
2023

CATALYST

for Creators of Global Change



*Opinion, stories and ideas for
journeying through global change
as an individual and community*

CATALYST

2023

CONTRIBUTORS

Polly Hearsey / Tracy Gaudet / Shan Withnell / Jyll Hoyrup /
Marianne de Kleer / Mari Curteanu / Holly McLoughlin / Lucy
Spencer / Patrice Hutton-Jones / Anastasia Salichou / Alison
Haitana / Jennifer Redden / Trine Lehmann Hansen /

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Catalyst is a collaborative magazine

for Catalysts of Global Change



WELCOME TO C A T A L Y S T

The world isn't just changing around you. You are the change.

You are following your soul nudges and prompts to do whatever is needed to bring positive change.

Living your soul truth will bring many obstacles into your path before it offers you the full freedom that's possible. From expanding your thinking to overcoming trauma patterns or rebalancing your body to finding your deepest desires, the journey is challenging on every level.

Together, we have experienced many of the challenges that may still be ahead of you. We have each developed a unique approach to change and offer our perspectives to help encourage you to keep developing your own. Catalyst is our offering to you of inspiration, motivation and support.

Inside these pages, we share the lessons we have learnt in the hope it will make your journey easier. Supporting each other in whatever ways we can means the change we all seek will become our reality so much sooner.

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*Becoming a catalyst
of global well-being
begins here.*

EDITOR'S INTRODUCTION

Over the last (nearly) decade, it has been a privilege to connect with an extraordinarily diverse group of people with one thing in common.

A desire to make things better.

These are people who are using their skills to change lives for the better, liberate thinking, transform well-being and challenge the limits.

They have a vision of change which they are steadily working to make real for us all.

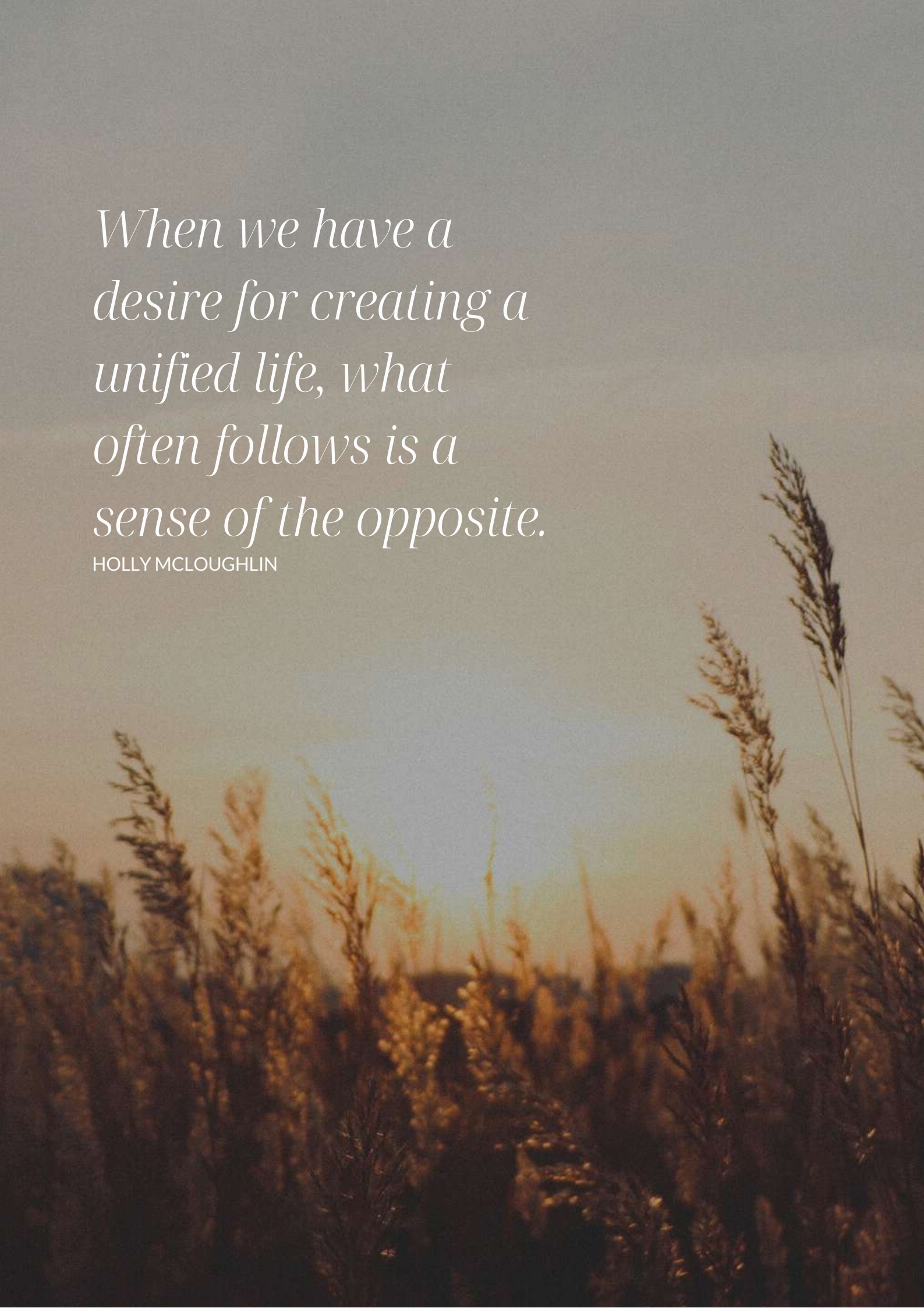
It's been a journey of highs and lows with copious lessons in self-development. It is these lessons that are shared within these pages to make your transformation that little bit easier.

They will hopefully inspire you to be relentlessly true to yourself and to live your life as an expression of your whole being.

They have all learnt to believe in themselves when everything was stacked against them and they believe in you too.

They see you.

You are the Catalyst the world needs.



*When we have a
desire for creating a
unified life, what
often follows is a
sense of the opposite.*

HOLLY MCLOUGHLIN



THE JOY OF BEING PRESENT
WITH THE ESSENCE OF

WHO YOU ARE



BY HOLLY MCLOUGHLIN

Accepting all of who you are, even the shadowy crinkly parts, opens portals to new possibilities. The illusion is that you are unwhole, and even this experience is a unifying force, if you allow it to be. Here's how to bring yourself into alignment with what you desire to create.

To me, a whole life is all about unity. The kind of glorious flow in life where your body, emotions, thoughts, energy and being are all unified in creating what you desire. Whatever your current project, take a moment to notice, are your actions, thoughts, feelings and energy all saying the same thing? When you notice,

simply thank whatever comes up for you. Thanking helps us to be in a nonjudgmental state, attuning to love, compassion and acceptance.

When we have a desire for creating a unified life, what often follows is a sense of the opposite. Evoking contracted responses in one or more of our systems. Such as numb sensations or tense muscles in the body, feelings like worthlessness, fear, overwhelm, maybe even anger or frustration, thoughts about not being enough or deserving more, a sense of not having the time or energy.

The temptation is to try to ignore, remove or fix these experiences. What if there was another way?

My philosophy is that everything inside of you is there because it has been useful to you. These aspects of you are never good or bad, it is just how your organising system got set up. These responses are absolutely normal for the environments and experiences you have been through.

As human beings, we have this wonderful ability to be conscious. To become present with all that we are, and in doing so open up new doors of opportunity and possibility. Portals into new ways of being, living, and expressing.

The question usually arises, well what do I do with these unwanted experiences? The answer is to



notice them and thank them. Be curious about the messages they are bringing to you. When an internal experience seems out of alignment with what your being desires, something inside of you is calling for unity. If you ignore, remove or fix it, then unity is likely to evade you. The art of doing nothing, of simply being present to it will lead to the peace and joy you crave.

Each time you thank a misaligned experience, it's likely that some new sensation will come to your sensory system. A visual image, a past memory, internal dialogue, a desire for or actual movement of your body or nerves twitching, energetic sensations, even gastric system may kick in with bubbles, needing to pee or poop. Notice and thank each newly arising experience inside of you. This is the first practice in processing what is present, so that it can come into unity with your beings desires.

It has been said many times that if you want to manifest something then don't just visualise it, feel into it. My advice is to experience it in all five of your sensory systems. Take a moment now to journal on this. Bring to mind your business or a project you're working on right now. How do you want to experience your body when you do this? What emotions do you want to experience when doing this? What thoughts would you like to be holding? How do you want your energy to be experienced by yourself and others?

This journaling exercise is like setting your true north, the foundation stone for any journey. It sets the direction you are aiming for, and prepares you to better notice when you may need to process changes on route. Ultimately our wounds, and struggles to overcome them, generate these out of alignment experiences. Being present with them opens the doors to new possibilities of experience. A unified experience. A whole life.

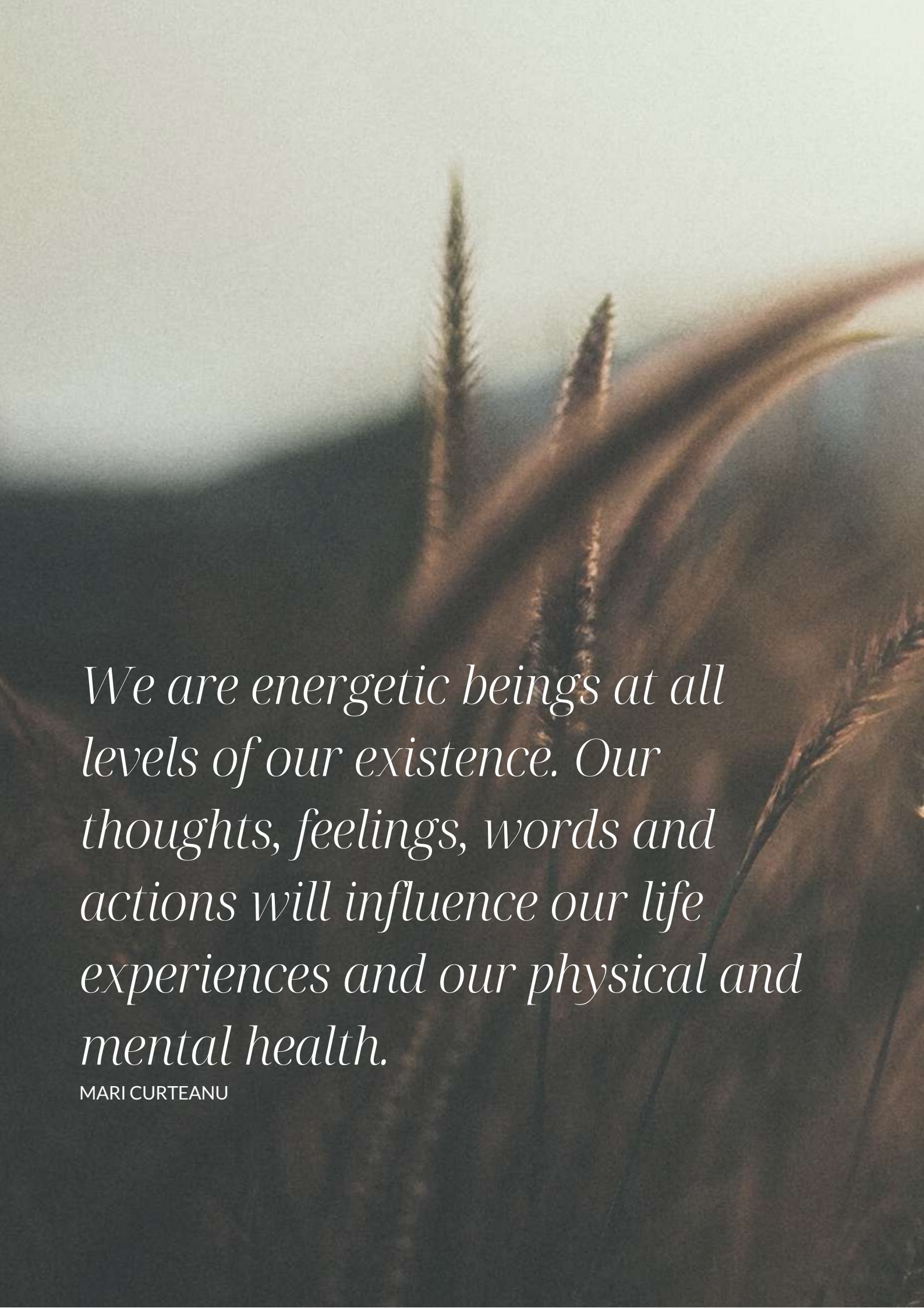
You are already whole my dear, the illusion is that you are not. In buying into that illusion you may be pushing away these very necessary, perhaps uncomfortable experiences. Your wounds are the portals to unified possibilities. So welcome them in. Gather round the fire with them. Allow them to be witnessed, at least to yourself at first. Spiral into yourself, towards all that you are, not away from. It will lead you out of surviving and into thriving.

