

EXPERT **PROFILE**

WINTER 2020 **MAGAZINE**

FEATURING
CELEBRITY HAIRDRESSER
WENDY ILES

FORMER
LIVERPOOL FC PLAYER
NEIL MELLOR

4X EMMY WINNING
AMERICAN TV HOST
CHRIS VAN VLIET

BE INSPIRED BY
CARLOS REYES
BREAD ROLLS TO ROLLS ROYCE





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VERITAS TAROT

Readings, Spiritual Guide & Dream Interpreter

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EDITORS NOTE

It's fair to say most of us will be glad to see the back of 2020. Nobody could have envisaged how the events of this year unfolded. Living with constant uncertainty and unpredictability about the present and future has for many been a nightmare. Some of what we have lost, we can't replace, like our loved ones. Memories will be what we hold and cherish. But everything else can be rebuilt and refound, better than before. WHY? Because we have been tested like never before, we have had to dig deeper like never before, and as a result, we are now stronger than ever before.

We can move forward with optimism, hope and strength, knowing, NOT hoping, that we can handle what we fear the most. Anything is possible! The obstacles of self-belief, fear of failing, desperately always trying to hold onto to what we have, can't control us anymore. It is the perfect opportunity to use what we have gained this year, real freedom to move forward built on a new foundation of resilience. Life is not about making it, or about getting to some destination. It's about growing and evolving as individuals, and collectively as a world. We all owe it to each other not to give up but to keep fighting, supporting and inspiring each other.

In this edition of Expert Profile Magazine, we have those very people, individuals who don't give up, that keep fighting for their dreams and are an inspiration to others. I thank them all for their willingness to share their stories, especially during these challenging times.

2020 has taken away many things, but it has also shared valuable insights. When human-beings work and come together, they cannot be defeated or broken. Let's use what we have learnt in 2020 and take this into 2021. I wish you all a great Christmas and a Happy New Year, stay safe and remember we are all ONE. And let's stay as ONE going into 2021.



Rany Athwall

ALSO FEATURING..... IN THIS EDITION



DR. NADINE MACALUSO



LILYA CHAIR



BELU BARRIGA



ELIZABETH TOHER



ELLIOT KAY



MARRIETE



BRAD BURTON



KELLY LYNN ADAMS



ARTIN NAZARIAN



BRANDY HABERER



KIMBERLEY OLSON



NICK BESTER



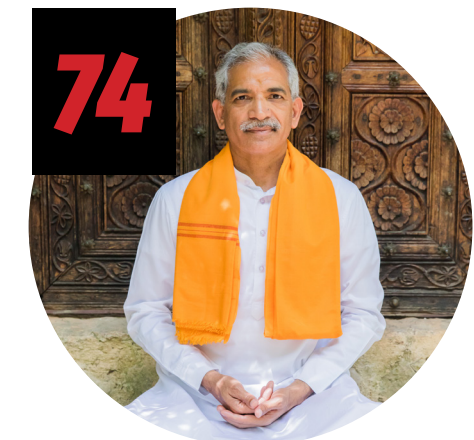
ANTONIA HARMAN



VICTORIA



SARAH FLYNN



SRI SWAMI PUROHIT



CARLOS REYES

BREAD ROLLS TO ROLLS ROYCE



Imagine yourself sitting at home having dinner with your family, and there is a knock at your door. When you open the door, you see an innocent five year old trying to sell you some bread. At first, you would no doubt be shocked at seeing a young child out on their own, followed by the thought, of someone so young working. Well, this was the reality of Carlos Reyes' childhood, living through extreme poverty from the moment he was born and started working from the tender age of just five years old for him and his family to eat.

Carlos is from a small village in Mexico called Hermosillo, Sonora, where he lived with his mother and two siblings. His father was a drug addict and abusive towards his mother. To protect her children, she left his father when he was only four years old. Carlos describes his childhood as extremely tough, "every day was a struggle, some days you weren't sure if you would get anything to eat." "Shoes were considered a luxury, and a metal bucket was used to wash."

From a young age, he had a strong faith and would often talk to God. His faith helped him throughout his challenging childhood, and he says *"Without the strength of my faith in God I could never have been able to cope or navigate through those early years."*

When he was just seven years old, his mother had to leave him and his younger brother with their

grandparents, so she could travel to the USA to find work. It left another indelible scar on his childhood.

He used to cry himself to sleep most nights, holding a picture of her. Although this was very tough on him and his siblings, this single decision by an incredible woman, would years later be the defining moment that changed the course of the families life. However, it wasn't without the unusual, yet predictable rollercoaster ride of emotions for the family, after Carlos was smuggled over to join his mother in the USA, a year later they were forced to return to Mexico.

Due to his mother's determined nature to succeed and start a new life in America, the family made another attempt to cross the borders; only this time, her perseverance paid off, and after working for a few years in California, she eventually received amnesty.

Carlos achieved his education in the USA and worked in the corporate world for 14 years. Many would view as a successful career. However, Carlos never felt fully valued or appreciated, and this was underlined and confirmed when a position for promotion was denied and given to someone less qualified. Carlos knew it was time to move on, again demonstrating his attitude not to accept anything less for himself. It was a significant moment in Carlos' life, his decision to leave a very well-paid job and a fourteen-year career could be described as

either brave or reckless, but Carlos' self-belief is to be admired. But it was his faith that ultimately gave him the courage to move on. Carlos describes it as a message from God.

In 2015, he and a business partner started a real estate business, working every hour and day possible to make their dream a reality. Together they made many sacrifices, implemented a disciplined regime of work ethic and carried one another during the challenging early months. All of the efforts started to pay off, and incredibly they made their first million within the first two years of trading. Remember this was someone who came from extreme poverty and due to his determination and desire to give his family what he didn't have, was now on the threshold of something truly remarkable.

However, his unerring desire to be successful came at a price in 2017, Carlos started showing signs of mental fatigue. The responsibility of managing a large organisation, difficult and unreliable people was taking its toll. He began suffering from episodes of anxiety



and depression, he wasn't sleeping, and the motivation had gone, in his own words, he says "I had crashed and felt like I was dying." He knew something had to change but wasn't in the right state of mind to make any changes. His wife encouraged him to seek professional help. Carlos' doctor booked him in for several tests; he was desperate to find out what was wrong. Following weeks of tests and examinations, he was diagnosed with GAD, general anxiety disorder and prescribed a course of medication. On the drugs, he felt numb and emotionally worse; he knew this path wasn't going to solve how he was feeling.

Carlos had enough and decided to hire a personal development coach alongside a fitness and diet expert. Within a few weeks, he began feeling better, and the 'mojo' had returned. During this challenging time, he realised the importance of balancing work with your mental and physical well-being. Carlos says "You need to get a handle on both because, without your well-being, business and success have no meaning."

