. Ha! Finally, my hard sciences studies from University was serving me. While I've always thirsted for knowledge, thrived on learning, the more I read, the more I was discouraged and the more I felt hopeless.

As if on autopilot we followed all the advice. We modified his medications. We started on new therapies requiring hospital stays and infusions. A year later "A" was completely withdrawn, he wouldn't look at the doctors or talk to the nurses anymore. He'd look to us to answer them. He physically positioned himself behind us. The seizures were just as frequent as ever. It was as though everything we tried would have a temporary effect and then his body would go back to this baseline. What the heck?! Except we didn't say heck.

*"Let's try chemotherapy"* said the neuroinflammatologist. It's now been 3 years, I am so worn out, I can't quite comprehend the link between literally annihilating his immune system, during flu season no less, for the hopes that it *might* have some effect on minimizing the seizures. My husband and I are barely talking, there doesn't seem to be any words. It's too raw. He looks into my red blurry eyes and I look for help in his, and all I see

is resignation, helplessness. Those eyes were a mirror reflecting my own feelings.

By December of that year he'd had 3 rounds of chemotherapy. He'd become neutropenic, which is bad. He literally had no immune system so he couldn't go anywhere. Not even to school. And as a first grader, he missed out on his Christmas concert, pajama day, snow festival and Christmas parties, which are a pretty big deal for a seven-year-old. "A" was miserable. So were we and the seizures, those blasted seizures, were now at an all-time high. What the heck?! Except I didn't say heck...

And so, on that December morning, beyond exhausted, with tears streaming down my face, and the chest pain so bad I actually started to think maybe I should go get that checked out, since it hasn't gotten better in 3 and half years, I embarked on an internet search for hope. And it came. In the form of falling down an internet search engine rabbit hole. I was "working from home", too exhausted to make the commute. So from my kitchen table I began my search for something. There *had* to be something. *Anything*. I was ready to try anything. The kids needed help. But what 5 and 7 year old were going to talk at therapy? Not mine. So, I searched out music therapy, drumming, art therapy. Turned out it was actually hard to find. Maybe I wasn't using the right search terms. I clicked on a link for a woman who did drumming, at night, under the full moon. It sounded out there, and if it weren't for the fact that the start time for the events was 2 hours passed bedtime for the kiddos I would have considered it. It was

something. I kept clicking though and clicking and honestly not knowing how I got there, I landed on a woman's website who practiced a healing modality that I had never heard of. Huna.

I felt a surge, a head to toe tingling exploded into full body goosebumps. Something compelled me to keep reading and then without even knowing why I picked up the phone and left this woman a message. And she called me back. In that 15 minute conversation this woman gave me hope. She said a few things but what stuck out for me was her saying *"it's time to stop fighting and start healing"*. I tingle head to toe as I write these words years later. It was as though somehow in a single sentence she had pinpointed the source of our struggle. We had spent our time fighting this, resisting this, all of this. "A" was literally fighting himself, instead of simply (simple but not easy) healing our trauma from this. There was absolutely no logic in it, my science driven brain knew it, and yet in that lowest moment at the kitchen table, stirred a knowing in my belly. It was as though I was being told something that I had learned already and forgotten. As though I was remembering a long-lost truth.

We met this woman and agreed to work with her. Explaining that "A" had been over inundated by hospitals and clinical settings she agreed to meet us in her home. Since neither my husband nor I had ever experienced a Huna energy healing she recommended we experience it, to support "A", and be able to share our experience to guide him into another treatment.

Life changing does not begin to express my first session. That heaviness in the chest that I mentioned, cleared, released, it just let go. It was as though I had been under water for a long time and was struggling to get to the surface to fill my burning lungs. With a huge breath out the pain was gone and then the tears started to flow. In that moment I realized that I hadn't allowed myself to cry, in years. The pent up tears flowed, in the most beautiful way, simple, cleansing, as though I'd simply opened a tap. For the first time, in a long time I felt lighter.

My husband had a powerful experience as well and I don't know if "A" could sense our change or was just more in tune with what he needed, but immediately he agreed to a session.

We walked in to this woman's home, her healing space was on the second floor. While he had not ever been there, "A" took off his shoes and walked up those stairs into the healing room without prompting. He laid on the massage table and almost immediately fell asleep. After the session he got up and smiled. He actually smiled. It had been a long time since we'd seen a true genuine smile. And then he walked over to this practitioner, this woman he'd just met, and hugged her! Given his wariness of any adults over the last few years this was huge! My heart was bursting, in a good way, and those tears welled up just a little.

We worked with her over the next couple of years. "A" worked at building up confidence, inner peace and in

that time, he also learned the ability to focus his breathing and stopping seizures in their tracks. He became empowered. I worked with her realizing that I'd been so depleted that I needed help too. As a family we learned to tune into our intuition, we learned to meditate, and we learned the importance of reconnecting to nature. We learned to find joy in the present moment. To see these little moments as the big moments. We found hope. And in that hope, peace.

In this storm of seizures, we found the collateral beauty, that sunshine peeking through the dark clouds, and it came in the form of energy healing. We still have stormy days, the seizures still come, but now at least we have tools to support us and we remember to fill our cup.

In the process of searching for healing for "A," I found healing for me too. Having seen the dramatic and profound impact Huna had on our family, and to support my thirst for learning new things, I learned all I could. I studied with this beautiful woman, and I learned the practice. Sharing Huna is my way to pay forward the hope it brought me. It's my way to help spread that sunshine to others who have fallen into their dark storms and feel lost. I understand them. I am them. I was there too. If I were to sum up the wisdom I gained on this journey, and if I could go back in time to the woman at the beginning of this story, it would be to tell her this: *"Trust that the sun is always shining, even if it's hidden behind the clouds. Look up. You'll find those rays in the most unexpected places."*



Melanie is a Huna practitioner. She is certified in Huna, Reiki, EFT (Tapping) and NLP and is passionate about using these tools to help her clients step out of their storms and into their best lives. She lives, works, and plays along with her husband

and two boys, in Milton.