HOLLY MCLOUGHLIN

Holly is a work-life coach who inspires mission-driven work lives that are better for people and the planet. Her passion is for creating experiences in deeply connecting to your authentic self,

accepting all of who you are and what you have been through. So that you can tune in to what you really want to be experiencing in your work life and begin to thrive spiritually as well as practically.

[Connect with Holly](#)



We are energetic beings at all levels of our existence. Our thoughts, feelings, words and actions will influence our life experiences and our physical and mental health.

MARI CURTEANU



BODY, MIND & SOUL IN UNITY

We all want a healthy body, and a harmonious and happy life. Yet, most of the time, our health is not perfect and our life appears to happen without us.

One thing that most people seem to be missing, is a deeper understanding of how this whole human being works. Before we can take care of it, and maintain its inner balance, we need to comprehend, how it functions. In order to create support for ourselves, we must first recognise the very systems that we want to help sustain. I would say, it's about time to become aware, that this human being truly is a refined unified orchestrated system and we must learn to appreciate it.



BY MARI CURTEANU



[Listen to Mari as she shares her views on bringing body, mind and soul into unity.](#)

MARI CURTEANU

Mari Curteanu is an author, mentor and founder of BodyMind&Soul in Unity, a platform for mental, emotional and physical wellbeing.

Her journey is a series of bold decisions she took from a very young age. Married young, moved countries twice, changed careers to follow her calling and rose above life's challenges and adversities.

She shares this incredible hero journey in her book *The Wisdom of a Willow Tree*, which is an inspirational life story about overcoming adversity, rebirth and second chances. A book with a powerful message and living proof that you can receive everything that life throws at you and use it as a catalyst for wisdom and incredible inner transformation.

Her vision is to contribute to a world that is united in love, peace and harmony that starts within each and one of us.

[Connect with Mari](#)

[Instagram](#)

[YouTube](#)



*The ego is not a
part of ourselves
that we must
destroy or force
into submission.*

TRACY GAUDET

CONNECTING TO YOUR SOUL DESIRES

THROUGH SOOTHING AND HONOURING THE EGO

BY TRACY GAUDET

Co-Creating at the soul desired level means that what you are focused on is in alignment and flowing from your soul self and your heart. This is in contrast to when you are co-creating from a place of wounded ego, where you are wanting or needing to manifest something to fill a place of lack within you. When we focus on co-creating at this soul desired level, we surrender more control to the Universe, because we are in a state of trust that the soul desires presented to us will allow our lives to unfold even more magically than we could have conceived of ourselves. The focus on soul desires is more on how you desire to feel, and what you desire to experience rather than a strong focus on material manifestation.

In order to vibrate at the required frequency that allows you to attract and magnetize your soul desires there must be a certain degree of ego/subconscious agreement. The ego is not a part of ourselves that we must destroy or force into submission. Like all parts of ourselves, the ego is simply an aspect of who we are. The ego makes up our individualized

nature, allowing us to experience and create reality from our own perspective. In my understanding and perspective of ego it is also a multidimensional aspect. There is the wounded ego that we are most familiar with. That which perpetuates our insecurities and focuses on the ways we are separate or in some way lacking and this is connected to



logic and evidence from the past. We also have the Divine ego, that aspect of the ego that recognizes itself as an individual, yet still connected, still unconditionally worthy and Divine.

As we nurture the ego we allow it to bloom into its true form as the Divine experiencing itself in human form, the divine ego. As we take the ego and it's wounding into an energy of gentleness we allow deeper healing within ourselves on all levels. Imagine this ego as a wounded child or animal, it is fragile and fearful. It searches our past experience for evidence and colors our expectations with default programming. Even when we know logically and feel intuitively that something is safe for us to do, the ego and its deep connection to the subconscious and nervous system can easily derail us and convince us on a cellular level that it is not safe to move forward.

In this guided journey we will connect to our soul desires and invite the ego into this space to offer it a place to heal and be nurtured to come into deeper resonance with the safety and truth of our soul desires to allow an easier transition into this soul desired reality.



SOUL DESIRES

BY TRACY GAUDET

From this place, we will also ask for statements and reminders that we can apply to further nurture and remind the ego that it is safe to allow this soul desired path to unfold. The wounded ego, subconscious and nervous system all require gentle reminders that we are safe as we transition into a life that is filled with our soul desires. We will ask in this nurturing space what our wounded ego needs us to acknowledge and heal and how we can remind our ego that we are safe to move forward into the unknown of experiencing something new.



[Listen on Soundcloud](#)

Tracy Gaudet is practical ascension guide, a channel for the Ascension Collective, as well as creator of ascension systems and host of the Practical Ascension Podcast. Tracy is deeply passionate about helping you to wake up and shake up your life into a deeper connection with who you really are. Working with the spiritual, mindset and emotional levels to Shamanically guide you to the core of who you are and what you are really capable of.

TRACY
GAUDET

[Connect with Tracy](#)

*Learning something
new can take you to
places you never
imagined.*

Trine Lehmann Hansen





THE MAGIC OF LEARNING SOMETHING NEW



BY TRINE LEHMANN HANSEN

You found your way to this newsletter, and no matter where you are on your journey, it tells me that you are interested in personal growth and that maybe you are looking for your next step.

As a lifelong 'personal development junkie', I love all aspects of learning and growing as a spiritual being as well as a human.

However, I have also sometimes experienced a subtle kind of exhaustion from my never-ending pursuits of growth. The desire to grow, to change, and to improve is a powerful motivator, but there can also sometimes be a



tiny hint of fear and scarcity underneath - a sense of not already being good enough, not being completely worthy right where we are.

This is why I like having various different options when it comes to approaching personal and spiritual growth.

Sometimes facing it head-on and jumping straight in is the right path forward, and sometimes being more gentle with ourselves and going about it in a less direct manner can be hugely beneficial.

If we come from a place of looking for fixing or improvement, we activate a subtle internal resistance, and we can soothe or avoid this reaction by choosing an indirect approach.

That is why I highly recommend learning something new.

Developing a new skill is definitely good for our physical brains, but there is so much more to it, so let me share a little bit of my journey and how I noticed some of all the beautiful side-effects of learning something new.

It wasn't until just recently that I noticed, that learning something new might actually be my favorite hobby! Maybe because I have learned more new skills in the last 2 years than in the 10 that came before. I think I had reached a point where I kinda figured I had learned what I needed to go about my life, so learning something just for the fun of it seemed like a frivolous use of time and energy.

But as I came out of a long period of stress and depression and started to genuinely enjoy my life, a lot of energy was released, and I was open to new thoughts and ideas.

I came across a brain coach - Jim Kwik, who recommended juggling as a way to train various brain functions including memory. I happened to be in a 'why not' kinda mood, so I figured, why not give it a try?

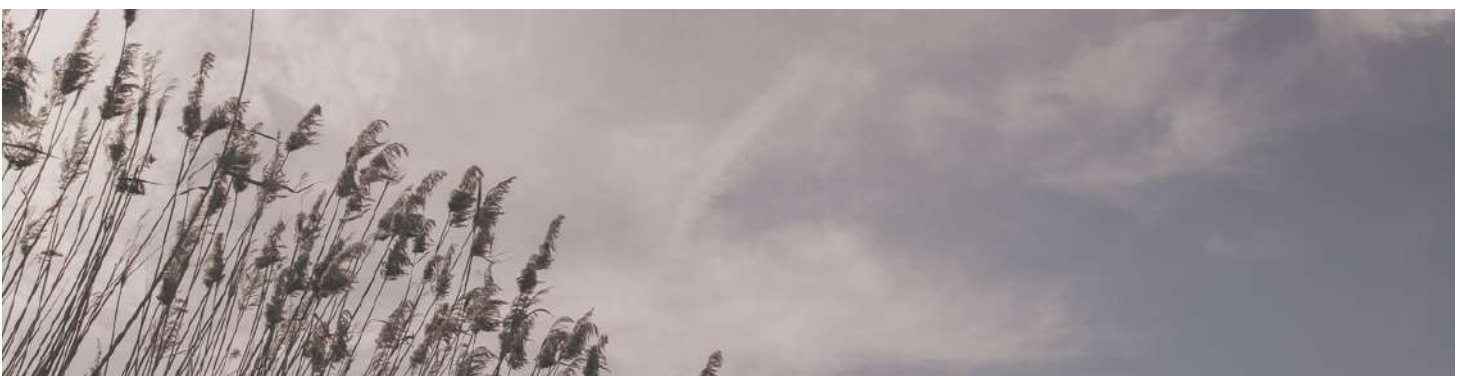
And it was surprisingly fun! Sure, I dropped the balls much more often than I caught them, but because there was nothing major at stake like a promotion or a health scare driving me to this activity, I felt no pressure to accomplish any specific goals.

This was actually one of my first great lessons when it comes to learning something new - to let it be just for fun. Sometimes we make more progress when we don't have explicit goals than when we are laser-focused on a specific outcome.

The brain coach also suggested using our non-dominant hand for a daily, routine task like brushing our teeth. However, I take my teeth-brushing very seriously, so it didn't feel like something I wanted to 'jeopardize'. Instead, I took up journal-writing with my left hand. I figured my handwriting was close to illegible anyway, so there was no great harm!

I must admit it took a while to wrap my head around that one... I could almost feel my brain stretching! But slowly and surely, I started to write faster - it never got much prettier, but my speed and my confidence increased nonetheless.