His best piece of advice to anyone is looking after your health, and that you are your number one investment and are no use to anyone if you aren't in good mental and physical shape. He also shares that it's imperative to find the right people in your life and business, and you have to learn to make tough decisions by letting go of those who are holding you back.

Today, Carlos owns 27 successful companies and enterprises and still has the same passion and enthusiasm when he started the first business back in 2015. The future for Carlos is to change a million lives, by contributing his wealth and success to make a difference to the world. There are plans to build orphanages and schools across the globe in deprived countries. To continue sharing positive messages and encouraging people to follow their dreams and never give up, irrespective of the circumstances. He says, "people are counting on you; don't let yourself and them down."



EXPERT **PROFILE**

EXTRA *TIME*

Magazine about the next generation of potential stars of sport and the generation of stars who inspired them.



COMING OUT IN 2021

The first time you meet Chris Van Vliet, the expression, 'live life to the fullest' comes to mind. He is a bag of positive energy and vibrant presence; his attitude towards life is in infectious. Chris looks into the face of fear and says "what's the worst that could happen?" This is a guy who is open to doing anything, every day for him is a new adventure. Bungee-jumping, wrestling with people twice his size, swimming with sharks and playing with alligators is an average day in the life of Chris Van Vliet.

The confident and energetic person isn't how you would have described Chris in his earlier years. He was a shy and reserved child. Other children would often see him as a target, and being bullied was a regular feature of his childhood. It affected his confidence and self-belief growing up, communication and connection with others became a problem, with feelings of loneliness and isolation.

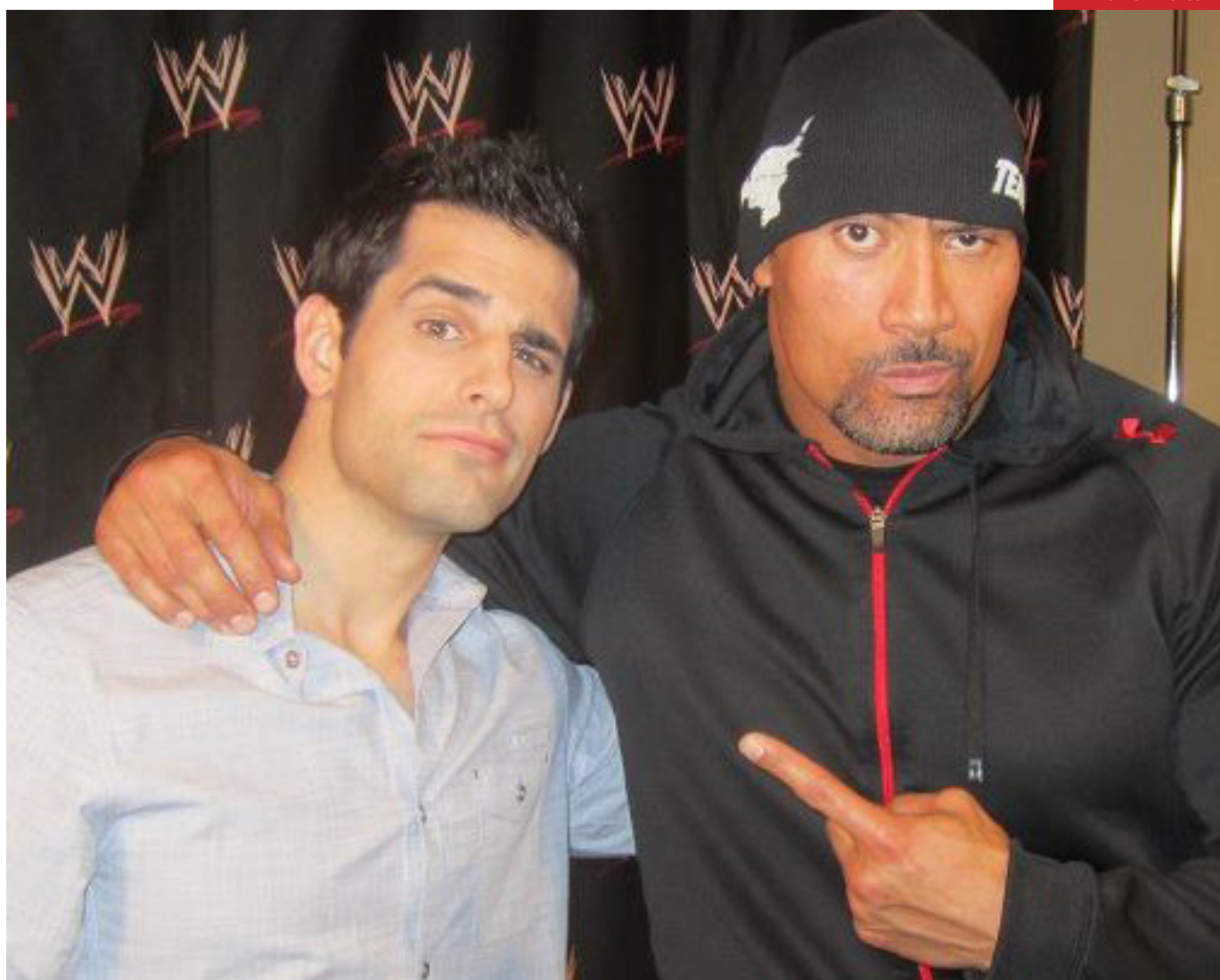
Speaking in front of people wasn't something he was ever comfortable with. He shares a story in the 4th grade where he had to deliver a poem in front of an audience, and he says "It was one of the most frightening experiences of my life, my voice was trembling, and my legs were shaking."

Albeit Chris had a desire to be behind a microphone from a very young age, considering some of the experiences he went through during his childhood, nobody could have imagined him being a famous TV star. However, those early experiences and years didn't deter Chris from his desire to follow his dream of being a TV presenter; He knew it was in his destiny, something he was born to do and nothing was going to stop him.

What's the worst that could happen?

Chris was born in Pickering, Ontario, Canada, where he attended university and completed a communications degree. During this time, he also worked and trained at a television and news station to support his education. His passion for presenting was clearly evident, and he quickly defined what was required of him if he was to realise his dream.

CHRIS
VAN
VLIET



Following his graduation, he didn't sit back and wait for the opportunities. Regardless of the outcome, Chris would work voluntarily at radio stations, longer hours if necessary, and even wait outside offices and studios to speak to key decision-makers, looking for any opportunity to show what he had to offer. His self-belief was extraordinary for someone who had minimal experience of presenting. His attitude was to go out there and make his own luck. He believes you get lucky when you look past your fears. Chris has a favourite saying, "fear doesn't prevent you from dying; fear prevents you from living."