<https://metamorphosishealing.me/>

# 5. REFRAME & TAKE CONTROL

Ella Balkwill

We've made it through another year and are now sailing along into 2022. While the past is behind us, many of us may be challenged with embracing the current present. However, we do have the ability to control, and thoroughly enjoy, the here and now. Control? Yes! Each of us has the ability to control our attitude, and hence our perception, towards whatever is happening in our life - in the here and now! There are a variety of ways to reframe our life, adjust our perception and move into our future - happily and with our heads held high.

## **Live in the "now"**

Every day should be considered an adventure: the good, the bad, and the ugly. Every experience can add spice to our life if we keep our mind and body connection open with daily positive thinking. Rather than fret about our future, or think ahead, breathe and enjoy the here and now. 'Now' is the only time we ever really have to fully immerse ourselves in any daily task. It could be as simple as going for a walk or sitting in the sunshine on a warm summer's day. It is all ok in the now.

## **Be grateful**

If we are open to seeing lessons in the 'bad' experiences which occur, there is always a blessing to be found. Gratitude is a powerful emotion which generates much reciprocal energy. Writing daily in a gratitude journal will help harness the power of this exercise. Give thanks for our health, our family, our size 6 feet...whatever we feel in the moment. The more gratitude we send out the more we receive back.

A gratitude journal is a tool to keep track of all the good things in life as well as our adjusted perception of the not-so-good things. It is a habit which, when cultivated and practiced daily, reaps tremendous rewards. Performing simple acts of gratitude can have a huge impact on our health and happiness. Begin each day with a few minutes of gratitude – journaling - as it solidifies all the goodness in our life. It creates a lasting mood boost throughout our day and can take us from the feeling of being “just okay” to feeling fabulous.

By recognizing and recording our blessings, it can absolve negative vibes. This act of recording helps us realize, no matter how difficult life can sometimes feel, there is always something to feel grateful for. Writing down our thoughts strengthens the impact of what goes out. It can also give us clarity about what we want more of in our life and that which we can do without.

Gratitude journaling helps us become more grounded. By concentrating on what we are grateful for, we begin

to notice even more. It helps us to feel more balanced and less thrown off by any daily stress. As we continue journaling, our words act as a beacon for good things and good people – ultimately drawing even more goodness into our life.

When we purposely feel thankful for all the little AND big blessings, it increases our compassion making us more giving and generous to others. Gratitude journaling has been known to have a significant and positive impact on our well being, giving higher life satisfaction and an enhanced positive affect overall.

## **Meditate**

Take time daily to pause, reflect, unwind, close our eyes, breathe slowly and deeply, and find the peace which lives within us. Meditation is a good practice to add to our day. When beginning any meditation practice, it is better to meditate often for shorter periods of time rather than once a day for longer periods. Find a quiet place with no interruptions; eyes closed, envision a flickering candle, and focus on it while our mind becomes still and empty.

Like everything in life, practice makes perfect. Stick with it. When we meditate it can attract people and experiences into our life which will resonate both with us and our vision. The good things in life manifest when there is enough positive energy flowing towards it - making it real.

Negativity neutralizes good intentions. Flowing positive energy allows our dreams to come alive. Manifesting our dreams takes mindfulness and perseverance. Embracing a positive belief system will allow us to attract all kinds of wonderful new people and events into our life.

The Law of Attraction is ... like attracts like. Manifesting our dreams involves careful intention. Our bodies are made of energy. This energy works like magnets, both reflecting and attracting what we hold in our thoughts. The Law of Attraction works by answering our manifestation request with what we will call our destiny.

## **Forgive**

Forgiveness, of ourselves and of others, releases us from the past. Forgiveness is probably the most difficult feeling to act upon. However, forgiveness is the most important work we can do for ourselves. When done properly, it will free us and lighten our mind and body. It is very common for an individual to have a dozen people who need to be forgiven in order for peace and healing to come into their life. It is extremely liberating for the one forgiving.

Forgiveness is giving up the resentment, or anger, we hold against another person. Some of this resentment may have been building up for years. All of this negative energy can have a significant affect on us, our outlook on life, and our health. When we are angry with others, we are actually giving away our energy (power) to that

person. It weakens our own energy therefore sabotaging our body's health and happiness.

Through forgiveness we jettison the resentment and the anger. Some say, "*I can forgive, but I can not forget.*" It **IS** possible to forgive. And it **IS** imperative if we want to find peace for ourselves. Forgiveness is an act, not an emotion.

While it may be hard to forget the events which left deep emotional scars within us, we don't have to be thinking and talking about them all the time. By energizing negative thoughts, we are keeping ourselves, and our lives, from moving forward. It keeps us in a sad and resentful state which prevents us from forgiving those people who we believe hurt us. If the hurtful memories of past events still haunt our thoughts, then we are probably holding on to whatever pain or disappointment we associate with those events. When we hold on to that pain, we create baggage which we carry around through our daily life. It is a heavy burden. Some may find comfort in rehashing past grievances. However, they may also find it hard to find inner peace. This is a result of negativity blocking universal love from helping us move forward.

If we are searching for peace within, we must begin by forgiving ourselves for the unwillingness to forget. Recognizing the constant rehashing of past hurts only causes us to feel stress; it retards our growth while keeping us from enjoying the present. Accept that it has been hard to extend forgiveness. At the same time

recognize we are now ready to seriously move into a space of kindness towards ourselves. This allows us to find relief and move on to where we know we need to be. In time, the negative thoughts will lose their momentum and we will find that forgiveness for others easier, even though we never forgot. After forgiveness, the situation which caused the anger eventually becomes irrelevant in our everyday life. There is insurmountable freedom associated with the act of forgiveness.

It is often asked whether we must forgive someone in person. Absolutely not! A statement of forgiveness is usually seen as an attack on that person. The person being forgiven need never know. In reality, the person we are forgiving probably has no idea they even hurt us! The hurt we are carrying inside is for us to deal with and only we have the power to make it dissipate.

People may also believe, inaccurately, that others should forgive them. When we ask for forgiveness, we are actually asking the other person to do something we need to do for ourselves. If we are asking someone for forgiveness, we are really trying to apologize for something we have said or done. Don't ask for forgiveness; make an apology instead.