And this is the second benefit - every time we show ourselves that we can do something new, it opens us up to believe in our progress and potential



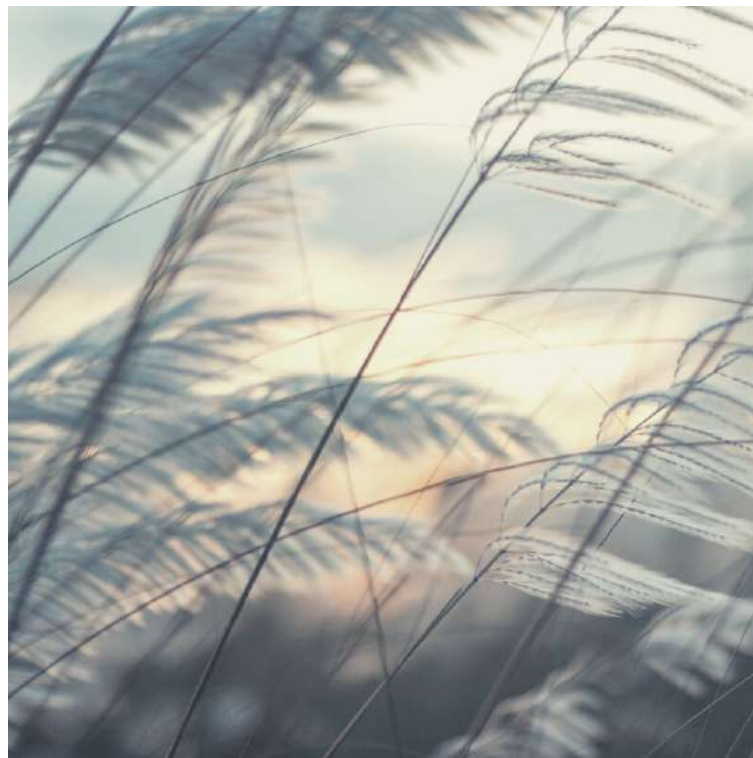
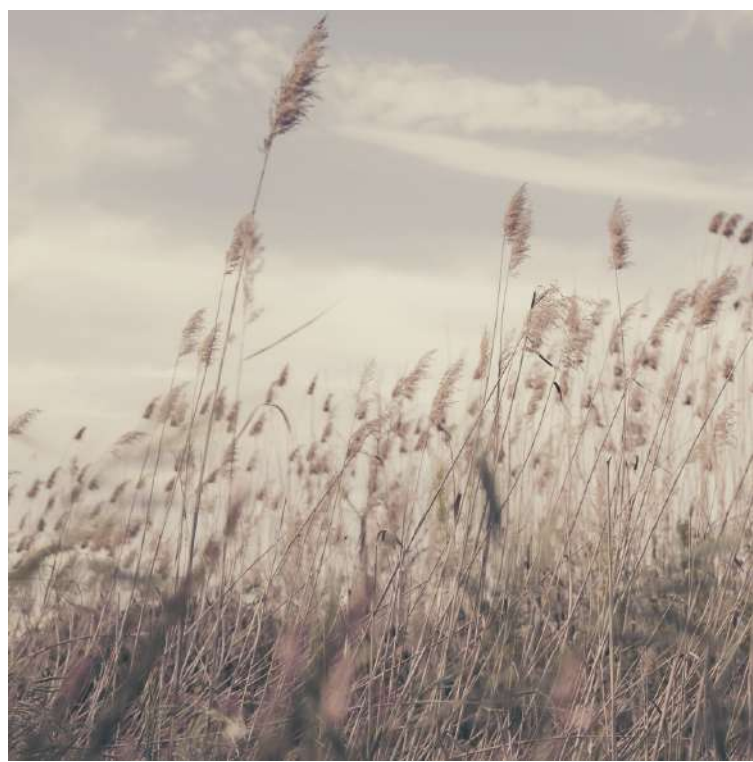
in a more general way. I had never thought I could learn to write with my left hand, and suddenly I did so without too much effort.

This started opening up a whole new world for me, for what else might I be able to do that I never thought I had in me? Do you see how this can help us create a supportive belief in our own ability to change and grow in more important areas too?

Well, it certainly helped me when it came to practical things like setting up a website, producing a podcast, and publishing a book. All three technical areas I never thought I would venture into!

My growing confidence played a big part in the fact that I even started these endeavours, and I only made it through with my sanity almost intact because I had also learned the lighthearted approach from my juggling adventure.

I discovered how much more easily and smoothly things flow when I keep an open mind to what I might actually be able to do while having fun in the process.



This newfound enthusiasm for learning new things also spread into my private life, so in the last 7-8 months, I have had quite a few adventures!

For instance, I learned a little bit of salsa dancing, which is HUGE for someone who can barely clap along to the music, but a friend asked me to a 'drop-in' lesson and again I thought 'why not?'.

Yes, it was a bit scary getting onto the crowded floor to learn some basic steps, but everyone else was there to learn too, so they were all there for themselves, and the only one having any opinions about me or my (lack of) skills, was me!

I have also taken up crocheting which is something I've always sworn was not for me. I can't really explain what changed, but one day my daughter asked what a granny square was, and before I knew it I was creating my first square by watching a YouTube video.

It must have been about timing - my daughter's question came at a time when I was open, so it ignited a spark of inspiration to figure out how to start.

My main lesson from crocheting was about not setting realistic goals but just going for the patterns that spoke to me. My first real project was quite an intricate pattern for a round cardigan, but there was a written explanation as well as a step-by-step video. I had no expectations - I wasn't even sure I could actually do it, but I just kept working on one little step at a time.

That is now 6 months ago, and I am currently working on my 4th cardigan and got a couple of shawls and other smaller projects under my belt! So, *the third benefit to learning something new has been about dreaming big and just taking one step at a time.*

Next, I took up dating after being completely - and happily - single for more than 12 years. It might not be quite the same as learning a new skill, but it sure comes close enough. It definitely opened up a whole new way of interacting and that gave me a fresh perspective by showing me aspects of myself that had been dormant for such a long time. *To me, learning new things about myself easily qualifies as the fourth beneficial side effect.*

The latest adventure - one I have only just started and so far not shared with anyone, is that I am researching methods and techniques for writing fantasy novels.

I will probably not be the next J.K.Rowlings, but characters, scenes, and magical stories keep popping up in my mind, and I have learned not to dismiss a new idea just because I currently don't know how to make it happen.

This is how my first book came to life - I had an idea, and instead of killing it with doubt and trying to figure out all the hows, I just trusted that whatever the source of my inspiration would also lead me to find the right tips, tools, and lovely experts to guide my steps.

Because I have learned - that I can learn pretty much anything I feel inspired to do.

I cannot stress this enough - that every single new little, weird skill I have picked up has been something I felt compelled to try out. *And watching all these new learning adventures unfold in whimsical but also surprisingly smooth ways has taught me that the fifth and probably my favorite benefit to learning something new has been about allowing inspiration to guide my steps.*

If you take a moment and connect inward, do you have something tugging at you that you would like to try, but you haven't had the time for or it didn't seem practical?

Has there recently been a conversation where a friend or coworker mentioned something that struck a chord in you? Is there something in books or movies that always give you a longing for something undefined? Does one of your role models have a weird skill that peaks your interest?

If you feel this subtle something stirring in you, treat it like a skittish bunny that has found its way to your backyard. Don't jump up and chase it. Just observe it from your favorite spot by the window for now.

Let your new idea emerge at its own pace. Don't plot a course just yet - stay open and curious. You can google it or jot down some notes and see where it leads you. This is not the most important thing in the world that you just HAVE to figure out, this is an invitation for a little side adventure that might unearth some unexpected treasure for your main journey.

And just imagine what other little nuggets this new adventure might give you: Aside from increasing your neuroplasticity and building confidence in your abilities, taking on a new hobby or learning a new skill also gives you a whole new area of insights that will offer you a broader perspective on life.

You will also likely meet and connect with lovely new people you might otherwise never have crossed paths with, and, every time we start a new adventure, we are essentially exploring who we are and what we came here to do.

Maybe Polynesian cooking is just that little extra spice that will allow other areas of your life to complement each other in new and delicious ways?

Or maybe learning about the flora and fauna you encounter on your hikes might

Or maybe learning about the flora and fauna you encounter on your hikes might

I am all about gentle ways of growth, and I believe life is meant to be enjoyable, so make sure that whatever you choose feels like fun and lighthearted excitement.

I hope I have inspired you to consider giving it a go! I would love to hear about your current - or maybe a previous new thing you learned and what it has given you, so feel free to send me a message via [Facebook](#) or by [email](#).

May your world be full of wonders!

TRINE LEHMANN HANSEN

Trine Lehmann Hansen is an author, podcaster & coach - but prefers the title 'Life Explorer'. She has always been on a mission to figure out what makes us who we are - and to understand human emotions and behavior. Especially what it is that makes life seem easier for some people than others.

This passion led her to study social- and cultural anthropology, teaching, and coaching, but it

wasn't until a decade of depression taught her to look inward that she found the answers.

She wrote the book *A Spiritual Rebel Enjoying the Heck out of Life* to outline the tools and techniques she developed along the way to create the shift from stress and depression to waking up in love with life.

Listen to her podcast [Talking to Trine](#).

*Seek solace in the
moments of truth.*

ALISON HAITANA



INTENTIONAL DOODLING

BY ALISON HAITANA

Welcome to a world where doodling becomes a magical process & you can access your most inner thoughts & come into dialogue with your Soul.

The process of Intentional Doodling or Metacognitive Drawing is one where you are able to transport yourself into a timeless location where your Soul resides. Offering you insight & clarity on your present moment. It is a process where you can gain insight, understanding & symbolic sight with your HS (Higher Self).

This simple & quick creativity practice yields powerful, profound & beautiful insights to assist you with your daily activities.

I have taken the basic framework and crafted it into something that forms a part of my daily practice or devotion to self. Once YOU learn the basic framework, you too can modify it for your own life.

The materials needed are simple & portable, so you can take it where you go.

Enjoy making this practice your own.





Intentional Doodling

Alison is a Shamanic Practitioner, Intuitive Guide & Intentional Creativity Teacher. For the past 8 years, she has studied in depth on all manner of esoteric knowledge and has a business that fuses her wisdom & love of creativity, shamanism, magick & alchemy. Her business is built on a solid & sustainable values-based foundation that originates from her cultural cosmology as New Zealand Indigenous.

Passionate about embodying & feeling through our human experience to merge with our Divinity. Bridging the worlds of the practical & magical, as a Tech Mystic, she weaves energetic intention & archetypal patterns into website design & course creation.

ALISON HAITANA

As a Story Alchemist, she uses her skills alchemy, creativity & faery tales to re-weave a new story for yourself via a canvas.

[Email Alison](#)

[Instagram](#)

[Facebook](#)

*You have nothing to
lose and everything
to gain by simply
trusting the process
and the messages
that you receive.*

JYLL HOYRUP





INTUITION

YOUR NUMBER ONE TOOL
FOR SELF GROWTH



BY JYLL HOYRUP

You have your desk, computer, file folders, stapler, sticky notes, and a pen when you work. You have the instrument, sheet music, and a teacher or instructional videos when you learn an instrument. Regarding your Soul Growth, the tools you use to help you navigate life become paramount to your success. Intuition is THE foundational tool that helps you create, inspire, and manifest the life your soul desires.

You've felt your Intuition before. Sure, you may have discounted it, blown it off, flat-out ignored it, or logicalized yourself out of it. But it's been there. And later you might have realized, "Yup, I should have listened when I

felt I should turn left and not go the usual way home.”

Another time you may have been at a party and knew something was off with someone you just met. But you had no idea where that niggles of information came from so you dismissed it as quickly as you experienced it – only later to learn that same person wasn’t honest in their dealings with a friend of yours.

These little niggles of Intuition are happening to you all.the.time. Are you paying attention? More importantly, do you WANT to pay attention to your Intuition? That is the first question to answer!

INTUITION: WHAT HAVE YOU DONE FOR ME LATELY?

I kind of stumbled into learning about, discovering, and using my Intuition in 2003. I had a life-changing and life-saving and life-transforming Energy Healing session then started learning about the modality (Matrix Energetics). I was literally forced out of my head (where I had lived for 33 years) and into the world of imagination, possibility, and Intuition.

I never looked back. Why? Well duh - it was obviously more FUN living life the new way! Think about how you think. No really, take a minute and think about how you gather, store, process, and use information.

Think about how many mazes are in your head, how often you go down the ‘rabbit hole’ and get lost in all of your processing and analyzing and wondering and worrying and thinking and uh oh, we better analyze again - I think we missed something!

Oh wait, is that just me? Or do you do that too? It’s soooo me! #truth

Getting out of my head and into my FEELINGS (because those are the strongest types of Intuition that I have - Clairsentience which is “clear feeling” and Clair empathy which is “clear sensing”) changed my life for the waaaaay better. WAY!

UNDERSTANDING AND USING YOUR INTUITION

So, what can understanding and using your Intuition do for you? I know the answer! I base these on my own deep dive into Intuition over the last 20 years and the feedback of my clients. Ready?