It is very indicative of Chris' personality, to bet on himself and not care too much about what others think. Chris says "If you genuinely want something, you have to be prepared to do whatever it takes." His energy and focus to succeed have seen him not only fulfil his dream, but this man is an example to everyone that you can achieve anything in your life if you believe more in yourself.

In his 15 year career, he has gone onto hosting several high-profile shows, which include MTV2, Razer News, the co-host of Inside Jam, and becoming an entertainment reporter at WOIO. Also, in 2015, he started his role as the entertainment reporter for WSVN's night-time show Deco Drive.

During this time, he has also won many individual awards; Vancouver TV voted him personality of 2007. In 2011 he was named by Cosmopolitan Magazine as bachelor of the year. In 2012, Chris won two Emmy awards for his shows and work, followed by two more Emmy awards in 2014 and



IF YOU COULD BOTTLE WHAT THIS GUY HAS, THERE WOULD ONLY BE HAPPY PEOPLE IN THIS WORLD.



and 2015, respectively for his talents.

Hard work, discipline, and action have turned the once shy and insecure child into a well known and respected personality and face on national TV.

Chris advises any young entrepreneur or person starting their journey to fulfil their dreams, that you must be more self-aware of your specific goals and to be accountable for them. He said, "to be a symbol of achievement, it requires daily focus to be a better version of yourself, and you need to take action with courage and perseverance."

Even today, Chris celebrates all of his 'wins.' He talks about doing what you enjoy, remaining honest to yourself and embracing problems as opportunities. And more importantly, to remind yourself every day of what you are grateful.

His enthusiasm and talent for entertaining have created a huge following globally, his Youtube channel has nearly 92 million views with over

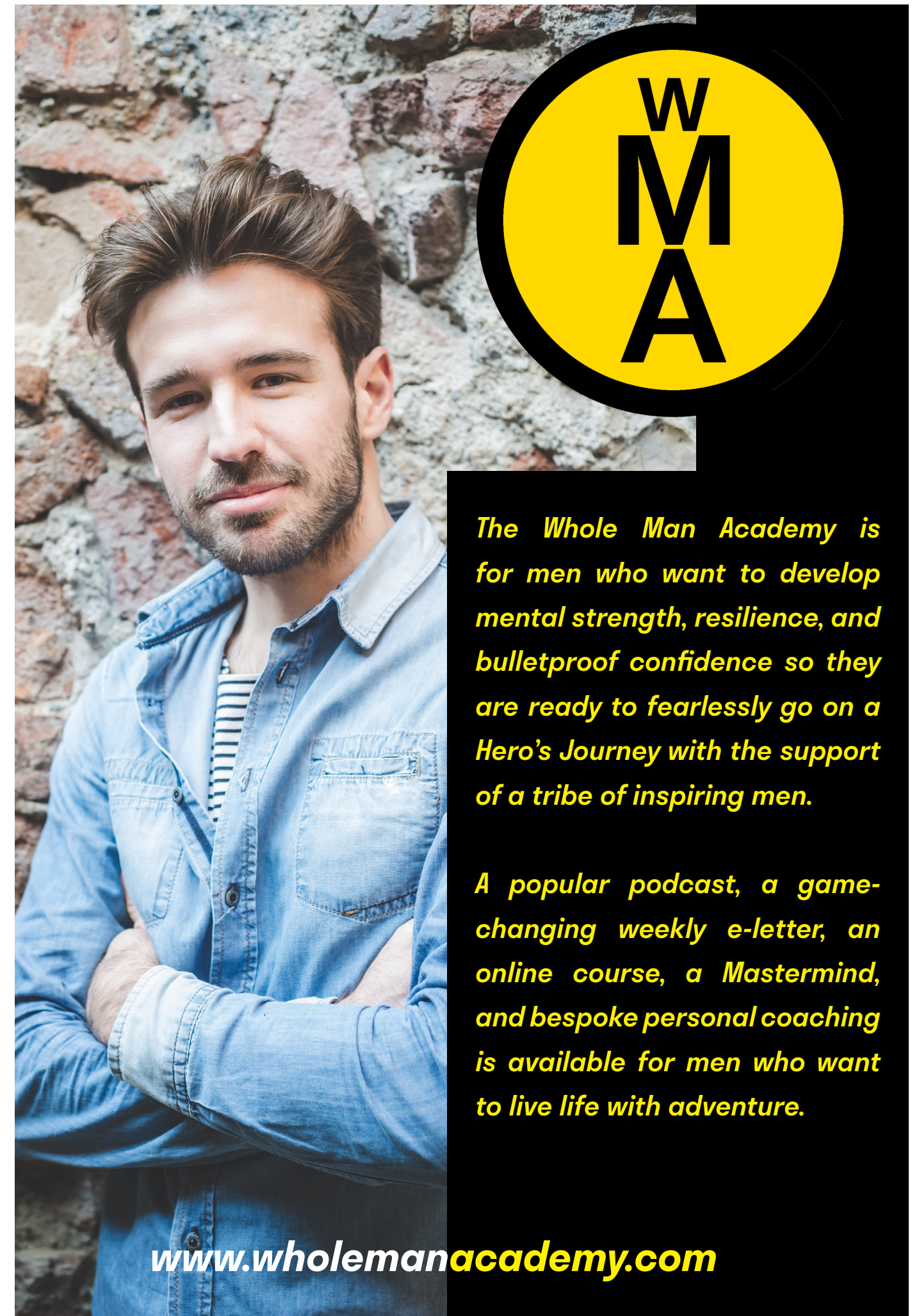
275,000 subscribers, on which he interviews wrestlers from WWE, All Elite Wrestling and Impact Wrestling.

Chris is also the co-founder of the outdoors brand WOO! Tungsten, and competes competitively in bass fishing. Inc 500 recently named his business as one of the fastest-growing companies in the United States.

The image of the four-year-old playing with his Fisher-price tape recorder and microphone lives in Chris's memory. He has come along way, a journey, like many, with its ups and downs. But he always remained focused and determined to reach his goals.

Chris is a person that personifies unshakeable positivity, an energy that can light up any environment and make people feel good.

We need more people like Chris Van Vliet in this world.

A large portrait of Chris Van Vliet, a man with short brown hair and a light beard, wearing a blue denim shirt over a striped t-shirt. He is standing in front of a stone wall. In the top right corner of the image is a yellow circular logo with the letters 'W', 'M', and 'A' stacked vertically in black. At the bottom of the image, the website address 'www.wholemanacademy.com' is written in white and yellow text.

The Whole Man Academy is for men who want to develop mental strength, resilience, and bulletproof confidence so they are ready to fearlessly go on a Hero's Journey with the support of a tribe of inspiring men.