The very person we find the hardest to forgive is usually the one we need to let go of the most. All we need to do is to be willing to forgive. Forgiveness means giving up and letting go. It has nothing to do with actually condoning the other person's behaviour. We need to

understand the person whom we need most to forgive, may also be in pain and they are doing the best they can with their own awareness, knowledge and comprehension.

There is an exercise for dissolving resentment which involves writing a specific letter. This letter helps to clarify how we feel about a certain individual whom we need to forgive and what that person has brought into our life. When expanding upon the following sentences in a letter, it helps you absolve the pain and anger which you may be holding onto.

We hold onto pain because it feels familiar and therefore it feels comfortable. The problem is we remain stuck and cannot move forward. By loving oneself and moving beyond that pain, we heal and become true to ourselves. It is possible you have a sense of obligation towards the individual whom you need to forgive. Obligation can be a powerful emotion which needs to be re-evaluated from time to time. Once written, this letter may help to dissolve that obligation as it can help us recognize the person's importance, or lack of importance, in our life.

Address the letter to the individual whom you need to forgive and expand upon the following:

- I am saying farewell because...
- Saying farewell makes me feel...
- I remember when we...
- You have taught me...
- I want you to know...

- I will remember...

Sign the letter and then either put it away or destroy it. By taking time to analyze our relationship with that individual, anger and resentment will dissipate, allowing forgiveness to start taking place. The act of writing the letter is a letting go of the power that person may have over us. The issues become smaller until they become nonexistent, and peace becomes a lovely addition to our life.

### **Be aware of our thoughts**

It is important to think positive, expansive thoughts rather than negative, restrictive ones. Seeing ourselves progressing and growing in life - becoming bigger and more successful than we already are. We should enjoy our success while recognizing it looks different than anyone else's. This does not necessarily mean more money or clients. Success could easily mean freedom, peace of mind, relaxation and joy.

Our thoughts, deeds and words return to us, sooner or later, with incredible accuracy. It's important to make space for positive changes in our life by clearing out all thoughts which are not being beneficial to us. Like decluttering our kitchen or garage, our mind also needs to be decluttered, so we have room to attract new things which better serve us.

### **Declutter and organize**

Live lighter through the acts of decluttering and organization. Clutter can cause stress which has been known to increase cortisol production in the body; enabling free radicals to play havoc with our health. There are several physiological changes which elevate cortisol levels. These changes can include increased blood pressure or heart rate and increased blood sugars or fats in the blood. If there is no relief from stress, all of these changes are bad for healthy brain activity and can cause long lasting negative changes in brain function and structure.

When stress raises our body's cortisol levels, our overall health can be adversely affected, such as organ damage, the suppression of our immune, reproductive and endocrine systems, the lowering of our metabolism and insomnia. It is difficult to maintain a state of lasting wellness when our body energy is dealing with stress.

Having and updating a list of places and things, which need decluttering, can be very useful. We can then break down each area into smaller tasks which can be done within a day. By adding small five-minute tasks to your list, many items can easily be incorporated into a daily routine. Adding these smaller assignments into the large item list makes it very doable and customizable. It isn't as overwhelming when broken down into bite size attainable projects.

Aiming for a constant state of decluttering can help to keep our house, and life, easier to navigate through.

Streamlining our closets is also an acquired habit of purchasing less 'stuff' when out shopping. Another option is to keep eighty percent of our closet seasonal – housing only those things we actually need in the now, and more importantly, currently wear. If we have a problem with letting go of certain objects, or clothing, asking a friend to help can be just what is needed. Sometimes touching the item makes it harder to let go and a friend can make the separation seem easier. Ask the question; “Do I really need this?”

Space is precious. The less space we have the tidier and more organized we need to be. There are advantages to having a small living area as it solidifies the need for organization and minimalism. Flat surfaces seem to gather the most 'stuff' so being conscious of these spaces will help in avoiding clutter. Labelled storage containers also help with organizing and designating items.

Let our space be our inspiration. Look around and decide what needs to go. Remember minimalism is an expression which means keeping things very simple. Minimalism is about simplicity, utility and elegance. It is about “Less is More” in terms of embracing fewer things.

Marie Kondo, a Japanese organizing consultant, wrote the book, *The Life Changing Magic of Tidying up: The Japanese Art of Decluttering and Organizing*. Her first step requests us to put our hands on everything we own, asking ourselves whether it sparks us, does it give us joy, and if it doesn't, thank it for its service and get rid of it.

By letting go we are also enabling more love and lightness to flow into our world.

## **Travel lightly**

This action can seriously make life easier. Lose the stress, lose the weight, lose the burden. Travel light and save our sanity! This direction encourages us to take as little baggage as possible as we travel through our life – not just the airport! Try to avoid weighing ourselves down with a huge number of responsibilities, problems, or serious thoughts. Pack light to travel hassle-free. When we do this, it allows us to travel through life with as little baggage as possible.

Take a very hard look at family, friends and obligations which may no longer serve us well or bring us joy. These can send negative energy and stress our way – adding the burden of excess baggage. When we aren't being true to ourselves, our energy will begin to stagnate and become burdensome. The golden rule of packing light is to take half of what we intend to bring and carry twice the money. We may find we do not even need what we left behind. And if we do, we can pick up a new one or replace it with something even better.

## **Be the light**

In time of darkness, our light can offer hope, encouragement, kindness and compassion. Sometimes to “Be the Light” means to carry on the torch for what needs to be completed or made new. It may mean to

give of ourselves in a new way to a situation, or cause, or a relationship we are in. When we are being a light to others, it means we are approaching them with the gentleness and understanding that we ourselves crave. It means doing things which make us feel free and peaceful, we trust our intuition, showing compassion and kindness to ourselves and others, and believe in the simple truth that you are enough.

It is about bringing light to the places which are dark. It is about looking for opportunities to lift someone else up. What we admire in others, becomes a recognition of those very same things in ourselves. The light we see in others is a reflection of our own light. As we shine our light, we enable others to unconsciously do the same. As we give up our own fears, we are able to liberate others so they too may embrace their light. Be the light which helps others see.