- Living with LESS STRESS, less worrying, and less overanalyzing (which, let’s be honest, never really led to much in the first place!).
- By being more in tune with your Intuition, and your body (a by-product), you become MORE IN TUNE with your surroundings which leads to becoming more adept at discovering what is or isn’t working for you and your life situations.
- You gain CONFIDENCE in yourself - and your Intuition.
- You start SPEAKING UP in new ways - because you know that you know that you know!
- You cultivate a deep sense of TRUST in yourself - and your Intuition.
- You can MAKE SENSE of, define, understand, and take action on the intuitive messages you receive.



Then using it becomes a no-brainer and you are excited to use your Intuition in your DAILY LIFE TO GET CLARITY, make decisions, set goals, and manifest.

HOW TO GET STARTED WITH YOUR INTUITION

I came at my Intuition from a very brain-centered place. I was trying to figure out what it was, how it worked, how I experienced it, when Intuition was right, when it was wrong, what to do with it, how to trust it, how to decipher it, how to define it... **OMGODDESS** you get the point!

ALL of that experimentation led me to a simple three (3) step process. You're welcome!

Step 1 - TRUST

Decide to trust your Intuition. No gimmicks. No tricks. Nothing crazy. Just good ole fashioned trust. You have nothing to lose and everything to gain by simply trusting the process and trusting the messages that you receive.

You don't have to DO anything with the messages. Just trust them. You don't have to Understand the messages. You just trust.

Step 2 - NOTICE

You are receiving Intuitive messages all the time. You may not recognize them. You may blow them off or overthink them. They are happening and the goal is to start paying attention to them.

The best way to notice your Intuition is to pay attention to what I call "fly by's". These are random bits of information that come into your awareness out of nowhere.

You may SEE (Clairvoyance) something in your mind's eye like an image or an actual movie scene of a person or people you know.

You may HEAR (Clairaudience) words, tones, or frequencies. You might hear “new foundation”.

You may FEEL (Clairsentience) a feeling, emotion, or way about something/a situation. It might feel like someone is lying or omitting something.

You may KNOW (Claircognizance) with absolute surety that you know it when you have no conscious awareness of it. Such as, knowing your friend won't make it to the party.

You may SENSE (Clairempathy) energy, vibration, frequency, someone else's emotions, the way an animal feels, and even your environment (think of your home or supermarket, or office and how those all feel). You sense someone is sad or upset.

When you receive a “fly by”, take a moment and decide which Intuitive type it is.

Step 3 - TRACK

Once you've decided which type of Intuition it is, get out a dedicated notebook for Intuition, write the date, the “fly-by” and which Intuition type it is. Then describe everything you can about what you saw, heard, felt, knew, or sensed about the message. The more details, the better! Remember, you are gathering information and trusting it, that is all.

Follow Up

Once a week, review your Intuition Notebook entries. Put a checkmark ✓ for anything that was “true” or “right” or could be confirmed. Put an X for anything that was “untrue” or “wrong”.

Leave it blank if you received no confirmation either way. Because you might get confirmation later! By reviewing your entries weekly, you will see which of the types of Intuition occur most often for you (Yay -

understanding the ways you are Intuitive!). You will also recognize recurring themes. Simple, right?

The more fun you have with this, the easier it will be - because you are taking your brain out of it and you are staying curious and just noticing. Here’s to Rocking Your Intuition!

Want help with this?

Check out the [Rock Your Intuition Practice Playbook Tracker](#) and Jyll's Audio and Ebook bundle [ROCK YOUR INTUITION](#)

JYLL HOYRUP

Jyll Hoyrup is an Intuition Expert, Energy Healer, Writer, and Mentor who has a clear and teachable system for using one’s natural Intuition for guidance and enrichment in every aspect of life.

In 2014, Jyll used her Intuition and left a good job in Seattle to move to Belize, Central America, where she had the freedom to focus on deepening her spiritual life and building her heart-centred business. When Jyll isn’t reading an intriguing mystery, riding behind the boat trying to stay up on her wake surfboard, or busting a move to disco beats, you will find her laughing so hard she snorts.

[Connect with Jyll](#)

As we enter a new era, it is the time to engage in deep listening, and deep being, as we learn from different people, and completely new situations, to those we've known before.

SHAN WITHNELL



On the outside she looked happy, confident, fit and healthy, despite complaining of recurring, painful lower back and migraine headaches.

She had intelligence, presence and beauty, all wrapped up in a body that could have belonged to a model.

By anybody's standards, her business was hugely successful. She was achieving amazing results for her clients and was highly respected in her profession. Sought after by the media, hers was a familiar face.

She always had a ready smile, a cheeky remark, a contagious laugh, and would lend a hand to help anybody.

The first time I met her, she slumped on her chair. Head down, fingers restlessly fiddling with her immaculate skirt, eyes flashing, as she snapped, "My life is such a mess! People think I have the perfect life. They think I have everything sorted."

It couldn't be further from the truth.

Her story poured out, like a river in flood.



SUCCESS

BY SHAN WITHNELL

Once started, there was no stopping.

The fury, the grief, the disbelief tumbled from her mouth. Her tears soaked tissue after tissue. Her voice raw by the end.

Beneath that seemingly happy, confident, successful woman, there hid a little girl, crushed by her father's absence and indifference. Shrivelled by her mother's narcissistic abuse.

Layered over that, was the teenager who was fat and ugly, supremely clever and bullied mercilessly.

The next layer above was the young woman who had married the wrong man despite misgivings because it was too late to call off the wedding. The husband who had been so cruel, physically and mentally, without leaving visible marks. Who had threatened to kill her and her children, several times. The

husband, she'd divorced ten years earlier, was still wearing her down with his demands.

On top of all of that, was the woman who felt broken and discarded by her new partner's betrayal.

All those layers of pain, beginning when she was just a little girl.



She'd been rejected all her life.

Nowhere felt safe.

She struggled to have boundaries around her work, her clients, friends and family. She went out of her way to keep the peace, to please people. She became the life of the party. She poured herself into her work, where she felt in control.

Her life was a lie and she'd had enough.

Working together, we healed all those layers. She cast aside the coping strategies her younger selves had used to feel safe and in control. We worked on new strategies that would empower her, using tools like mindfulness, massage, exercise, journaling, and even walking a

labyrinth under the moonlight on a beach.

Approaching her issues holistically, including body, mind and spirit, enabled her to heal and thrive.

When I checked in with her recently, she said, "I'm a new person, living a new life - my life. I feel so happy, comfortable in my skin, confident and I say "no" to people! I feel at peace."

She has redefined success for herself. She has scaled back her business hours, hired staff to take some of the workload and she has weekends and holidays away. Her children have blossomed, and their relationship is healthier than it ever was before.





She volunteers for a local charity one day a month and is currently very happily single. Back pain and headaches are no longer part of her life.

How many of us find ourselves repeating patterns we thought were long ago dealt with and cast aside, when faced with challenges?

Anyone who has been on the self-development trail for any length of time, will have worked through layers of conditioning, past trauma and trending modalities to address their issues.

Building a business has often been said to be the biggest self-development training of all. The ups and downs challenge the staying power of even the most persistent, determined and growth-oriented people.

Sometimes we get stuck seeing the world in a particular way.

Now, as we enter a new era, is the time to engage in deep listening, and deep being, as we learn from different people, and completely new situations, to those we've known before.

Creating impact in the world today requires different thinking and different being.

I think we must come back into our bodies, to anchor the inspiration and creativity that is sparked in our minds.

To hear and feel our inner knowing, we must make time to connect. Spending time moving our bodies, being in nature, seeking beauty and feeling awe, are all ways of staying connected to our true selves, so we can receive the guidance we seek.

SUCCESS

BY SHAN WITHNELL

The old model of hustle and sacrificing everything for success is not sustainable and won't succeed in the long term. A more balanced approach is needed, taking into account our physical, mental, emotional and spiritual wellbeing.

Building businesses that align with our values, passions and purpose, will create fulfilment and meaning beyond monetary success. Incorporating practices that support mental and emotional wellbeing, for ourselves and our teams, will pay huge dividends for us and society.

We need to find opportunities to collaborate instead of competing. We need to be creative, innovative, and promote positive impact and meaningful growth.

We need to prioritise our health and wellbeing to reduce stress and increase resilience.

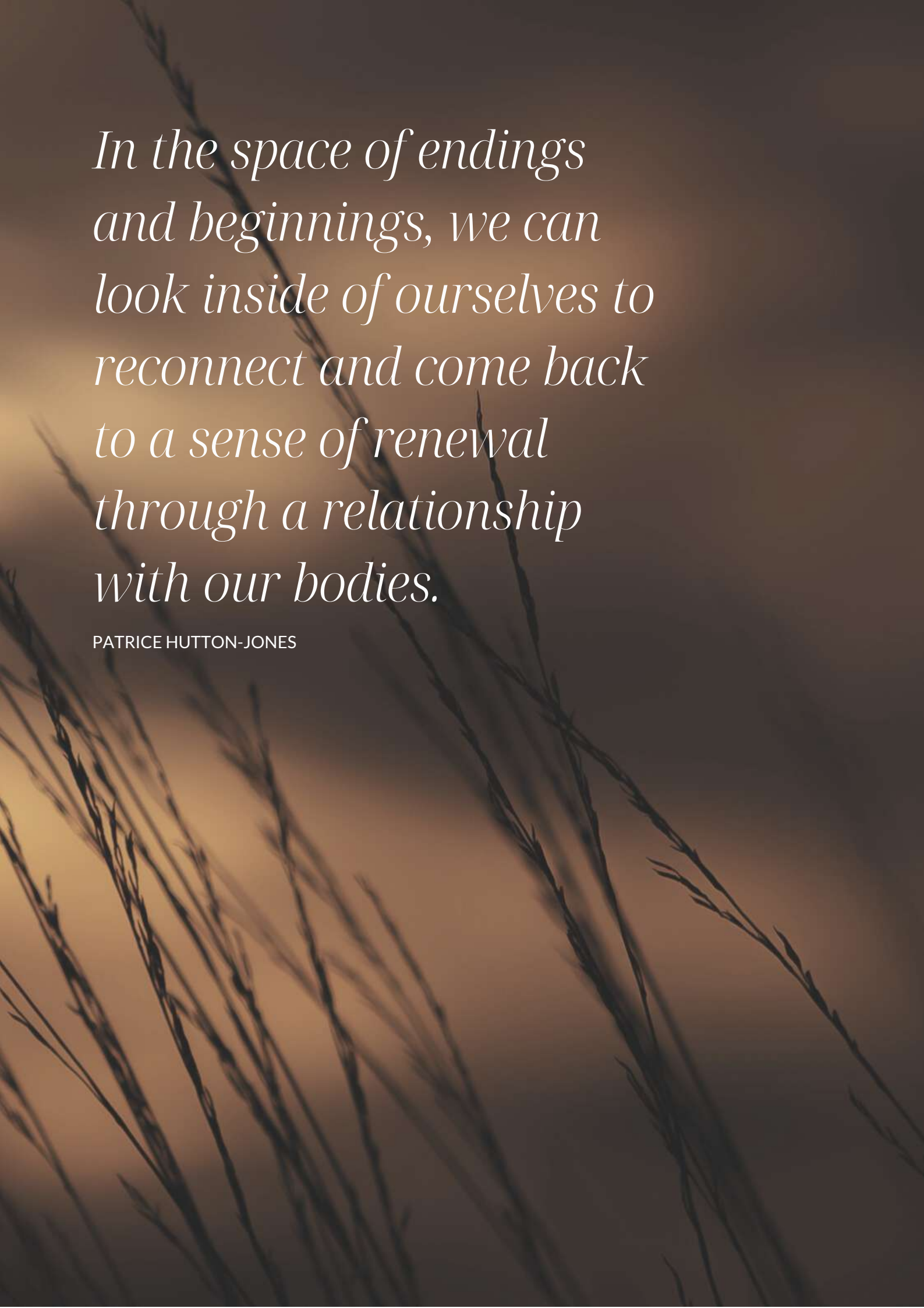
We need to redefine success. What does success mean to you?