A popular podcast, a game-changing weekly e-letter, an online course, a Mastermind, and bespoke personal coaching is available for men who want to live life with adventure.

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2021 STAR SIGN READINGS

TO GIVE YOU INSIGHT AND CLARITY AS TO THE PAST, A SENSE OF PEACE ABOUT YOUR PRESENT AND A FEELING OF HOPE AND FAITH FOR YOUR FUTURE.

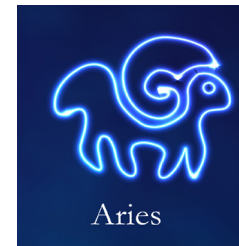
VERITAS TAROT

Readings, Spiritual Guide & Dream Interpreter

My star sign readings for 2021 are given to provide you your soul's insight and clarity as to the past, a sense of peace about your present and a feeling of hope and faith for your future. If your star sign resonates with you, do visit Veritas Tarot on YouTube or www.veritastarot.com where I have provided an in-depth video reading for you.

VERITAS TAROT

Readings, Spiritual Guide & Dream Interpreter

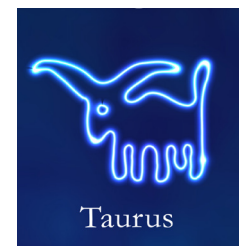


Aries

ARIES - 20 March - 20 April

2021 brings in wish fulfillment for you where you will enjoy the rewards for past efforts.

You are gaining new perspectives at the moment and are reflecting on lessons learned which has brought peace and understanding. There is something that you have not yet let go of energetically but you are aware of this. You are determined and insightful and although you have had obstacles in your life this has not stopped you from trying. You are grateful for all that you have and all that you have learned. 2021 brings in wish fulfillment for you where you will enjoy the rewards for past efforts. You will work enthusiastically on not just your work but also your self-care and mindfulness. This will bring much balance in your life. An equal give and take with relationships that you have or are coming in for you. 2021 brings in such a transformation for you. The end of old conditioned ways of thinking and being and a liberation for you. You will grow, create, evolve, release burdens and energetic attachments and feel empowered. It is a period of abundance for you. You are nurturing the birth of a new idea so expect great outcomes. Stay away from negative energies and focus only on your journey, your passions, your desires, your inner calling. Remain centered in yourself. This will bring you success and allow you to not be so impacted by life's ups and downs. Expect some sudden and swift changes in your life. This will happen within the next few weeks if you believe. You are manifesting these.



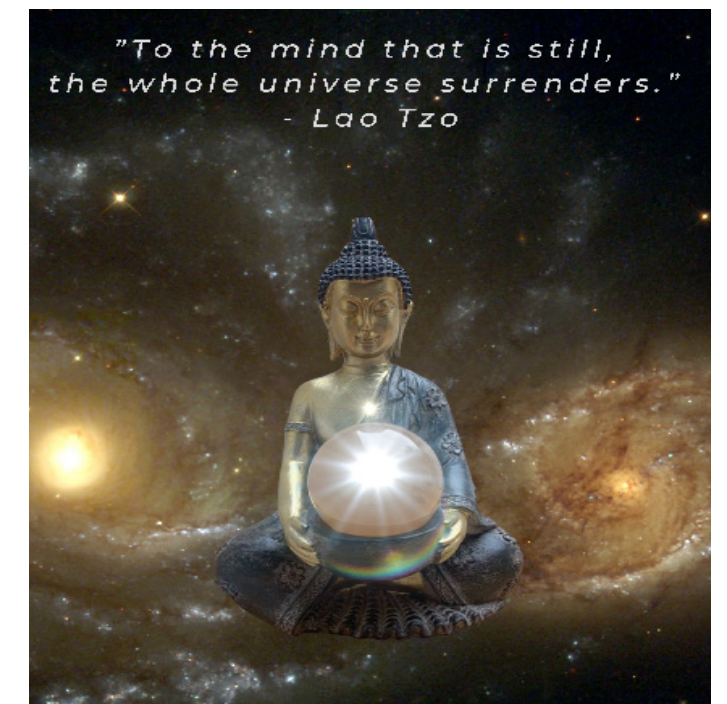
Taurus

TAURUS - 20 April - 21 MAY

A love message with integrity comes in, giving clarity. Exciting opportunities lie ahead.

You are looking forward to 2021 with a sense of excitement. You love exploring many opportunities and this is allowing for many discoveries, including fresh concepts surfacing about who you are. You are breaking down old conditioned behaviors from past hurts. You have had to experience contrasts in order to understand what you do want. You are very social and have many friends whom you watch out for. You are very protective and loyal, thoughtful and caring. You do much in your life from the heart and have come to a place of such gratitude for all that life has given you. 2021 will bring more balance into your life in that you will not let people take advantage of your generosity. You will stand proudly in your personal integrity and weigh any decisions carefully, taking steps that seem right to you and right for you. You will take ownership of your life and know that you are in good safe hands because you are trusting in your intuition. You will also gain truth and clarity about a relationship or an individual in the New Year. There is an apology, a message of love and integrity from someone who has been out

of your life for quite some time. Someone, who has done much work on themselves, in order to come forward to build a new foundation with you. The choice will be yours. There is no need to worry.

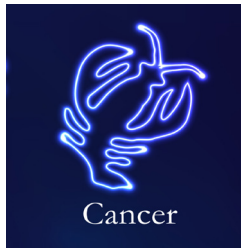


Gemini

GEMINI - 21 MAY - 21 JUNE

You are patiently open to all opportunities. Deep bonds are enhanced with another.

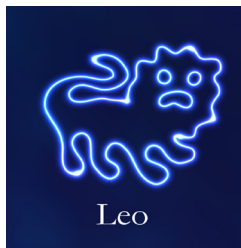
You are a natural leader, supporting others. You have the Midas touch and love to leap on solutions rather than dwelling on problems. You are fearless but kind and you enjoy your own peaceful solitude. Others may be rather intimidated by you although you are cute and so appealing and striking. 2021 will bring in a new perspective for your life. You will become very observant of others and gain new insight from lessons learned in life. This shift of perspective will bring great patience. You will face challenges head on, will face your fears. You are a fearless communicator and will continue as a great leader to provide honest and impartial advice. 2021 brings a completion of a cycle and fulfillment. You are welcoming in 2021 with an excitement and openness to whatever the Universe has in store for you in whatever timing they wish to deliver it. 2021 also enhances deep bonds with another in your life, present, returning or new. You will have choices in love. This is a relationship that you deserve. You have worked hard on self-love and because you have much respect for yourself others will respond in kind. You are presently knowingly creating your own reality; you are manifesting all that is coming in for you next year.