Light is the invisible parts of life which hold the most power. In giving of ourselves through being a loving, compassion and listening ear, we are in a position to receive. What we give out always comes back to you. Love each other, the new people we meet, and those we already love. Love those who challenge us because they teach us lessons. Love our friends, our relatives, our partner, our animals and even love our enemies. Send out love continually to certain individuals and watch the magic begin to happen. When we send out love everyday, our light sends more love our way. This light and love can be felt in every cell of our body. Our life is magical. Our wildest, deepest, truest most exciting

dreams, which reflect our Soul – become our reality. We naturally light our own way by working to create light for others.

### **Replenish energy flow**

Our physical bodies are antennas of energy which can radically impact our health and well-being. Yoga and Tai Chi help tune in to certain energy frequencies which change the shapes of our cells which can then facilitate cell nourishment plus expel toxins from our systems. Yoga postures, and Tai Chi, form gentle, fluid movements from a previous position, held momentarily, and released. The static positions are like rabbit ears on a TV set. Through the movement and stresses we generate in our yoga practice; we both stimulate energy flow and reduce blockages to that flow. This flow stimulates growth factors and enzymes; and when activated, heal and nourish tissues, or dissolve away adhesions and scar tissue.

### **Trust in our Source**

Many of us have differing views on what powers surround us – some spiritual, some religious, while others are all encompassing without structure. No matter our perspective – many of us would agree there ARE forces at work, supporting us, guiding us, helping us to be the best we can be. Sometimes life may appear challenging – usually to help us move into another level of understanding.

Some of us may choose to request guidance and assistance from our Source and possibly, even our Guardian Angels. These requests may be answered immediately or possibly, at some other time, in our future. However, despite what our expectations may have been, what is actually provided is usually best for us in that particular time and place. There has never been a more appropriate time to trust in ourselves AND our Source.

### **Reframing aids control**

We have a myriad of options to start implementing into our here and now. These aids, help us not only reframe our perception, but will also assist us with controlling our inner perspective. It is highly recommended to revisit any of the points which resonated. Share what we've learned with those you live with....move forward with confidence and joy!

- Live in the "now"
- Be grateful
- Meditate
- Forgive
- Be aware of our thoughts
- Declutter and organize
- Travel lightly
- Be the light
- Replenish energy flow
- Trust in our Source

When we really love and approve of ourselves, exactly the way we are, everything in life works. There are little miracles to be grateful for every day and it becomes clear our life is going in the right direction. Our health and finances improve. Our relationships change and become more fulfilling. Our creativity expands into areas we never dreamed of. We realize everything seems to be happening for us without trying.

Loving and approving of yourself, creating a space of safety, trusting and accepting how life is unfolding for you, will all create more loving relationships in our life – especially with ourselves! All we have to do is reframe what is in front of us and then enjoy our new life.

Peace & Light!  
Ella Balkwill



**Ella Balkwill:** Having designed clothing, successfully ran an interior design business, and shared her artistic talents, Ella eventually flourished under insurmountable odds. After redesigning, not only herself but her life, Ella now shares

these vulnerable moments with the intent to help others thrive! You too can design your life!

[www.designyourlife8.com](http://www.designyourlife8.com)

# 6. The Wounded Healer

## With A Modern Twist

### Tammy Adams

*"Each truth you learn will be, for you, as new as if it had never been written."*

Egyptian Proverb

I am ecstatic to be a part of this anthology, "The Sun Will Rise Again". This subject speaks to me about empowerment and authenticity. It reminds me of my personal journey back to my authentic self and, ultimately, to my chosen profession. While I have experienced numerous shifts throughout my life, there were three significant steps which allowed me to take back my personal power: truly knowing who I was; reclaiming control over my subconscious mind; and healing the wounds of my past. These actions allowed me to leave my people-pleasing self behind and to fully embrace the woman I was meant to be. Today, as a wounded healer, I inspire and empower others to be the best version of themselves!

#### **Alchemy of the sacred feminine**

On its own, alchemy, refers to taking something ordinary and transforming it into something extraordinary. The process, itself, appears to be almost magical. Personal

and professional growth and transformation, while at times challenging, can also be magical. It is the blending of two parts to create something new and exciting.

Our ancestors understood human duality and consciously honored both the feminine and masculine energies. The male perspective leaned towards a linear, analytical, and rational approach to living while the feminine, in contrast, was rooted in creativity, empathy, balance, with a warrior spirit which was not afraid to stand up for justice. Over time, humanity has lost these connections.

The basis of alchemy is change. Alchemy of the sacred feminine, is the melting together of the male and female elements as an essential part of universal law. Much like the alchemist attempts to turn lead into gold, the essence of our existence should be a conscious, intentional actions towards being the best version of ourselves.

### **The wounded healer**

A wounded healer is a term created by created by psychologist Carl Jung. Jung believed healers felt compelled to treat patients because they, themselves, had unattended wounds and those who sought to help others were doing so because they were trying to help themselves deal with the results of a difficult past.

Research has shown 73.9% of counselors and psychotherapists have experienced one or more

wounding experiences leading to their career choice. Psychologist, therapists, and social workers have admitted their individual professions are full of specialists trying to heal themselves by helping others.

The alternative community is no different. Practitioners are attracted to modalities which have positively touched their lives in one way or another. Many practitioners focus their attention on gaining the certifications and training to deliver programs near and dear to their heart. They invest time and money in gaining the skills without an awareness they continue to carry their own wounds.

Whatever the motivation behind our personal change, or the life work we have chosen, it is very important to do our own healing. To work through our experiences, resistance, confusion, beliefs, etc.

I know this to be true on both a personal and professional level. I had convinced myself I was fine. However, I had to learn being intellectually complete is significantly different than being emotionally complete. These lessons were reflected in every decision I made and in how others approached and interacted with me.

I was, by definition, a wound healer

In 2000 I launched a coaching business called Turning Point. It seemed like an uphill climb. I had earned the certificates; I stayed relatively busy; but I just never seemed to find a productive flow. After six years I

decided to return to what I knew. I used to tell people I returned to the corporate world because no one understood what a life coach did, and I was spending all of my time explaining the process. Hindsight is 20/20. It is now much easier to connect the dots when I look back on this time

The crux of the matter - I had not finished the personal work I needed to do. I had read the books; attended the workshops; listened to the speakers; earned the certificates; and could recite the information. Although, I knew what I was talking about, there was still a lot of inner work to do on myself. Like many, I was far too close to my story to have, what I refer to as, an observer's perspective.