SHAN
WITHNELL

Shan helps women over 40 to feel safe and confident being themselves, living a normal, successful and joyfully free life, having released physical or emotional pain, anxiety or relationship issues.

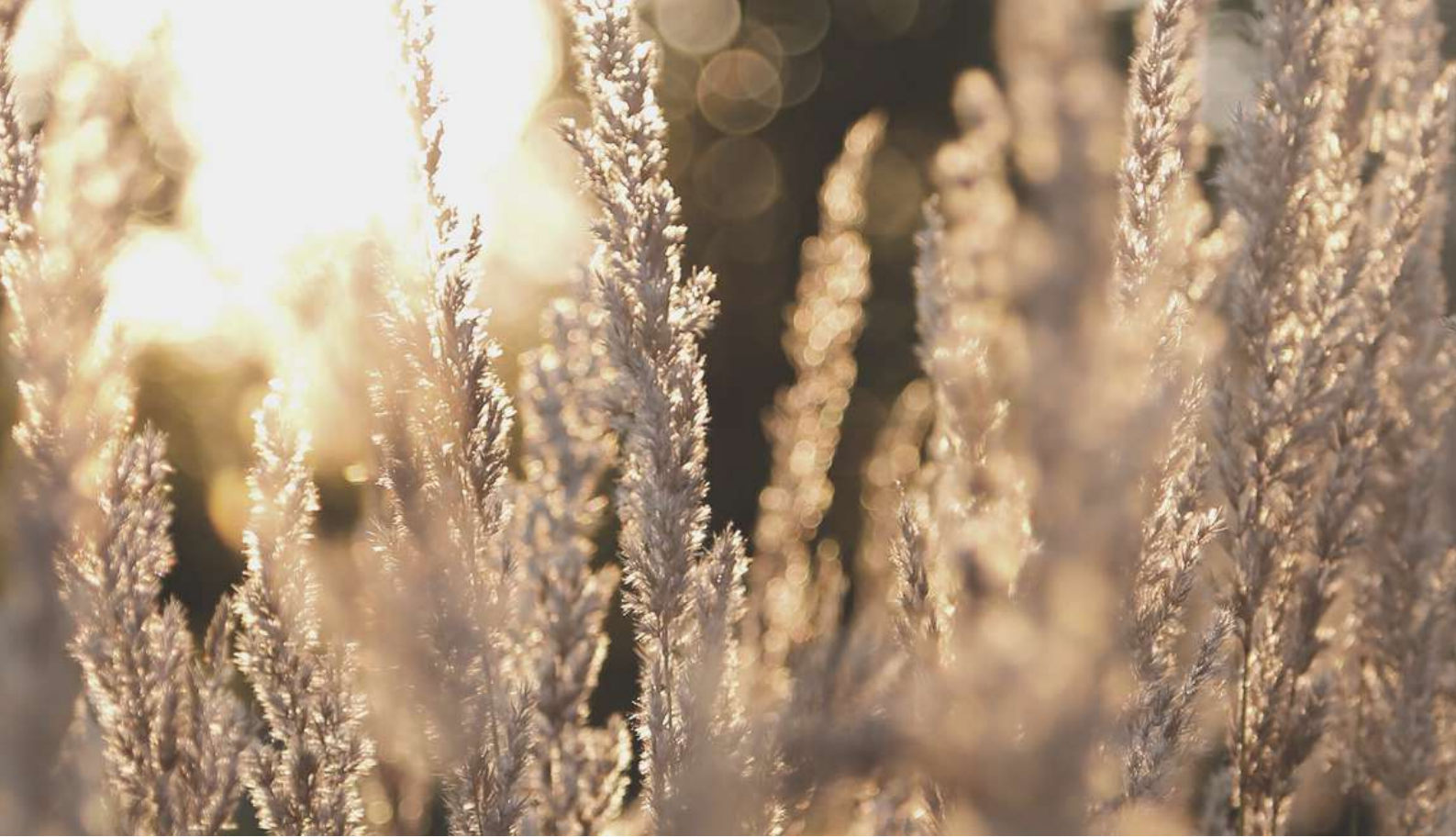
She facilitates life-changing transformations for her clients, face-to-face and online, blending a bespoke mix of hypnotherapy, soul coaching and energy healing.

[Connect with Shan](#)



*In the space of endings
and beginnings, we can
look inside of ourselves to
reconnect and come back
to a sense of renewal
through a relationship
with our bodies.*

PATRICE HUTTON-JONES



BEYOND THE BLUEPRINTS



BY PATRICE HUTTON-JONES

I sit here recalling the sweet tones of the lake front along South Shore in Chicago. The glistening sunlight fills my dome as the afternoon sun smiles on a pen resting at days end.

Having moments like the one described above, once seemed impossible. Like many of our grandparents or parents I too found it difficult to feel safe operating life from simplicity and flow. The ideology and system were based on achieving success through pushing. 46

The holding that I established to support my emotional world helped me to see how far I'd lost parts of myself to an ideal outside of me. The old way of self improvement could look to religion, new age and other systems as the answer to our global healing, but I knew the answers we found on a cellular level within.

"That is extravagance," also rung through my head knowing these are not my thoughts but echoes of pain that I allow myself to find compassion for and release from my experience.

In the space of endings and beginnings, we can look inside of ourselves to reconnect and come back to a sense of renewal through a relationship with our bodies. This

introspective approach can be so powerful when we collectively invoke self-love and advocacy.

The biggest eye opener for me this past year was witnessing what unraveled with bodywork for myself and clients. While trying to integrate through the past two years, so many aches and pains emerged for people who were now looking at what patterns of thinking accompanied the sensations in their bodies.

People complained of issues and they wanted answers regarding physicality only to be reassured that age or getting older wasn't the cause. Suddenly, mothers and females began seeking options to their state of wellbeing when allopathic means were exhausted.



Having a healthy way of eating was not sustaining energy and attaining a state of health that thrives and improves with longer living seemed foggy.

Asking questions and looking for adjunct ways to feel again, revealed an increase in vigour and renewed perspectives of approaching other ways of finding solutions through more somatic ways to feel.

Addressing our emotions is how we can become aware of our thoughts and beliefs and not be controlled by them.

Being bold to look for answers within can offer a pathway to respond rather than react. Moving

beyond a blueprint isn't devaluing the tool but instead taking up a space for a new perspective coming home and embodiment.

I know there are other women and mothers like myself that can relate to the over-tiredness and burnout that can silently hijack your dreams imagination and passion for life.


I say play a game with your body and call forth your child of wisdom. Remember and recall your curiosity and vigour for life.

What did it look feel and sound like? You'd be amazed by your power within you. Are you curious? Keep asking and allow yourself to receive you and your uniqueness beyond any blueprint.

PATRICE
HUTTON-
JONES

Patrice Hutton-Jones multi-passionate Transformational Artist. She enjoys the nuance of self- discovery enlightenment, and intuition through an interpretive dance with the body and senses. By fine-tuning the sensations we can release layers of harmful programming and generational traumas to access deeper awareness and consciousness.

[Connect with Patrice](#)

A close-up photograph of a field of golden wheat at sunset. The wheat stalks are in sharp focus in the foreground, with their long awns catching the light. The background is a soft, out-of-focus field of wheat under a warm, golden sky with a bright sun partially obscured by clouds, creating a bokeh effect.

*You absorb the energy in
the room because you're
designed to transform &
guide it*

JENNIFER REDDEN

UNIQUE LEADERS

50

BY JENNIFER REDDEN

The number of saved articles about leadership was staggering!!

I spent some time this past weekend cleaning up my email inbox & folders.

In this treasure trove of my past, I found an amazing amount of saved emails on the topics of leadership development, mindfulness, & personal development. And not a single one was from the past 3 years.

I remember reading those articles and thinking I would come back to them. Or not reading them instantly, thinking I'll come back to them.

What I remember most is the information found in those emails were strategies and pathways to "make me a better leader," all basing their success as a leader on their structure and determined set of values as a "great leader." None of them actually discussed the power of uniqueness in leadership. No wonder I never went back to them.

I experienced the greatest growth & expansion in my leadership expression when I stopped reading the articles and the books and quit taking courses on "how to be a leader."

I ceased believing I needed to be someone different from who I am.



I stopped chasing after some 'better' version of myself to check off boxes meeting someone else's definition of a "great leader."

The moment I started taking intentional action to learn how I engage with the world and how I am already the very thing I desire. I exposed my own uniquely powerful qualities of responding to life with integrity & clarity; thus quieting all the noise around "what makes a great leader."

The time came for me to start honoring all my pieces & parts (seen & unseen), allowing myself to become the Coherent being I am now, leading from a place of potent softness and Wholeness that flows through everything I do.

And that I have always meant to be.
And YOU ARE TOO!

The truth is, back then, I would have & did buy into all those strategies and ideas because they played into my unconscious belief "I am not enough as I am."

So I believed: I needed to be louder & more confident to speak up in a meeting. I wasn't good enough as the soft, quiet one in the room, taking it all in & observing. If I just keep giving up pieces of myself by pushing beyond my own boundaries & needs, 'they' would recognize my value & worth.

If there is one thing I deeply Know, it's that Conscious female executives, directors & industry



leaders don't need another Infographic or article that lists the benefits & qualities of a great leader. You truly are already a transformational leader!

I see the work and effort you put into everything you do to make a difference and create positive change in your industry. And supporting those around you, creating a ripple in the communities you lead.

What you deeply crave is to be seen as the transformational leader you are, for all the uniqueness you have, even the parts you haven't quite discovered yet, And to stand in your Leadership Uniqueness™ so you can make the impact, you are meant to with integrity, clarity & coherence. Without hiding the parts that make you magnificent!!

The truth is...

You engage with the world differently than others.

You absorb the energy in the room because you're designed to transform it & guide it, is your unique way of influencing the energy of a room and the people in it.

You require space to process new information and rarely make quick decisions not because you can't but because you desire to be with the energy of that decision first.

You see things from all different perspectives and have the ability to see the benefits of each one making you a master visionary.



You lead people by simply being a role model without having to say much of anything to create change because your actions offer a ripple of change. All of these things make you a unique and impactful leader.

And that is what is needed now more than ever as the old structures crumble and we begin to rebuild,

Your Uniqueness is needed and Craved! You don't have to change...

You have to awaken!

And when you learn to articulate your uniqueness from a place of Wholeness & Love, you no longer need another leadership



strategy, only that of your Leadership Uniqueness™ - your energetic strategy.

If you find yourself with an enormous amount of leadership development material in your inbox or bookshelf, ask yourself what exactly you are searching for in all

that material. Because I will repeatedly tell you, you won't find what you're looking for there

What you're looking for is already here, within you, ready to be awakened, acknowledged, and embraced, for your uniqueness is meant to change the world.