CANCER - 21 JUNE - 22 JULY

They are gaining courage to step forward honorably - 'The Tiger that came for tea'

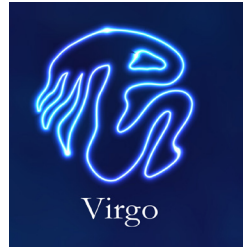
You are at peace with life, you have learned to trust your deep wisdom and you have learned self-love. This is allowing you to keep your balance in the ebb and flow of your emotions. You are a natural healer, caring, intuitive and love drives all actions. You thrive in harmony & peace. You understand that happiness is peace. In the past you suffered heartache but with navigating your way through the darkness, you allowed the weight of sadness to transform into love & courage. You are loyal, social and diplomatic. Family & friends are deeply important to you. They listen to your wise words. A new cycle is approaching in 2021, one where your dreams of true contentment and happiness are coming true. You will have choices in love in 2021. Remember to always trust your intuition, your knowing and replace faith over fear. This is also a choice to trust in love. Do not let your choice in love be controlled by any walls you may have built around your heart from the past heartache. God is giving you a gift next year in Divine timing, so be patient. It is a gift that you deserve my darling and will come at exactly the right time for you. Improving health is also coming in for 2021 if you have had concerns over any health of yourself or your loved ones.



LEO - 22 JULY - 23 AUGUST

You are manifesting blessings, success, prosperity and emotional fulfillment.

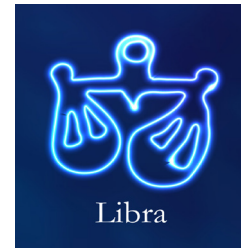
You are very protective of your loved ones, social, thoughtful, caring. You enjoy being and working alongside others and you do a great deal for your community. You feel that sometimes people take advantage of your generosity. You have come through heartbreak and this has given you fresh concepts about what you wish for in a relationship. Those being balance, loyalty, respect and gratitude. 2021 is bringing in your manifestations of your past. You are building a new foundation for yourself, a new foundation built on self-respect and self-worth. You have done the essential groundwork to achieve your goals, knowing there is always room for growth and change. You will continue To break away from old conditioned behaviors and have discovered that you have great foresight and vision. Trust in that. Emotional and material stability are coming to you in perfect Divine timing. A heartfelt apology for your broken heart is also coming to you. Someone is seeing things also from a different perspective and has not been able to let go of you. Don't get trapped in your fears, remembering that fear is false evidence appearing real. Remain positive; remain focused on the big picture. You are manifesting blessings, success, prosperity and emotional fulfillment.



VIRGO - 23 AUGUST - 23 SEPTEMBER

An old soulmate returns. You continue to have such courage in pursuit of your dreams.

2020 has allowed you to let go of all that does not serve you and be open to what the universe wishes to bring you for your greater good. You have the gift of higher perception and are able to overcome challenges by remaining positive and focusing on the bigger picture, the horizon, and those big dreams. You are consciously manifesting and open to new opportunities. You have great courage in pursuit of your dreams but this is done with gentleness and great wisdom. Your main source of strength is love and you have now created healthy boundaries in all relationships. 2021 will continue to bring you new perspectives, new discoveries, solutions and great insight. You will overcome stumbling blocks on your path to your goals and you will remain patient and grounded, being grateful for where you are now and for how much you have learned from your past choices, all given as a gift for you. You will remain confident and positive, trusting in your knowing that the Universe has already said yes, it will come to you in divine timing. An old soulmate returns having gone through a transformative period in their life. Their offer is one to trust and it will come in divine timing. Continue to ask for help from others, who have been sent to help you on this journey.



LIBRA - 23 - SEPTEMBER - 23 - OCTOBER

You are feeling excitement for the future. You trust your knowing. Expect great outcomes.

You have been on an extraordinary journey and have come to a place of great contentment and joy. Whatever your past has been, the memories of it have brought enlightenment to you in the present. You are a healer and you feel excitement for what the future holds for you. 2021 will bring further growth and abundance. You are nurturing the birth of a new idea, an idea that is your life path as a healer, a light worker. Expect great outcomes. You will feel empowered. You will not run from your fears but rather observe all that happens for you as a gift for your soul to continue to evolve on your life path. Justice is also coming in for you next year. Truth, clarity about a situation. You will totally trust in Divine timing and Divine law and you will stand in your personal integrity and weigh up any decisions carefully. You know that you create your reality. You completely trust your knowing, your claircognition. You will continue to teach and guide others and will be committed to your spiritual growth whilst remaining in a grounded space. Someone around you will start to gain his or her own insight and wish to communicate with you from the heart space. Opportunities will be presented to you that will bring in this abundance for you, whatever abundance may mean to you. If you are wishing to do something, the universe says not right now, it is not the right time, go with the flow and allow Divine timing to determine when that should be.

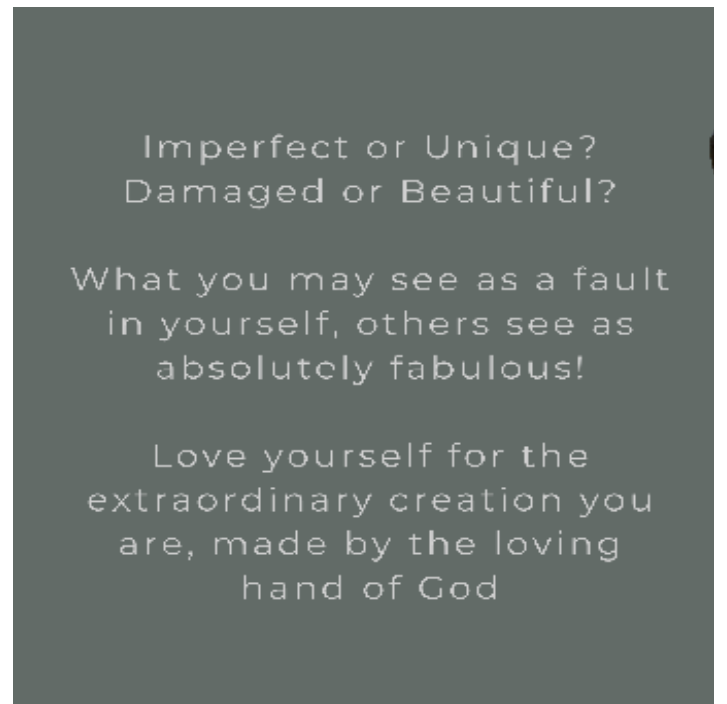


SCORPIO - 23 - OCTOBER - 23 - NOVEMBER

2021 brings sudden change for you & choices in love. Don't rush any decision from fear.