Remembering, and reconnecting to, who I was on an authentic level was one of the most difficult challenges I have ever faced. I had to engage and be an active participant in the process. I sought to take the reins back into my hands.

For change to happen I had to first realize I wanted my life to be different. Further, I had to believe change was possible and accept I deserved all which was coming my way. In order to achieve this transformation, I had to assume responsibility for my life, and I had to be willing to unlearn many things I had accepted as truth.

In order to understand this shift, I must begin at the beginning. Who was I?

I had many of the characteristics of a wounded healer. I loved to help others because it made me feel good. I never had a conversations with anyone where I did not want to offer up my advice. The lines were blurred between my work life and my personal life. I lacked clear boundaries; feeling overwhelmed and anxious as I tried to “fix everyone”.

I could best be described as someone who suffered from impostor syndrome. Others saw me as confident, secure, outgoing, capable, a risk taker, and a leader. Impostor syndrome appeared because my self-image did not align with how others viewed my ability. I can best describe myself as a people-pleaser, constantly trying to prove myself as I sought validation of my worth through the options of others. My insecurities kept me in a state of fight or flight - over performing. As a result, I had difficulties setting healthy boundaries. I never felt like I measured up. I kept raising my own bar until it was completely out of reach.

Ironically, I wanted to be respected and invisible at the same time. Criticism was painful and personal. I struggled for acceptance. My self-worth was dependent upon the opinions of others.

What I did not realize - I was about to learn my truth would be much different than the belief system I had accepted for myself. Once I found the courage to look within and take the necessary actions (introspection, self-discovery, and healing), THIS is when I became truly

free. The transformation felt almost like a rebirth.  
Magical!

### **Knowing who I was**

Every change begins with an awareness of wanting something different. The first step to healing is recognizing there is a wound. For me, I was tired of repeating the same experiences. I was tired of not being in control of my life. While I did not know exactly what I wanted, I did recognize it needed to be something other than what I had.

So, I began to peel back the layers. I CHOSE to do this – both the hard work and a dive deep into my psyche. Was it easy? Not always. Was it worth it? More than I can put into words.

Where to begin? The goal of being human is to remember who we are on an authentic level. The further we stray from our authenticity - the greater our stress and the higher our anxiety. Knowing who I was, on an intimate level, was the first of three major steps I accessed to find my way back to myself.

In 1995 I was introduced to a psychological testing tool called True Colors™. This assessment tool is based on the work of Carl Jung, a psychiatrist and psychoanalyst who founded analytical psychology. With the help of the testing facilitator, the results of the tool allowed me to not only intimately understand my personality, but it also allowed me to articulate my values, skills, talents,

motivators, stressors, etc. to others. It gave me permission to live authentically, without apology, and use this information as a roadmap for planning my next steps. As a life coach I always use this tool when I initially work with clients.

Personality assessments allow us to identify and articulate to others our values and needs. It allows us to align our personal and business decision with who we are; thus, allowing us to be successful in setting goals which support our core values.

### **Reclaiming control over my subconscious mind**

The next significant step was when I learned my subconscious mind was running the show. 95% of the actions I took, and the results I received, were being driven by my pre-programmed thoughts, beliefs, and emotions. Without this awareness I was essentially living in a memory.

My mind was so busy, keeping me safe and alive, it had little time to learn new skills or filter any excess stimuli. It was much easier for my mind, upon encountering a person, place, or thing, to revert back to a previous memory and preprogrammed response. It became fairly common for my subconscious mind to have neither the time, nor the interest, in the present moment.

I had no idea I could review my mindset (beliefs, patterns, and attitudes which drove my actions and thus my results), delete what no longer served me, and begin

creating new blueprints for my mind to follow. New responses created a new reality.

It was very important, for me, to hit the pause button and review my beliefs and attitudes. To take an inventory of where they came from, to measure these beliefs against who I was today and to decide (yes, I said decide) if they still aligned with who I was and wanted to be. I had never been taught my beliefs were just thoughts nor that these thoughts can be changed. These changes, however, must be made consciously and implemented with wholehearted intention.

A mind shift is not for the faint of heart. It took work and commitment to see the changes I wanted to create. My personal commitment saw me applying what I was learning 3 hours per day, over a 6-month period of time, and then repeating these commitments the following year. Recognizing what I was thinking, realizing I had a choice, replacing the thought, and through repetition creating a new reality. This was a seriously deep lifestyle change.

For me, it was not simply about replacing negative thoughts with positive ones. It was about choosing to identify the pain I had skillfully buried, completing these painful experiences, defusing my triggers, and neutralizing my pain. THIS was the missing piece. As a practitioner, I offer several energy and coaching solutions. However, I learned grief is the only human

emotion we **MUST** go through in order to come out the other side.

### **Healing the wounds of the past**

Unresolved emotions never leave our body until we face them - head on. I learned grief is normal and natural and with the misinformation I had grown up with, I remained trapped in my pain. I found peace by taking a few small and correct action steps. I was able to diffuse my emotional triggers and to permanently set my years of emotional pain down. Unresolved emotions had prevented me from moving forward and from truly living my life authentically. Identifying and processing my grief has figuratively cleared the table, allowing me to choose how I would like to reset it.

Replacing a negative emotion for a positive one, without healing the pain, can sometimes keep us trapped in the emotions of the past, rather than freeing us as we had hoped. True healing occurred when I gave myself permission to feel whatever emotions lived below the triggers.

I found the missing pieces to becoming my authentic self. I did not find them in more training but rather from within myself as I healed years of self-doubt, limiting beliefs, and emotional pain. This is the modern twist of the wounded healer.

Jung believed the professionals, of years past, continued to carry their wounds. I would like to believe modern day

professionals have chosen to invest in their own personal growth. If this is true, the wounded healer now takes on a new meaning: They have wisdom and clarity which allows the healer to skillfully escort others on their journey. The focus shifts from pain to healing.

### **The benefits**

As a practitioner, on the completed side of my pain, I recognize people need to help themselves. How can I be of assistance if I remain in the mud with them? My clients expect me to be ahead of them on their journey. They are not looking to share their pain; they are seeking a way out of it.