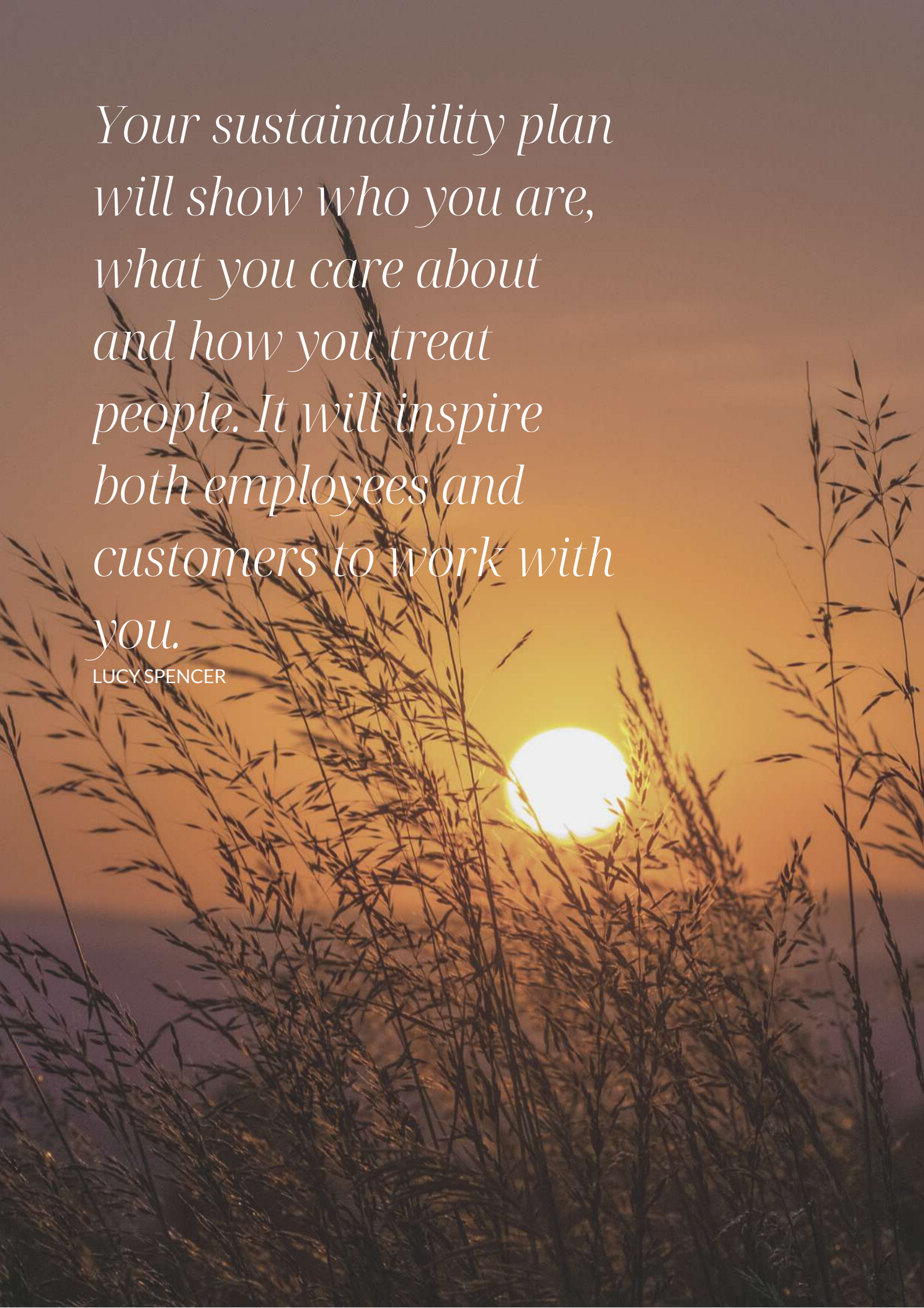
JENNIFER REDDEN

Jennifer is a multidimensional mentor and Quantum Leadership guide who has forged her own unique way to success by guiding conscious female executives, directors, and industry leaders to awaken their Leadership Uniqueness™ so they can make the impact they are meant to this lifetime with integrity, clarity and coherence.

Her leading-edge, Whole BEing approach focuses on embracing both the seen and unseen to increase the capacity of her clients' atomic structures.

After a 17-year career as a respiratory therapist, the breath is still a strong influence in Jennifer's work in supporting her clients to master their own unique energetics and build a harmonious infrastructure™. Jennifer is passionate about supporting conscious leaders in discovering their unique way of building a legacy of love with effortless ease

[Connect with Jennifer](#)

A photograph of a sunset with tall grasses in the foreground. The sun is a bright yellow circle in the center-right, partially obscured by the grass. The sky is a warm orange and yellow. The grasses are dark silhouettes against the bright background.

*Your sustainability plan
will show who you are,
what you care about
and how you treat
people. It will inspire
both employees and
customers to work with
you.*

LUCY SPENCER



PUTTING
SUSTAINABILITY
AT THE HEART OF YOUR BUSINESS



BY LUCY SPENCER

Business concepts come and go, but sustainability is one to stay. It's a powerful force in the business world that people are increasingly focused on, and for good reason. Sustainable practices have a positive impact on both the business itself and the larger community.

When the word 'sustainability' comes up, you may immediately think 'environment'. However, there are three different elements to sustainability - social, environmental and economic.

Social sustainability is focused on the human side of business, with a view to improving people's quality of life. It relates to every stakeholder in a business... employees, customers, suppliers, shareholders and the community.

Social sustainability covers everything from salaries to health and wellness to engagement. It will impact employee happiness, productivity, company culture and customer satisfaction. A positive improvement in social sustainability will ultimately result in an increase in turnover.

Environmental sustainability ensures a company is operating in a way that reduces or negates its impact on the planet. It's far more than the obligatory recycling. It looks at things like reducing your energy usage and carbon footprint and upgrading processes to dispose of e-waste. As well as reducing the company's impact on the planet, these initiatives also ensure the company will experience cost savings.

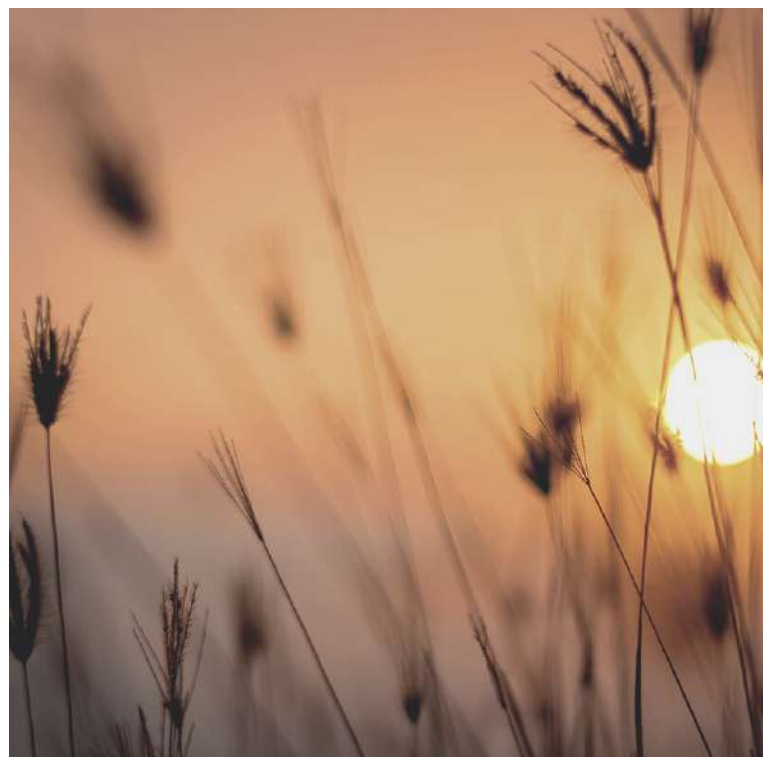
Economic sustainability is perhaps less well known, yet equally important. It ensures a company efficiently uses assets to maintain profitability. This covers everything from improving systems efficiency and resourcing to reducing supplier costs. In fact, as the company becomes more operationally efficient, costs are reduced in multiple areas.

The impact of sustainability initiatives will therefore be far reaching in your company. Upgrades in each element will improve your ways of working and your financial situation.

There are also wider implications. Your sustainability plan will show who you are, what you care about and how you treat people. It will inspire both employees and customers to work with you.

FastCompany has reported that nearly 40% have chosen a job because the company performed better on sustainability than their alternative options. Meanwhile, Wunderman Thompson discovered 83% of consumers will always choose a brand with a better sustainability record.

And the reason for this? Global changes such as outbreaks of new illnesses and unpredictable adverse weather incidents have led people to increasingly see what is needed in the world, from better ways of treating fellow humans, to a kinder and more thoughtful approach to the planet. Society as a whole has noticed the influence businesses hold and so the difference they can make. This leads people to having a greater expectation of businesses.



Businesses that don't have a sustainability agenda, either because they don't have the time, or haven't yet realised its importance, are being left behind. They are being seen as businesses that aren't willing to play their part to impact positive change. It literally isn't sustainable to disregard sustainability. Both employees and customers will instead go to a company that is actively seeking to increase its sustainability activities, forcing businesses to either make changes or fold.

Sustainability isn't just for the larger corporation. It should be a consideration for start-ups and sole traders too. A small company may have less processes and procedures to streamline and may not yet even have any employees, but there are still plenty of sustainable factors to consider. Activities can be put in place to better understand customers and suppliers so strengthening relations with them. This could lead to repeat customers and reduced prices from suppliers. Work could be done with the local community which would bolster support for your brand.

Environmental activities are also recognised regardless of the size of the company, drawing employees and customers to you. For instance, you may not be in a position to analyse your carbon footprint, but you could still be part of a carbon offsetting programme (as this can be progressed based on the size of your company).

Sustainability isn't something you think about once, implement and then forget about. It comprises a series of ongoing activities that spark care and innovation in your company. There will always be processes that could be more efficient, or new ways to show greater care and consideration to your employees and customers. Sustainability is a lynchpin to continuous improvement.

The benefits of sustainability speak for themselves. The prospect of doing good for people and the planet unites people. It forms a bond that creates long-term relationships where people seek to help others at a deeper level. Spending time and money on sustainable activities decreases costs whilst increasing turnover.



Sustainability is therefore here for the long-term and needs to be a key consideration in your business.

What's your sustainability plan?

LUCY SPENCER

Lucy is a Business Consultant specialising in enhancing systems and culture, and optimising business energy.

She's been working with small businesses and start-ups for the last 5 years, implementing conscious business practices in every part of the business.

In 2020, Lucy founded Conscious Business Solutions to offer a more in-depth conscious approach to small businesses and has been developing the solution ever since.

Connect with Lucy on [LinkedIn](#)



*Tuning into all the
beauty around you
stirs something inside.*

MARIANNE DE KLEER

CREATIVE WALKING TOUR

BY MARIANNE DE KLEER

62

Creative Walking is a different way of going for a walk. Instead of heading out to clock up a certain number of steps or kilometres - or just mull things over in your head as you walk and stare at the ground - it's a mindful approach to getting outside. The creative part comes through writing details down in a notebook and taking photos of various things.

In the cycle of Inspiration, Motivation and Action, we sometimes mistakenly think that we need to feel inspired or motivated before taking action. But the reality is that it's a cycle into which we can jump at any stage, meaning that we can start with action. Any action. Just the act of doing something will create motivation or inspiration to do something else. So getting out for a quick walk can be a catalyst to getting unstuck and moving forward. Taking the time to discover and notice things in our surroundings can be a wonderful way to feel grounded and present.

The benefits that you gain from this mindful approach to walking can be transferred into how you are making an impact on the world through your business.

By simply putting your tasks and to-do list aside for the duration of your walk and tuning into all the beauty around you, something stirs inside and that is sure to come out in your work.