You are very free spirited, energetic and charismatic although you have a fear about moving forward. You have put a great deal of effort and planning into both ventures and relationships, some of which have not gone as you have hoped and you are now wishing to let go of control and start to go with the flow more where nothing can hold you back and where you are releasing what no longer serves you. You have been through an experience that has given you great clarity and truth and you wish for others to be the same with you. It is a reminder though to not build walls around yourself to protect you. 2021 brings sudden change for you and choices in love and to trust in love. This change will bring great revelation to you and allow you to release many attachments that have been holding you back. You will adapt beautifully. As you become more centered you will not feel so many ups and downs of life so deeply but rather observe that you have let go of conditioned behaviors and that you

are allowing the Divine to bring to you what you so deserve in Divine timing. Choose to replace faith over fear. Be determined in your beliefs, your desires, and your creativity. If you believe in yourself, success in all areas of your life will come to your reality at the right time. Don't rush into any decision or action from fear, instead make a balanced decision with the understanding that all happens in that divine timing and learn to receive as that is a true sign of self-love. Lastly, remember that sometimes those that love you deeply are maybe not able to clearly speak their truth or show their emotions as you are. They need your patience and courage in trusting in love.



SAGITTARIUS - 23 - NOVEMBER - 21 DECEMBER

2021 brings in joy, a new start in love & spiritual connections. A heartfelt apology too.

You have been in a place of soul searching and reevaluation of your life. You enjoy the silence, solitude and peace. You meditate and reflect and observe deeply, trusting your intuition. You have had an awakening. You have surrounded yourself with soul family who has helped you on our journey. You are now ready to step bravely out of that protective bubble and will have renewed energy and motivation to follow your dreams all led from a fresh, clear and healthy mindset. All led with your clarity and insight. You are, though, not impatient and know that a new cycle will happen in divine timing. You have stepped away from being controlled by your fears and anxiety but rather have learned from them. You have faced your fears and have chosen to embrace all experiences as a gift. 2021 is bringing in great happiness and a fresh new start in love, relationships, psychic abilities and spiri-

tual connections. A heartfelt apology is also coming to you in the early part of 2021. This has been a long time coming and there may have been silence between you for a while. You also are very protective about a creative endeavor and know this is your life's path. You will feel empowered and with your inner knowing, will continue to manifest consciously whilst letting go and letting God.



CAPRICORN - 21 DECEMBER - 20 JANUARY

A tower moment leads to revelations, healing and a new strong foundation being built

You have experienced a sudden change in your life. This is an event that has been given to you with divine intervention, to force you to go with the flow and release old conditioned ways of being. You are adapting to this change beautifully and with the release of old behaviors are receiving revelations about yourself, about who you are and what you truly want in life. You are determined and insightful. You are fun to be around and your experiences have taught you that you can succeed; you can fly if you believe in yourself. You are receiving advice at this time and learning and shifting energetically from lessons of the past. Your insight is allowing you to see the big picture and 2021 brings in healing for you as you continue to rise up above any negativity and trust your divine wisdom within you, your soul, and your intuition. You will face challenges given to you head on and will be fearless in your own knowing of why they are happening for you. A person you love is also going through their own healing and will take a leap of faith towards you. They do have great desire for you but did suffer from a fear of commitment. They are your wish fulfillment. With a focus on your self-love and with the release of any fear or expectations, this relationship will have a rebirth, a new foundation that has come to be because the tower moment happened, that sudden divine intervention. The tower has to come down in order for the new foundation to be built.



AQUARIUS - 20 JANUARY - 18 FEBRUARY

2021 brings a clear mindset, empowerment, creativity & a beautiful, balanced relationship.

You are in a place of soul searching and re-evaluation about your life. This reflection has brought clarity & insight and a renewed sense of energy and motivation. You have taken necessary time out for rest and healing and this has led to the start of a fresh mindset. You wish to continue to let go of outcomes having put in a great deal of effort in the past to that which is important to you, only to see it being washed away. 2021 will bring in a new cycle, one in which you will feel a sense of comfort and empowerment about where you

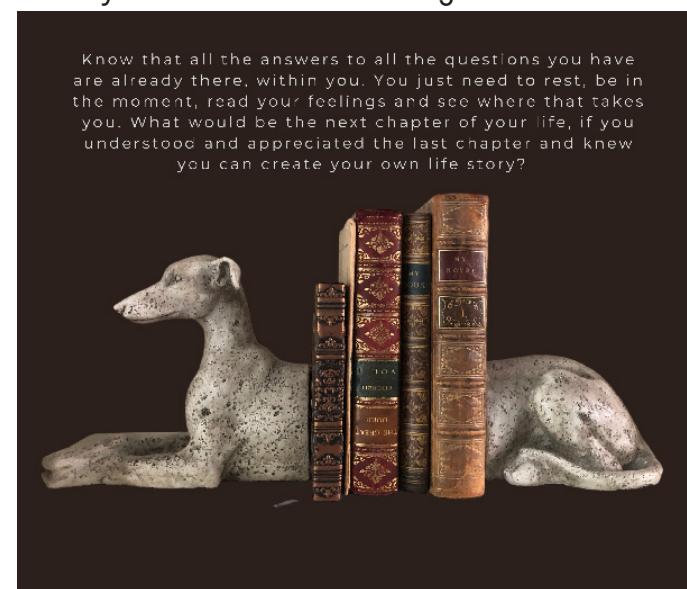
will be and whom you are. You will enjoy the calm and solitude of your own company and will understand that all will be revealed in Divine timing. You have a passion; a creative force within you and this is a gift from the Divine. Focus on that, be determined, take the initiative and it will bring in great happiness and balance to your life. Make any decision knowing your self-worth. Communicate clearly what you wish for. Although you may doubt it currently, a soulmate with deep love and loyalty for you will also communicate that they wish for a relationship in which there is equal give and take. For that to happen, continue to let go of any attachments from the past and any regrets or hurts you may have.



PISCES - 18 FEBRUARY - 20 MARCH

You are in a transitional place and a solution; a new foundation is coming in for you.

You are in a place of transition, a place of change. You are wishing to kick start changes necessary to move forward, to move away from things that no longer serve you. You are though moving at a pace that is right for you and you are trusting your inner vision, being confident in what is right for you. You are focusing on self-love and worth. A solution is on the horizon in 2021 - a clear path for you. You will be building a new foundation, one where you will collaborate with others successfully, see the strength in teamwork and watch your dreams blossom and grow. You have the



courage and commitment and everything you touch turns to gold. Believe in yourself. Communicate clearly to both yourself, others and spirit about what you are passionate about. You also have such happiness in the form of a beautiful soulmate in the near future. You will know who this is whether from the past, present or someone new. Remember you are an amazing catch. Try not to over worry about how, when it is all going to happen for you and simply trust that if you follow your intuition, your desires, that call within, then all will be revealed in divine timing.



