

This business exists to provide our community with the choices they need for change. Choices that they've never been given before.

The intention of this entity is to expose our power of choice so that we can live open-hearted lives full of wonder, passion, purpose and joy. I'm whole-heartedly and fully committed and devoted to sharing the messages of change, and promise to thread love, acceptance, inclusivity, and respect in and around the teachings.

My hope is that in sharing these ever important messages, that we can all come together as a global community and be the change agents which the world so desperately needs. Through forgiveness, grace, mercy and a commitment to open-hearted living, we can collaboratively learn to live out Universal Truths, and in so-doing, lean into the many choices we have for self-empowerment.

I am so incredibly grateful to have the opportunity to do what I love. I'm deeply passionate about this work, and I appreciate you being here with me, as we explore and practise the depths of energy medicine and selfhealing.

I'm a strong believer in change; especially the mere fact that it's possible, and necessary for growth and evolution. That which doesn't change, stagnates and eventually perishes, and so change is an everimportant and integral part to self-healing and transformation.

I'm interested mostly in how our energetic frequencies, that's to say the way we feel, attract our reality to us. I don't believe in thinking your way to abundance, I believe in feeling your way there. It's your birthright to feel and to emote, and because of this, you have the ability to attract abundance to you. Everyone has this ability. I'm of the strong opinion that POWER is one of the most important parts of living a fulfilled life. Being able to generate and cultivate confidence is part of the power equation; It's where empowerment originates. And contrary to cultural norms and beliefs, POWER is not a dirty word or concept. If we stay in our own lane, and focus on our own empowerment, allowing others to focus on theirs, all the while celebrating one another, the world would be devoid of hierarchy and the harmful patriarchal society as we know it.

I'm all for stepping into more Feminine Leadership Models of inclusivity, trust, reverence for one another and the planet, and allowing each person to be and have their own experience, regardless of whether it suits our own personal agenda. That's to say that there, here, on my digital playground and in my life at large, there will be No Blaming and / or Shaming others. No pointing the finger or assuming the worst of others. I expect that we all agree that everyone is just doing the best that they know how. Deliberate victimising or victimisation is not welcome here either. Rather, strong empowered humans who are ready and willing to look at themselves in the mirror, Knowing they're the change they wish to see in the world, and that it all starts with them.

It's our job, and responsibility, as conscious humans, to learn how to communicate our feelings effectively, allowing others the choice to respond in a way that's respectful and honorable and for their own highest good. If we cultivate a world where power isn't stifled, we create space for growth and transformation.

That's a world where I want to live, and a space I want to create.

Unafraid to make mistakes, and empowered to own said mistakes. Let's learn how to uphold our values and morals, and cheer others on as they win and achieve their goals.

Lack of Self Esteem is such a killer in this day and age.

This entity births ideas and ideologies to support the deep cultivation and regeneration of Self Esteem. Humans tend to give their power away so easily, allowing others to choose for them as they wish, with no regard to how this damages their own sense of will.

We will hold a vision for those who don't' see their power and strength, until such time as they see theirs.

Lovingly and courageously asking for that which we want along the way. As we learn how to hold space for ourselves and others to do this work, we will work with these concepts with love and respect. YOU know what's best for you. Your HEART knows what's best for you. Follow that intuitive guidance and be open to sharing your experiences and thoughts freely.

Love and Gratitude will change the world. Praying / Meditating each and every day for more love and then immediately being grateful for it before it's even arrived, that's how we all fulfil our purpose of being on this planet at this time in history.

We are light beings in a physical body. Calling in the light of love and gratitude on the daily is THE MOST conscious way of serving the planet.

Whether you're a light-worker or not, you know how to pray and give thanks. You're aware of how to feel gratitude and you're able to call on that vibration multiple times per day. Simply BEING in the vibrations of Gratitude, Love, Appreciation and Joy will create a ripple effect in our life and in the world. Be brave and courageous to practise, even when the days seem dark and scary.

I'm unwilling to accept that you believe you have no creative spark, that you're not Divine, and that you're not here for a very specific purpose.

Let me be VERY clear. Regardless of what relationship we have with one another, whether we're friends, or family, acquaintances or we work together. I will not, even for a second, buy into the story, that you're not creative, and that you're not a spiritual being. I may (depending on my mood) sit silently and smile within as you try to explain and justify your reasons as to why you're just 'not cut out for it'. But I will never ever believe you when you say that you're not intuitive, and that you need to check with your numerologist first before believing / trusting your gut instincts. (Or whatever / whoever else you use to rob you from your own power).

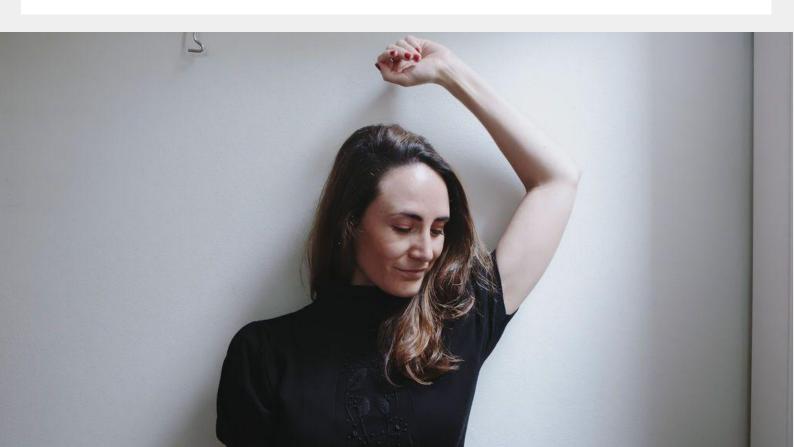
Because what I know without a shadow of a doubt, as deep as this creativity courses through my own veins, is that it does in yours too. And it's yearning, begging pleading with you, to allow it to surface. Your intuition is talking to you all the time, and yet you deny its voice because you don't trust what you're hearing is true for you.