THE TOUR

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CLICK THE IMAGES BELOW TO LISTEN TO THE DAILY AUDIO GUIDES



① [Introduction](#)



② [Day 1](#)



③ [Day 2](#)



④ [Day 3](#)



MARIANNE DE KLEER

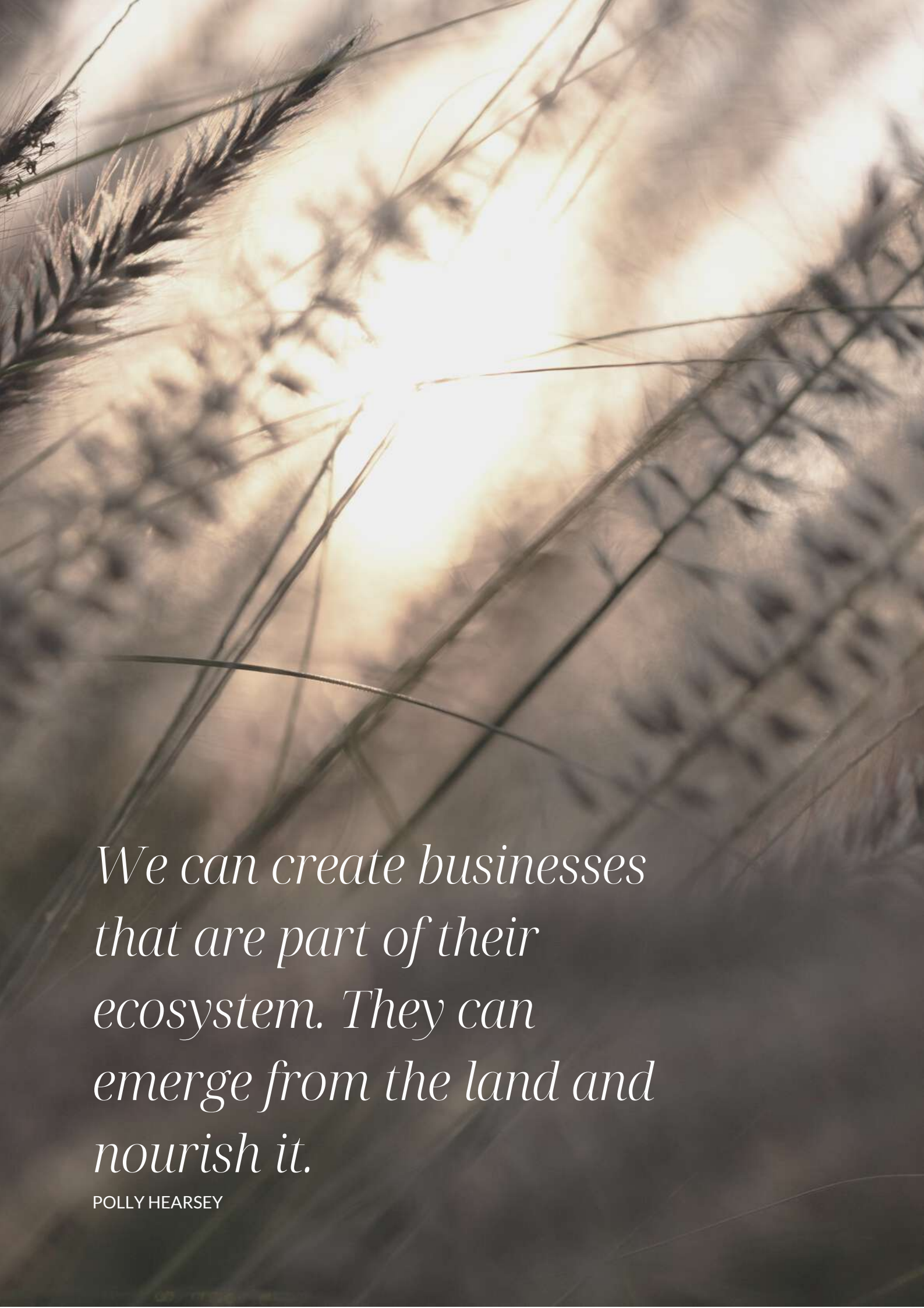
A Canadian expat living in France, Marianne de Kleer is a certified Sophrologist and holistic wellness facilitator working in both English and French.

Marianne helps women in their middle years avoid burnout, reduce stress and boost confidence through Sophrology, a popular mind-body technique in Europe.

In her holistic wellness mentoring, she encourages her clients to find their anchors: the things that bring them back to feeling their best. From creative activities and mindfulness tools, to self-reflection and feeling trackers, she loves to share the contents of her toolbox so that everyone can move into a vibrant way of living, full of ease. She's the founder of A Year of Creative Walking Tours.

[Connect with Marianne](#)





*We can create businesses
that are part of their
ecosystem. They can
emerge from the land and
nourish it.*

POLLY HEARSEY

INSPIRED BY THE LAND ⁶⁶

BY POLLY HEARSEY

As I sit down to write this article, I gaze out of my office window.

The wind is blowing, the trees are bending. The sun is briefly breaking through the cloud before disappearing again.

The elements are out in force today. Without question, they will have their say in what comes next.

In our crazy hustling life forgetting that we are nature itself is almost inevitable. We have become disconnected from this part of our identity.

We have lost our anchor.

And yet, almost everyone I know is profoundly inspired by nature and is always yearning to be rooted in the land.

To be rooted is not to step out into the environment and feel the elements. It is not grounding.

To be rooted is to feel the land and to be inspired by it. It is when the land moves through you and you become an expression of the land itself.





It is a rarity these days. Not because it is not available to us, but because the lives we have constructed make it near impossible to achieve. It takes stillness and presence to realise and these are a rare commodity indeed.

To hear the heartbeat of the land, to hear its whispers, to know its power to create and revive takes a willingness to listen with our whole being.

When we achieve it, our lives change forever.

In this connection, there is hope. There is creativity. There are solutions, the likes of which are unfathomable to us without the knowing of what truly lies beneath our feet.

There is a lot of work to do in this world to restore the harm we have collectively wreaked on our shared and individual well-being on every level. The most important job any of us has is to uncover what we are here to do and how we are going to contribute to this restoration.

Every single one of us has a part to play in restoring our world and remembering our true natures.

Some of us are choosing to do this work through businesses that have welled up from within. Our businesses have struggled to find expression in a world that is designed to dominate and suppress the emergence rather than empower it.

All we hear about how to create a successful business suppresses the whispers upon which our future depends.

Rebellion is the only logical option.

We can rebel against the processes we are told to use. We can rebel against the benchmarks of success. We can rebel against everything that disconnects us from our true selves.

We can embrace the land as inspiration for our businesses.

Every day we discover something new about the natural world, we see how everything is connected and part of the same system. We see how harm to one part affects the whole and we see how one part of that system actively supports another to keep the whole healthy.

When we choose to look, we find answers. Observation of natural systems and relationships can inspire us to design our businesses using the principles we witness. But we must make sure we don't apply them to keep us separate from the natural

world. To learn from it and not support it is no different than the exploitative model that has brought our ecosystems to their knees.

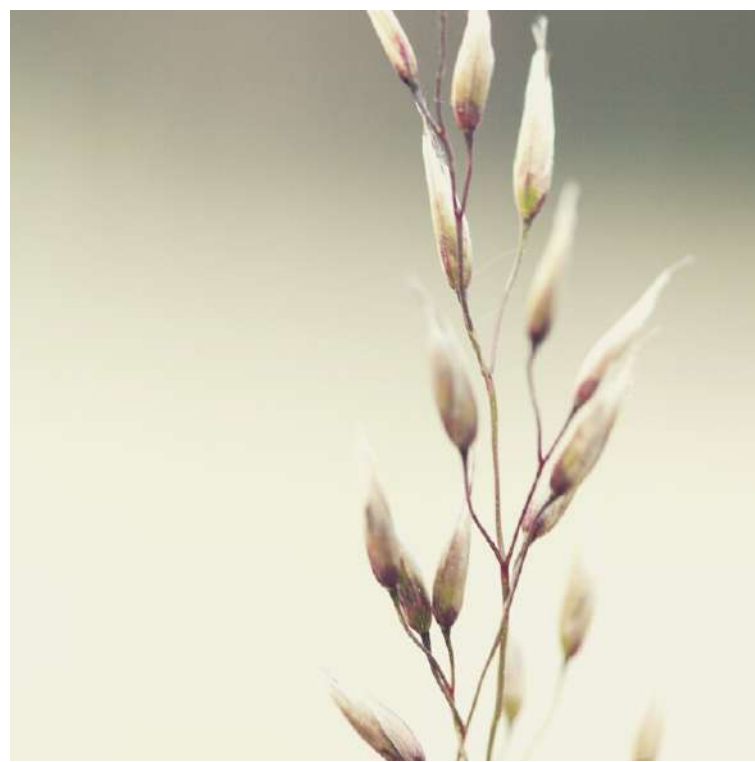
We need to do more than look. We need to listen.

For then, we will hear the wisdom of the earth.

It will share with us how to create our businesses as part of nature.

We will learn how to be nourished by the earth and nourish it through our actions. We will remember how to be part of an ecosystem again.

Possibly the biggest challenge we face in making this change is the need to alter the way we think. Our collective tendency is to focus on the detail, which is not where the truth is found. It is only possible to see an entire system at work if we look at the whole rather than the details.



One route into this understanding comes through the elements as the thread that connects all life on earth.

Each life form and each form of consciousness is a unique expression of earth, air, fire and water. Each is nourished in specific ways by the elements and each uniquely contributes to their presence in life, a presence we all feel and are supported by.

The elements are an interpretation of the energy within the land that defines the creations that stand upon it.

We can create businesses that are part of their ecosystem by understanding how the elements live within them.

The elements define the natural form and movement of a business. There is so much wisdom to harness by feeling the unique qualities of fire, air, water and earth and learning to translate these into designs that are of nature and part of life.

When we listen to the elements, we listen to the creative force of life itself.

To know how the elements move through your business is to understand how it is part of the ecosystem and how it brings life through its work.

All of a sudden, the missing piece of the puzzle drops into place when you work with the energies that define your business.

It becomes possible to design your business uniquely and bring a more powerful expression into play. This changes the entire dynamic of not just your own business, it makes it possible for others to make the shift more easily.

We are evolving in the midst of a business model that dominates, controls and dictates how things should be. It is a tough journey. We need leaders who will challenge the old and we need leaders who will bring the alternatives to life.

Polly Hearsey is a business design mentor specialising in working with energy to create new business dynamics that sustain our world.

She works with entrepreneurs and CEOs seeking to change culture and reality to support a more natural and compassionate world through their businesses.

[Connect with Polly](#)

That leader is you.

You have the power to restore and nourish life itself.

Discover how the elements impact you and your business by beginning the [Elemental Alchemy](#) journey.

POLLY
HEARSEY



*Our soul-level uniqueness
is how we bring expansion
for the Universe and for
humanity.*

ANASTASIA SALICHOU



SOUL PURPOSE &

HOW IT AFFECTS BUSINESS SUCCESS



BY ANASTASIA SALICHOV

One of the most common questions that spiritually aware and curious people ask me is: What is my Soul Purpose and how do I fulfil it?

The question of: “Why am I here?” is probably as old as humankind.

Everyone would love to have a good reason for being alive. Something that makes us unique and helpful to humankind.