If you are not a practitioner, the advice still holds true. The support of a professional can ease the burden of healing someone's pain. However, when the individual discovers, for themselves, what needs to change, the lessons are longer lasting and resonate at a new level.

Today when someone asks me how to choose a coach or a practitioner, I suggest they investigate two things. Does the practitioner have the training to deliver the modality they are offering, and have they done their own healing? Has the practitioner invested the time, money, and energy they are asking you to invest in yourself?

### **Why is this important?**

I work with heavy topics, supporting clients who have many emotional or physical matters to work through. Being healthy, in my body and mind, protects me from

becoming too involved with my clients. It keeps me in the role of the observer and limits the chance I may unwittingly assume the responsibility for their healing.

As a wounded healer, with a modern twist, I no longer carry my pain and expect someone else to help heal me. I have taken the time to invest in myself and the result is a healer PERIOD! I am NO LONGER WOUNDED.

### **Alchemy of the sacred feminine**

Women are natural healers. The most powerful woman is empathic, balanced, and equipped to stand up for what she believes in. Through most of history women have been conditioned to be in a servitude role, a passive role, and in many ways, an invisible role. When women find the courage to heal, it frees them to be more of who they were meant to be. It empowers them to truly step into a leadership role.

Healing is not a selfish act. When women find the courage to do their own inner work, they have the capacity to heal pain which came before them and to prevent it moving forward into the next generation.

We all have our moments when we feel lost, insecure, unsure, or scattered. No matter how much inner work we do, we would not be human if we did not feel anxious, afraid, or hopeless from time to time. I am grateful for the struggles and the challenges I have experienced. I recognize these situations are where I acquired my greatest growth. I have always been

committed to, and encouraged, personal development. Today I stand by this even more.

With healing I have clarity around my purpose. Couple this with healthy boundaries and I am solid. At one point I actually worried I had lost my heart. On deep reflection, I realized I had opened my heart further but without any of my pain clouding my interactions with my clients. Healing, melting together my male and female elements, has brought me into harmony. Much like the alchemist I have transformed, improved, and strengthened the foundation of both my beliefs and my actions.

### **What does this mean for you?**

Human beings crave balance and harmony. This comes once we peel back the layers and successfully connect with our authentic self. We were not meant to stay wounded forever. We are programmed to grow, to move forward, to change, to heal, and to show others the way.

When we do our own inner work, we are able to connect, be authentic, and ultimately be more fully present with others than when we are wounded. We have empathy. We see healing as a process. And for a practitioner, healing is now able to be viewed as a partnership between the teacher and their student.

Healing is personal. Your healing will be reflected in your actions and your words. Others will be able to see and

feel the difference. It is what others may find attractive about you.

My coaching business of today, Intuitive Understanding, attracts people who are willing to do the work necessary to experience a different today and create hope for their tomorrow. My clients reflect where I am, today, in my personal healing. Strong, confident, peaceful with a true desire to show others how I arrived here. I am no longer teaching from a book, reciting another's words. I confidently guide people, through the modalities I offer, to have a different experience.

It is difficult to teach what has not been experienced. Healing does not mean the damage never existed. It means the damage no longer controls our lives. The wounded healer of today has chosen to heal their pain and as a result they are far more effective.

### **We are all healers**

Nobody escapes being wounded. We have all experienced pain: physical, emotional, mental, or spiritual. It is not about the question 'How do we hide our wounds?' but rather 'How do we heal so can we put our woundedness into the service of others?'. How do we teach others what we have learned? When our wounds cease to be a source of shame and instead become a source of healing we have become, in my opinion, the modern version of the wounded healer.

It's not about being a practitioner or not. We are all healers whether it be for ourselves, our family, our friends or for a stranger we feel the desire to help. So - which healer are you: The wounded healer of the past who remains stuck in their pain? Or the modern version who recognizes their pain and chooses to heal?

## **Conclusion**

The alchemy of the scared feminine follows the three aims of the ancient alchemist which included knowledge (self-knowledge through a personality assessment), health (a shift in mindset which can improve our health on a holistic level), and finally change (the results of healing the pain of the past and allowing a forward movement filled with hope). This is the process I followed. It allowed me to reclaim my personal power and realign with my authentic self. It brought balance back to my human experience. I am now the best version of me.

The wounded healer of the past remains wounded and tries to heal themselves by healing others. As a wounded healer, I realized in order to support others effectively I had to do my inner work. I can now appreciate where an individual is on their person journey, and fully comprehend they do not need to be 'fixed.' All any of us needs is a desire, and dedicated support, to heal ourselves and reclaim our personal power.

It is important to embrace healing as more than a painful dialogue or experience. Healing is about learning to truly love yourself. To move from a place of victim and embrace the many offshoots of healing which can include hope, pride, and personal satisfaction.

Understanding who you are, reclaiming control over your subconscious mind, and healing the wounds or your past are relevant to everyone. These steps will help you start your journey towards alchemy of the sacred feminine. If you choose to reach out to a practitioner, this information will help you identify a wounded healer who has successfully done their work so they can be 100% focused on you.

While I empower others to be the best version of themselves, I must continue to address my needs. Life is not stagnant, nor are we. It does not matter how much inner work we do, me included, there will always be more work to do. Everyone's journey is different. The key factor, for all who come out the other side of healing, is we continue to take forward steps towards our authentic self. To paraphrase Jung, an individual must go on learning, for their personal healing gives measure of their power to heal others.



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# 7. Changing Your Mind To Heal

SR John

We never really know how strong our minds and bodies are until we are put to the test, challenged it seems by the Universe. We receive a piece of negative news on our health and think, this is it. We are done! Whatever diagnosis the doctors give us, we may take as law. As if nothing can change the expected outcome. But it can change. If we are determined to heal, we can heal. Sometimes against all odds. It may not be exactly back to the way we were, depending on what is ailing us, but we can bounce back better than what we were told our life will be.