'Leave the guy,
Stay and work it out,
Move to the country,
Buy that house,
Paint and Sculpt,
Take that course,
Launch that business.'

Whatever it's trying to tell you, you're stifling because you're distrusting, and it's slowly dowsing your fire. Silencing your innate wisdom.

Your important story. Your deep and profound knowledge. Your life experiences. Your achievements and your perceived failures. They all are a part of your Soul Agreement and knowing how to decode their meanings, will truthfully open you up to living your life's purpose. And you my love, have spent too much time trying to make sense of it all. Living your life in the way only you know how.

Years, Decades, sharpening your sword; and now, it's time for you to start playing BIG. Stop handing your power over to sources external to you. Stop negotiating your power away for perceived safety. You're here on this planet for SO much more. If you consider for one moment that your thoughts of not-enoughness are holding you back, you'll see and experience the Shadow Saboteur.



The sluggishness,
The procrastination
The fear
The control
The confusion
The perfectionistic ways
The insecurity

All of these are stories you tell yourself to stay small. They're ways your ego-mind plays tricks on you because it's comfortable in the known. And think about this for one hot minute:

- How many times have you shrunk to fit the mould which society and cultural norms have imposed on you?
  - No really? write a number down.
- How does your soul feel, when you place your head on your pillow each night?
   Write that down too.
- How much is there to gain, from understanding the reasons you run from your greatness?
- How would you benefit from learning the intricacies of your energy system?
- How do you think knowing, understanding, and working with your personal energetic blueprint will change your life?

It's your responsibility to get out of your own way. Start learning about, and harnessing your TRUTH. Get clear on the messages that come from within. Listen, take time to sit in silence, and hear the longing and whispers from your soul. Because your soul has something to say to you.

Remember: It's in the silence, my beloved friends ♥ where the magic happens. You don't have to be anything other than willing to go deep. You just have to devote time to yourself, every day.

Your magnetism is a direct reflection of your willingness to unravel and unhinge. And yes, it may be uncomfortable, but I promise you, it's worth it. Quit delaying the desires of your soul.

I stand for allowing the process, without assuming the outcome. Being open to possibilities, and not being closed off because I think I know better than Universal Intelligence.

Acceptance vs Resistance.

In this Feminine Leadership Model, we seek to understand how others feel, and find clarity around systemic issues that are I focussed instead of WE focussed. Raising Collective consciousness so that we can impose good changes for all those in our global community.

In order for us to be CHANGE AGENTS and LEADERS of a LOVE Movement, we will need to be very focussed on how we intend to instigate and invoke the change. We intend to do so in the following ways:

PERSONAL	COLLECTIVE
<b>Boundaries;</b> Teaching about healthy spiritual, physical and emotional boundaries & leading by example,	Honesty and Transparency; working together requires these two energies to always be top priority.
Discernment; Discerning where we place our energy, and with whom we invest our time. Knowing full well that energy comes first before matter, we know how important it is to discern where we focus our energetic investments.	Allowing freedom of choice; Not everyone will want the same things, and that's ok. Being open to allow others to choose their own experience is integral to that of our own and of the business' evolution. We collectively choose to be receptive to all differences, regardless of how we feel personally about it.
Non-attachment; Practising to be unattached to the outcome, without it changing the way we approach the tasks. Always choosing LOVE and being LOVING, and omitting the frequency of gratitude and appreciation, especially when faced with challenges.	Respect; Always. At all times. Respecting one another's time, cultural differences, wants, needs, and desires. Being open to the truth of another, and trusting that their soul knows what's best for them; Reverence for their decisions, even when it's inconvenient.
Celebrating Diversity; Being different from one another is what forms the rich tapestry of our global culture. Acceptance for one another, warts and all, and a genuine care and respect for all those that choose to build community with us.	Encouragement; We're all doing the best we can with what we have and what we know. Encouraging one another and celebrating small wins. Being one another's cheerleaders as we make our way through life's challenges, and being supportive and understanding always.
Responsibility vs Approval; Always choosing to do that which we are responsible for, regardless of whether others will approve of it. We're here to share the message of self-healing & sometimes, others won't agree, and that's ok. It's not our job to change their minds. Our job is to be the light so that those who are ready, will benefit from the lessons and teachings.	Supportive Community; This goes without saying. We will not tell you how to live your life, we will support you to live a life that works for you, in a way that fits your heart and soul's purpose. We will suggest new tools and practises to bring you closer to your centre, and we will have honoured those practices and tools ourselves at times, but we will never impose our truth onto you. You truth is yours alone.