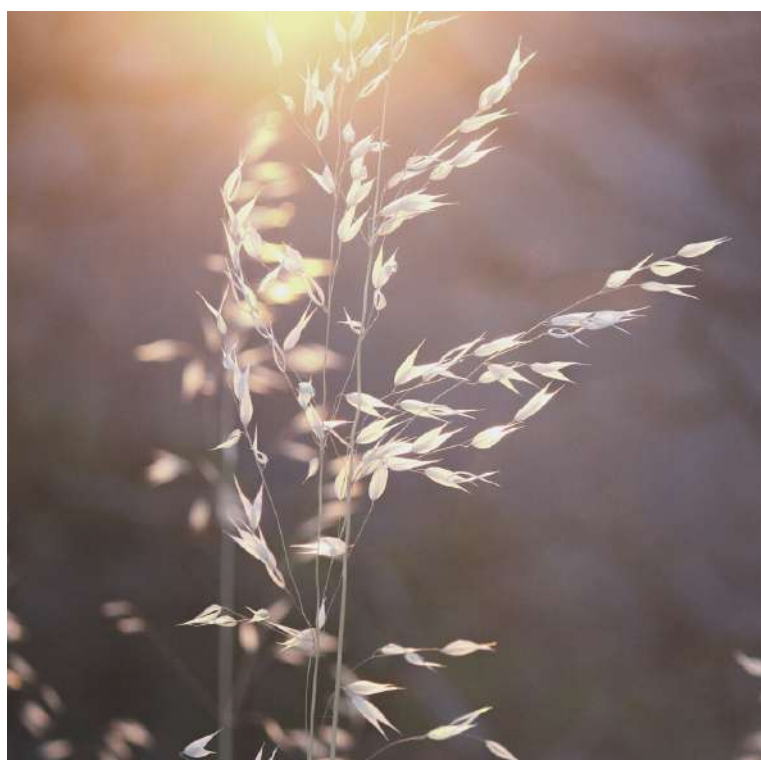
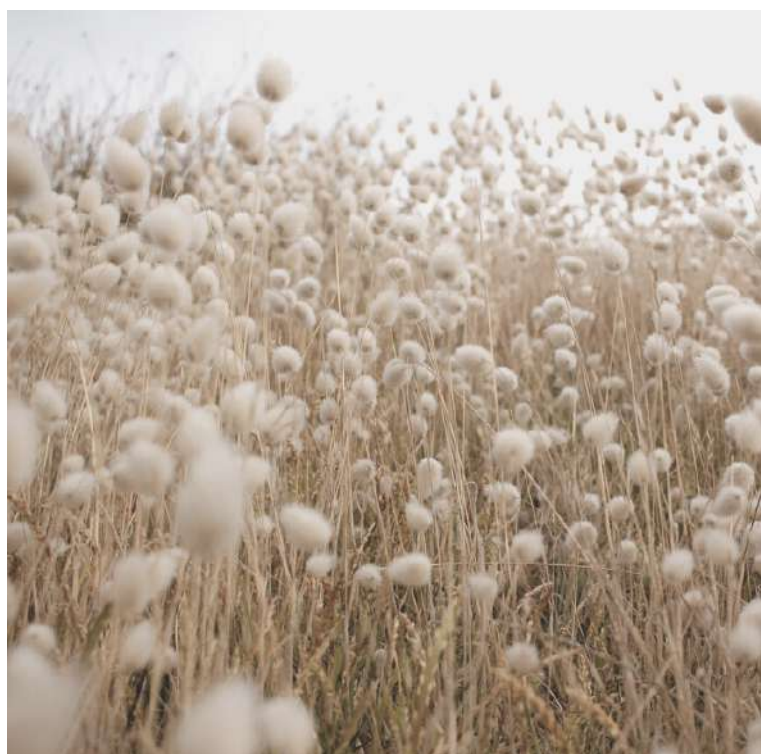
This idea that we came into this life in order to work and create something and help the Universe expand at the same time, is wide-spread and many times is fueling people's desire to know more about themselves and expand their awareness.

As every idea out there, it has its own polarity embedded into it. Some people will use this idea to create and some others will use it to create victims of themselves.

Through my work in the Akashic Records, I understand that there is no outside authority, nothing that is higher than us that will dictate what we are supposed to be doing. We are the creators of our own experience, live under the Law of Free Will, and we can give as much meaning to our lives as we wish.

We can also go through life without giving it any meaning, and this is ok too. It is just a choice.

The negative polarity of seeking for the Soul Purpose can keep a lot of people in victimization, and this is something we need to address before we understand what is the Soul Purpose.



The idea that:

- There is a higher authority that assigns Soul Purposes to the Souls
- God, the Universe, Source, our Higher Self know that we have a Soul Purpose and what that is but they won't let us know unless we try hard enough and struggle for quite some time until we get it on our own
- That we are all here to do something really big and ground breaking for humanity
- One day, we will know and then we can take action on what our Soul Purpose is and then everything will be rainbows and unicorns in our lives

Are perspectives that can actually take us away from our own path of expansion.

The question that arises is:

Do we have a Soul Purpose?

Yes, we do and perspective is key here too.

What do I mean by that?

Every Soul has a unique set of gifts, skills and traits. A unique set of Sub-Laws of Attraction that make us unique and different from everyone else. Those are our brilliance and grounding them into reality is a life-long process (probably many lifetimes even).



Our soul-level uniqueness is how we bring expansion for the Universe and for humanity.

When we learn how to use and take advantage of those skills then we get to live our purpose.

As Souls, we are here to understand ourselves and create more awareness, and also to release blockages that are preventing us from being who we really are and showing our brilliance into the world. This can only happen when we walk on the path of our Soul and swim into the current of the stream of consciousness that has created us.

Ultimately, our Soul Purpose is to live our unique skills and offer them to the world.

How do we uncover these soul skills?

Finding and understanding those unique skills is where it gets tricky for us humans.

And this is because through our soul history (past lifetimes and this present one), we have accumulated blockages (because we chose to act in misalignment with those skills) that we play out as thoughts, emotions and



manifestations that basically block us from seeing our true nature. This means that we have to uncover who we are underneath our pile of dirt that covers our brilliance.

A good way to look into what we bring with us is to look for those glimpses of our true nature that manifest in various ways.

Some ways are:

- Understanding our unique perspectives and values. What is really important to us?
- What makes us feel really good when we do it?
- What sets us apart from other people around us? What are the differences we observe?
- What are the characteristics and values of the professions we wanted to do when growing up? It is not necessarily this specific profession that works for us, but the needs that this profession we imagined doing fulfills.
- When and how are we the most helpful to others?

Throughout my work in the Akashic Records, I have found that very often after I present to the people what their unique skills are and how they can be realized in real life, they will let me know that growing up they dreamt of doing a profession that resembles those skills much more than their current job, or even business. It is heartbreaking for them to realize that if they haven't listened to society, their parents or their fears, and instead listened to their heart, their life would have been so much different.

Yet, there is always time to change course!

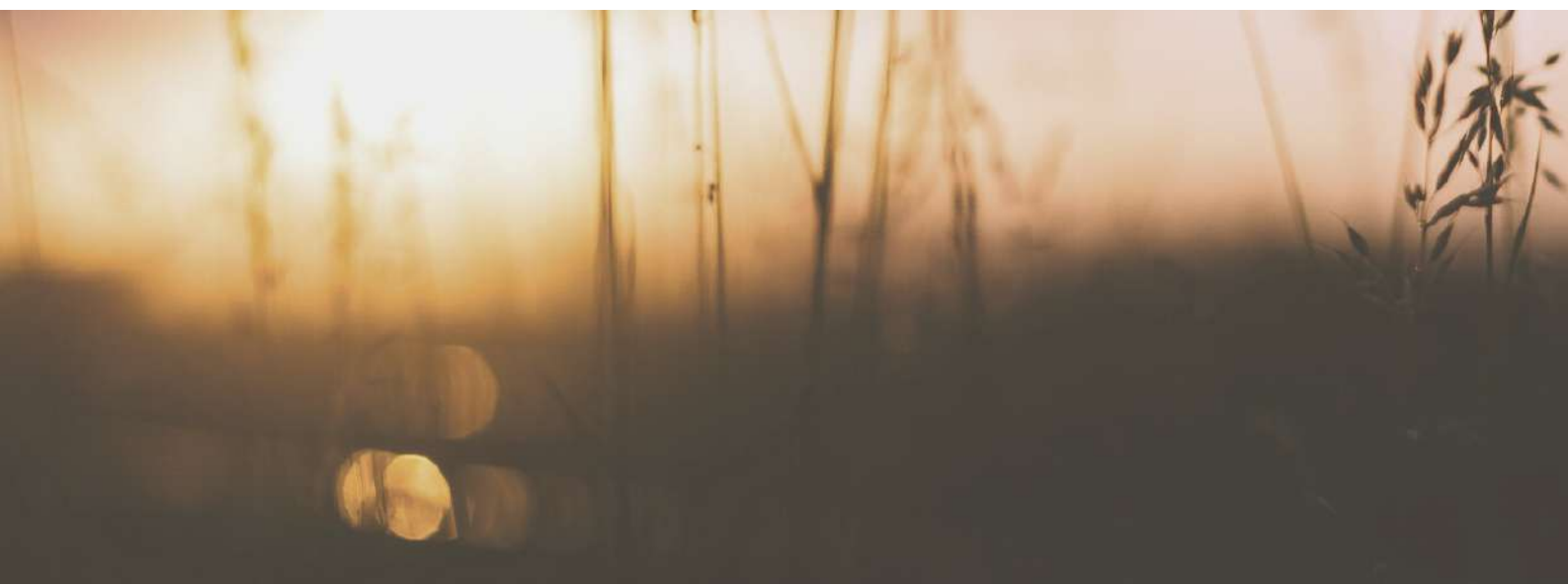
How can understanding our Soul Purpose help us in business?

It is important to understand that our Soul Purpose is defined by our own unique gifts. And when we implement those gifts, something amazing happens.

We get to witness synchronicities, openness, inspiration, ideas, manifestations, even miracles that we cannot even imagine as possible. This is because more and more Soul Energy is available to us.

This means that we get to experience more success and abundance when we align more and more to our unique nature. Basically, the ultimate way to manifest our Soul Purpose and Gifts is to ground them into a business. This is what brings the highest levels of alignment as this spreads the seeds and energy of our gifts to support humanity in its own expansion.

It is almost impossible to build something that fulfills us, supports us, makes us feel more and more aligned when it is not manifesting our soul skills.



It is like going against the current of our own soul stream and this can only bring heartache and struggle. Yet, this is what most people in the world do.

Finding what your unique skills are, sets you apart from most people in the world and gives a level of confidence that is unshakable.

Ultimately, for anyone who is looking to find their Soul Purpose, the true question they could ask would be:

What makes me unique?

ANASTASIA SALICHOU

Anastasia is a Psychic Healer and Coach, supporting women to uncover their Soul Purpose and bring it into their life and business and to release lifetimes of trauma, beliefs and patterns that keep them stuck and blocked from achieving the life they deserve and desire.

Anastasia works in the Akashic Records bringing healing into the physical, mental and emotional bodies bringing clarity, confidence and higher levels of health along with Soul-evolving guidance. She works with a variety of modalities creating holistic healing and permanent transformation. Her mission is to help people find the truth about themselves, release what no longer serves them and lead an empowered life.

Her main healing and guidance tool is the Akashic Records that she uses along with many modalities like: Sacred Soul Alignment, Energetic Allergy Healing, Soul Realignment. She is also a Reiki Master Teacher and Crystal Healer.

[Connect with Anastasia](#)



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CONNECTING WITH THE AUTHORS



Holly McLoughlin

Work-Life Coach at [Evolving Careers](#)



Mari Curteanu

Founder at [BodyMind&Soul in Unity](#)



Tracy Gaudet

Practical Ascension Guide at [Tracy Gaudet](#)



Trine Lehmann Hansen

Life Explorer [Connect](#)



Alison Haitana

Intuitive Guide at [Alison Haitana](#)

CONNECTING WITH THE AUTHORS



Jyll Hoyrup

Intuition Expert at [Jyll Hoyrup](#)



Shan Withnell

Therapist at [ShanTherapy](#)



Patrice Hutton-Jones

Transformational Artist at [Patrice Hutton-Jones](#)



Jennifer Redden

Quantum Leadership Guide at [Jennifer Redden](#)



Lucy Spencer

Business Consultant at [Conscious Business Solutions](#)

CONNECTING WITH THE AUTHORS



Marianne de Kleer

Holistic Wellness Facilitator at [Marianne de Kleer](#)



Polly Hearsey

Business Design Mentor at [Polly Hearsey](#)



Anastasia Salichou

Psychic Healer & Coach at [Anastasia Salichou](#)

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