If we change our minds to think positively it can change our outlook on life. We can investigate other avenues that can help us get better, whatever they may be. So instead of sulking, and accepting our fate, we can motivate ourselves, push to do better, be better and change what would have otherwise seen us continuing to deteriorate. In the process of us thinking and being so positive, we can even motivate others to improve their lives as well. These are other people that need our strength to continue onward.

Who really is the boss of our bodies? Is it our minds or the voices of others who tell us based on our medical results, we are doomed? Is it the will to want to survive that keeps us strong? To not fall prey to what we are told by the medical systems that we will never be the same? Never walk again, never see again, never return our bodies to what we once were?

When I was going through my own health crisis, I had to stay positive, and I had to motivate myself however I could. I had been in a car accident, years before and unbeknownst to me, it was slowly damaging my spine to the point where when I went to see the surgeon, whom I thought was another specialist, I had to prepare for surgery just three days later. I was shocked at the news and the quickness of it all. But it answered why I was feeling the way I was. I was dropping things all the time and I began to limp, as my one leg would not lift when I walked. Causing me to stumble on my own feet. My entire body felt weak, and I had high levels of pain around my body. I was feeling worse by the day.

I remember hearing the doctor's words, explaining my situation to me and what the outcome could be. They could stop the deterioration, or I could continue to get worse. I listened, but I would not accept their words as gospel. I kept telling myself, "I am the one in charge of my body! I am the one who will heal it. Whether that is with the help of the medical system, or in other ways that are available to me. But I will find a way to make me better." This was just my way of keeping my mind strong

and on my intended target of healing. By no means was I discounting what I was being told. I just had to plant that seed in my mind to continue to think of healing, healing, healed!

Some may turn to modern medicine where doctors perform miracles every day and help to put us back together but don't discount that there are other modalities out there that can also help us to heal. So, keep an open mind and do some research. Because both are available to us. We have to want to heal and not play victim to our ailments. We may change our diets, lose some weight, begin to go for walks and get some fresh air and enjoy nature. Or maybe we move to another place, to find more happiness or healthier environments. Reducing stress in our lives is another good thing to do, but whatever it is that we change, as long as it gives us positive results, then we know we are on the right path.

I remember years ago, a co-worker who injured their leg during a sports event and was told they would never walk without a limp again. They were determined not to have that happen. They borrowed one of my exercise machines and worked at healing that leg. Months later, they were walking well. And years later, they were still walking without a limp. There were people I knew with diabetes who were told they would always need to be on medication. Yet, they changed their diet, took up exercising, and did not need to take medication as long as they kept to their healthy ways. Of course, this may not be the case for everyone, and we definitely have to

continue to check in with our medical professionals. But it doesn't hurt to investigate other ways of doing things and just keep an open mind. Also, we all have different healing abilities and the norm of what we were once told by doctors, isn't necessarily the norm for all. The human body is evolving. One doesn't have to look any further than today's athletes who heal quickly, from amazing situations.

Before I knew what was happening to me, I was already not giving in to my ailments. During my workouts at home, I would fall down, my body feeling pain and not as strong as I would normally be, but I would pick myself back up, talking some sense into me. "I don't know what is going on, but I'm the boss of my body", I would tell myself. "Get back up girl! Move! Jump! Lift that leg that doesn't want to go up!" But I would fall again as if someone was sweeping one of my feet from underneath me. I would try again, changing some things to accommodate whatever was happening to me, but I kept moving. I could not lift the weights I used to and tired easily. Pain in my neck and back was continuous and I no longer could turn my head well. My balance was off, and I looked like a drunk at times, just falling over to one side. I don't drink or take other stuff so there was no explanation for this. I eventually understood something deeper was going on.

Unfortunately, it took the medical profession longer to figure out exactly what was going on with me. As time passed, I was getting worse and the specialist I was sent

to could not find anything wrong with me. He had not examined me but only asked me several questions. I had experienced this quick type of diagnosis before in my youth, so I was not amused.

I left his office and requested an appointment with my family doctor right after. I was exhausted from driving back and forth, but I knew we needed to figure this out soon. My doctor sent me back to the specialist one more time and again I left the office and walked right back into my family doctor's office. I was not one to complain often and was rarely sick, so because I was insisting that something was wrong, my family doctor finally did arrange for further testing which ultimately, showed them the problem was with my spine. Had I not been as insistent I don't know if they would have realized what was going on in time to help me before things got too bad.

Having to inform my parents whom I lived with at the time, along with my offspring, was difficult. Both parents had experienced health issues in the past few years, and we were still dealing with one parent who was still not well. I had always been the one taking care of everyone else. I had spent years looking after my spouse who had a mental illness, leaving only when things became unsafe for me and my young child. Not long after moving in with my parents I was again in the caregiver role. Now, it was going to be me that needed help. My kid was older, but still too young to be taking care of me, after such a surgery.

I knew I had to dig deep and find some inner strength. I also knew the Universe was going to take care of me. I was grateful to one of my siblings who took care of my kid until after the surgery as I would need some time to heal. I remember being so sad because I was too weak to drive over to see my kid the night before the surgery. They had a special school event which would go well into the night. That was the first event I have ever missed of my kid's events.

On the day of my surgery, I silently prayed and prayed. I had lots of time since the surgery was supposed to be very early in the morning yet did not happen until later in the evening. I knew that was God's way of giving me time to gather my strength together for the ordeal. I continued to call upon God, my angels and guides to be with me. To not leave me during my surgery and that all would work out positively. I called on them all to help me heal quickly. I also contacted a healer the day before, so that they could do a distance healing and also help calm me down during the day as I knew it would be a stressful one. I still had a kid to raise and all they had now was me. So, I had to come out of this strong. I called on all the help I felt I needed and left my faith with my God, the Universe, or whatever you wish to call the energy that makes our hearts pump every day and makes miracles happen. I was determined to heal well after this surgery and continue to walk fine again and with my own two feet.

When I woke up after surgery my family was all around me and my kid was the first person I saw. They squeezed my hand, really wanting to hug me instead, glad I had opened my eyes. They told me later they were so afraid I would not make it and I could just imagine that fear of being left with no parents at all. Or with one that was not in great shape. It would not have been good to have to deal with that at such a young age. That night, the nurses on duty were surprised I was up and walking so well on my own. I was still limping and of course in a lot of pain, but I was going to heal – quickly. I didn't know how or how long it was going to take, but it was going to happen. There was no doubt in my mind.