Former
Liverpool FC Player
**NEIL
MELLOR**

“Mellor, lovely cushioned header, for Gerrard”



“Mellor, lovely cushioned header, for Gerrard, oh you beauty, what a hit son, what a hit.” Is probably the most iconic and replayed pieces of commentary by Martin Tyler and Andy Gray. It was during a 3-1 win for Liverpool in the Champions League match against the Greek side Olympiakos. Liverpool were 1-0 down at half-time and needed to score three second-half goals without conceding to reach the knock-out stages. Then manager, Rafa Benitez sent on substitute Mellor, his contribution to that season-defining game was immense, not only did he assist Gerrard's fantastic 86th-minute strike, but scored the second goal within three minutes

of coming on. Most football fans worldwide know how that season ended, with Liverpool lifting the European Cup, following an epic final and comeback against AC Milan. Although the final is described as the miracle in Istanbul, many Liverpool players and fans, still look back to the game against Olympiakos as the moment they started to believe something special was on the horizon. Which the young Neil Mellor played a significant part.

Unfortunately, due to injury, he didn't play again that season in the Champions League and missed out on a winners medal. Neil said, “On a personal level, it was very sad and difficult to come to terms with, especially with the form I was showing earlier in the season and the faith the manager had in my ability.” But this type of disappointment wasn't uncommon during his football career and young life.

His dad, Ian Mellor played for Manchester City, the team Neil followed as a youngest and dreamt of playing for one day. Sadly, he was rejected by Man City as a youngster, which was hard for him to accept at the time.

Neil showed his strength of character and ability by proving himself amongst tough competition at Liverpool FC. In the 2002-03, he scored an impressive 56 goals for the U19's and reserve team, still a record today, and was rewarded with his first team debut. Neil had finally achieved his life-long dream of playing in the premiership, and not for any club, but one of the biggest and most successful clubs in the world.

Neil had started to feature more for the first team and was selected to play against Sheffield United in the semi-final of the league cup. His impressive displays in the Red shirt was rewarded with a new three-year contract in March 2003. He was obviously delighted and extremely excited about his future. However, things didn't start as he expected, the manager at the time, Gerard Houllier didn't select him for the league cup final and the following season he was sent out on loan to West Ham United. He was shocked and dejected and couldn't understand the manager's decision. That year the experience at West Ham left his confidence in tatters, he was asked to play under three different managers, out of position and had to cope with several injuries.

The following season he was back at the club he loved. Sadly, injuries would continue to plague his career, but Neil had developed another special gift 'of being resilient.' Nothing was going to stop this young man from fighting for his career. He started to enjoy his return and became a fixture in the first team during the 2004-05 season. A period he describes as his best for Liverpool, although he made a great start to the year, yet again, because of the injuries the season would have to end short. By this time, Neil was becoming used to the ups and downs of his relatively short career.

RESILIENCE

Keynote Speaker



In Jan 2006, Neil joined Wigan Athletic on loan followed by a permanent move to Preston North End who signed him later that year. Where he enjoyed some success and scored an impressive 43 goals in just 150 appearances for the club.

Neil unquestionably had the talent to reach the very heights of professional football, but unfortunately, injuries were going to hold him back and prevent him from fulfilling his potential. In 2012, he had to make his toughest decision and retire from the game he loved. Neil was only 29, when most players are reaching their peak, he had to hang up his boots. The news for him was devastating and something he initially struggled to come to terms with.

It was a tough time in his life, he had gone from living the lifestyle of a wealthy professional sportsman, to someone who had no income and a very uncertain future. He talks about how frightening the time was and how it affected his mental health. Sacrifices had to be made to adjust his lifestyle; overnight, it was a dramatic change of circumstances.

But Neil didn't feel sorry for himself; instead, he focused on what he could do and started working on a career as a pundit. You can't but admire his attitude, even with the considerable disappointment of having to cut short his football career, adjusting to the impact this had on his personal life. He accepted the hand he had been dealt with and spoke positively about his experiences.

He says, "you can't control what happens in your life, but you can control how you respond."

The football journey was challenging, but one he is immensely proud of. He played under some of the best managers in the world, and alongside legends like Steven Gerrard, Jamie Carragher and Michael Owen. He explains the experiences made him into the person he is today and he wouldn't swap

"You can't control what happens in your life, but you can control how you respond."

them for the world.

Today, football is still an integral part of his life, he features as presenter and match analyst for Liverpool FC TV and reports on matches for Sky Sports. He is also a sought after keynote speaker, a regular face on stage for businesses and corporations.

Neil is someone who suffered many setbacks in his career and life, where other players would have folded, but he kept coming back, time after time. The word that best describes him is **RESILIENT!**

He is an inspiration to us all!

Dr. Nadine Macaluso

Dr. Nae

www.nadinemacaluso.com

I used to be known as the Duchess of Bay Ridge until I graduated to Mrs. Wolf of Wall Street. Now, people know me as Dr. Nae. The changing label I have adopted over the years illustrates a journey of discovering my true identity, starting as a young twenty-something model and leading up to the present day. I am now a fifty-two-year-old psychotherapist, wholly self-sufficient, and 20 years into a loving, fulfilling marriage. But life hasn't always been this great; I lost my way when I married Jordan Belfort, notoriously known as the Wolf of Wall Street.

My likeness portrayed on the big screen alongside Leo DiCaprio himself was an uncomfortable, public, and humiliating mirror of self-awareness, that many of the patients I now work with have never had. After the movie's release, I received letters, e-mails, and social media messages from strangers all over the world who wondered, "How did you get into such a destructive marriage filled with drugs, abuse, and corruption?" They also inquired, "After all of that trauma, suffering, and betrayal, how did you rebuild a healthy and meaningful life?" What they wanted to know was: "How did you go from surviving to thriving?"

How did that young mother of two small children, battered and abused, surrounded by drugs and criminals, so eager to please and enable, afraid for her life and her children's lives, find a new path? Of course, the easy answer is therapy and self-work, but the journey was not so easy. Now on the other side of that pain, I'm in a position to tell others about how those dark days gifted me with precisely what I needed to begin my transformative journey. But to me, the transformation didn't end with getting divorced, changing my name, or moving away. My transformation required personal growth, which meant I had to dig deep, muster my humility, and embark on an intense individual learning journey. At the end of it all, I discovered the very thing

that put me into a dysfunctional relationship in the first place—relational trauma.

After my very public marriage and divorce with Jordan, I decided I wasn't okay with merely being a poster girl for extreme relationships. So, I went back to school to become as educationally credentialed on relationships as I am personally. I needed to understand the motivations and foundations of my engagement in such a pathological love relationship. Fast forward twenty-two years since my divorce from Jordan: I now specialize in relational trauma, which is recognized by the World Health Organization as Complex post-traumatic stress disorder (C-PTSD).