It took many months before I could even drive again, and even though I was not the same as I was before, I was healing. I was able to walk with my own two beautiful legs. I could straighten my body back up. I could no longer do many of the things I could before and yes, I went through a lot of pain and still have my days, but I had to adapt my life to a new way of doing things.

I still had a lot of work in front of me, however, I was not going to be defeated. No matter how bad the doctors told me it was going to be. Remember, I was the one in charge of my body. I was going to get through my situation and rise again. I still feel that because of how strong my body was, given the fact that I had a lifetime of working out, plus my diet which I had changed was helping me to heal faster and better than what it could have been.

So, I couldn't lift a bag of milk anymore. So, I tired easily and yes, my pain was still there, some days better than others. I no longer could move my furniture around as I used to do or get a million things done in one day, on my 'to do list'. And of course, I could no longer work out the way I used to. Not even close. But that was ok. I was alive and walking. I had to take my time with my chores. I remember about a week after surgery I left my bedroom and painfully, made my way downstairs to the basement of my parent's home, where we were living at the time. I thought I could put dinner together for me and my kid. I wanted to cry through the pain I was feeling but my kid was there. I dared not. I wanted to be strong for them. I sat down to rest wondering how I was going to get dinner together when I could not even lift a half-filled glass of water yet. But I saw my kid putting dinner together, asking me questions on what to do. Together with my directions, as I sat painfully in a nearby chair, a simple dinner was made, easily cooking in my toaster oven. Thank goodness for the ease of that wonderful unit. There was no fear of my kid burning themselves in the oven.

In the past I had been running around at work, caring for my spouse, raising my kid, caring for my parents, and juggling so much emotional turmoil that I think the universe was slowing me down. Getting my attention to listen to my body and heal. I continued to look for other modalities so that I could continue to get better.

Things could have been worse for me, but I accept my limitations and adapt every day as best I can. As I age, I find I have to adapt in more ways. But I am grateful to be alive. I am grateful to be able to use my legs to walk and my beautiful hands can now move better where I want them to go since that was one of the things, I was having trouble with. Now, I can share my journey with you all. Something that I could not do before. I had a children's book that I had written years before, 'Ghost Detective, The Magic Ruby', now sold on Amazon, and I had wanted to eventually get it published one day. To keep my sanity, I would literally, sit and type one letter at a time, hoping to fix the book up and publish it. Then, I would come back to type another letter, after laying down for hours as I tried to calm the pain in my body. It took me years to get it done, but I did it. I have even been able to get another book published geared towards caregivers, which is also on Amazon called, 'Bipolar Love Caring For The Caregiver 8 Simple Steps'. Something very important for me to get out to other caregivers to use in aiding them to navigate their days.

You see, as I was working on healing, one of my parents had another health crisis, and this time we almost lost them. I found myself in a caregiving role for the second time in my life and did what I could, with the help of others around me. I had to push my own pain and fears of my health aside to care for someone else. To tell you the truth, I think the experience helped me to stay motivated, to not give in to my own issues that were

plaguing me. Plus, I knew I had to stay strong for my kid too. It was a challenging time as I had to remember to stop and take care of myself, otherwise, I would be no better than my ill parent. For those that are caregivers, it is a difficult thing to do, when you have loved ones depending on you.

There was so much going on in my life that I had to find a deep inner strength to heal my body, mind, and soul. I was not going to be dependant on others for the majority of things I could do myself. I now take my time and do what I can and leave the rest. Someone will be there to help with the things I cannot do, and if not, then it just means readjusting my life again in another way. There is not going to be fear, there is not going to be confusion. If the house doesn't get cleaned up as spotless as I was used to doing before, then it would just have to do. I cannot worry about the things I cannot change. I split my time, managing my days now as best I can, and am grateful I am around to enjoy life. Grateful I have my legs and hands I can still use. Grateful for my strong mind and my positive thinking, because it's what has helped me through the days.

Our healing journeys are what we make of them. Of course, all health issues come with their own challenges. If we want to fall victim to our health and be sad, we can. We can continue to deteriorate and make ourselves sicker which can also affect those around us with our sadness and further ailments. But our negative attitudes can make our loved ones that are around us or looking

after us, sick too as they juggle your stress, their stress, and everything else in both their lives. Do we really want to do that? Or do we want to stay as positive as we can and enjoy our lives and our loved ones who will want to spend more time with us if we keep to positive vibes?

It may take a deep determination, and a wanting to heal and be happy, accepting where we are at in our lives. Depending on our ailments, we can get involved with outside events, keep our minds busy and off our health, and thrive. We may not be able to heal everything or get us back to where we once were, then again, who knows we may be able to; but the important thing is that we are enjoying where we are now in our lives. You may surprise yourself and be happier today than you were in the past.

We may need help from others to get us there and that is ok too. Maybe a trusted friend to break us out of our feelings of victimhood, or a therapist to help us get our body back to tip-top shape after maybe a nasty fall or damage to a hand or leg. Maybe our doctors, specialists, or trusted healers, or even coaches can give us tools to navigate our new life. We are all here to help each other. We all have special gifts that can move the world. Some of them are healing with traditional medicine, some through other modalities. Others still just by a gentle or maybe not so gentle way of knocking some sense into us and shaking us out of our feelings of sadness given our life changes.

Some people take to helping others get through the same pains they may have experienced and then those people move on to help yet, another group to heal. How wonderful is that? We really are stronger than we think we are. We must keep the faith as best we can and lean on one another to get us through the tough times. Let's stay motivated to move forward in our lives. We all have different lessons to learn as we navigate this world. It's accepting where we are at during the many challenges in our lives and knowing that we are the bosses of our world. If we want to be.

When I look back now at my journey, I have had many challenges along the way. But those challenges now help me to help others that are experiencing difficult times. If my knowledge and experiences can help another, then all I have experienced was for a reason. To help another work through their own journey better than I did. We must never give up. We are stronger than we know it. It just takes us changing our minds to heal.



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Books:

Ghost Detective The Magic Ruby

Bipolar Love Caring For The Caregiver 8 Simple Steps

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