C-PTSD is deeply ingrained in attachment theory. Attachment can be understood as the bond between an infant/child and their parent(s) and the attachment relationship provides the infant with a sense of security and protection. Experiences of emotional neglect, sexual abuse, witnessing domestic violence, racism, or feeling emotionally abandoned by caregivers are all examples of C-PTSD. I know this: relational trauma (C-PTSD) informs personality and attachment patterns and is at the core of all mental health problems, toxic relationships, and addictions.

I'm not the only one who has lived unsuccessfully with a psychologically abusive partner. You might even have experienced the trauma of having a toxic relationship with a partner, parent, or boss. Fifty percent of people come to therapy because of relational issues. They lament that they repeatedly keep playing out the same old struggles in their relationships, leaving them lost, hurting, and unsatisfied. They don't understand how their early life attachment disturbances affect the way they view or experience relationships. When children experience relational trauma by being neglected, rejected, treated harshly or in an inconsistent or

develop negative and insecure mental images of themselves and others.

Thus, early interactions with insensitive, unresponsive, or emotionally abusive caregivers create a risk for an insecure adult attachment style. Insecure attachment style is associated with two broad dimensions: attachment anxiety and attachment avoidance. Fifty percent of Americans have an insecure attachment pattern; so it's no wonder why fifty-percent of the people who come to therapy come because of relational trauma.

A long-lived idea in the developmental literature is the notion that early attachment experiences with our parents affect an adult's capacity for intimate adult relationships. Therefore, our relational trauma also creates our adult relational passport. Usually, people play out their same childhood difficulties within adult romantic relationships because of their anxious or avoidant relational passport.

The next level up in relational trauma is called a trauma bond, and this is something Jordan and I were engaged in. A trauma bond is a pathological love relationship that is thoroughly dramatic, erratic, and dysfunctional. Pathological love relationships happen when both partners have an insecure attachment, and one partner also has a specific Dark Tetrad personality. The Dark Tetrad's personality web is characterized by interpersonal antagonism, manipulation, and shallow emotions, which lead to difficulties with social relationships.

The Dark Tetrad consists of four overlapping but distinctive dark personality traits: the grandiose or vulnerable self-centred narcissist, the callous psychopath, the manipulative Machiavellian, and the spiteful sadist.



While sensitive, intelligent people go to therapy in droves to deal with their mental health, their pathological partners who charm, deceive and psychologically abuse them don't. Over the past decade, I have witnessed a pattern of patients who are depressed, anxious, and traumatized in therapy due to being psychologically, sexually, financially, and physically abused by a Dark Tetrad individual. Intimate partner literature now widely accepts that psychological abuse among partners adversely affects victims as much or more than physical abuse and is associated with mental health problems such as drinking, depression, and post-traumatic stress disorder.

I'm currently in the process of writing a book to help others understand the complexities of how our early C-PTSD creates our attachment patterns, relational passports, and, for some, trauma bonds. Adults come to therapy, unaware of whether they have an anxious or avoidant attachment pattern.

They feel the pain of having unfulfilling relationships, yet they don't realize how they play a role in their relational drama. The ex-partners of Dark Tetrad individuals are shell-shocked and starved for information to never endure that kind of emotional agony again. They want to identify their attachment patterns and personality traits that got them into a relational torture chamber. Experiencing fulfilling relationships requires raising their relational IQ and learning their attachment

patterns to realize why they allow themselves to become prey.

I appreciate their confusion. At twenty-three, I went to therapy for the first time, six months after marrying my ex-husband because I knew I was in crisis. During treatment, my therapist never informed me that I was in a trauma bond. So, I stayed for eight long, unpleasant years. Therapy supported me, and I am grateful that it kept me alive. Yet, I wish my therapist would have

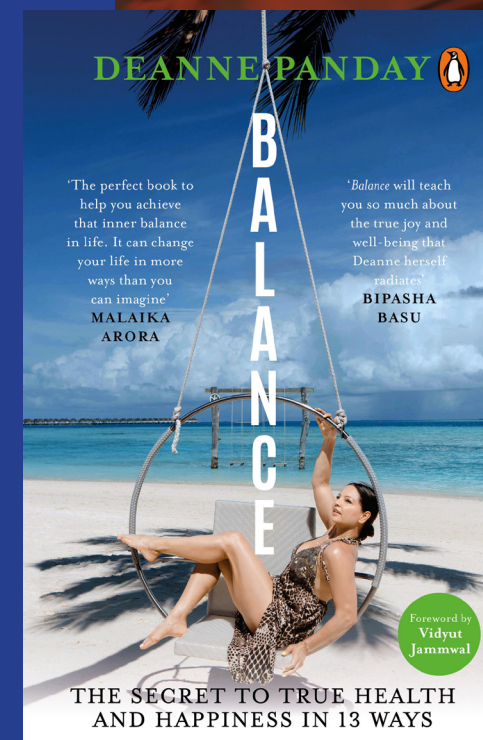


shared why we were magnetically attracted to each other and why our relational dynamic was sick. Fast forward twenty-five years, two degrees, and over a decade as a therapist, I now understand. Yet that road was unnecessarily long, and I was misinformed along the way by trained psychologists. I was labelled co-dependent for years, and while I did have aspects of being co-dependent, now I know this was not the full picture of my personality. Jordan's addiction was also a piece of his dark character.

Today, I counsel women and men in a way that guides them to understand their particular attachment style and the core conflictual themes of their relational passport. We are not responsible for our first relational experiences. Yet, as adults, we have to take accountability and action for the role we play in our unhappiness, toxic relationships, and sense of self. I tell all my patients that there is hope; you can uncover your insecure attachment patterns and transform your C-PTSD experience to become an embodied, secure adult so you can experience healthy relationships.

I have taken all the threads of my deeply toxic struggles and interwoven clinical experience and research on relational trauma to create a book that will educate others about how their early relational experiences of C-PTSD create their attachment patterns, relational passports, and vulnerability to get stuck in a trauma bond.

We learn best through archetypal stories, which is why I have chosen to translate clinical material by illuminating vignettes of my relationship with Jordan in a relatable, eye-opening way. By explaining how to identify the source of your C-PTSD, which creates your insecure attachment patterns, and warning about the red flags that indicate a trauma bond with a Dark Tetrad individual, my book is a hybrid of memoir and self-help, and inspirational guide to blowing the house down on toxic relationships.



Deanne Panday's latest book **BALANCE**

About the author

Deanne Panday is a wellness coach and fitness expert. She uses her knowledge to conduct workshops, as a motivational speaker and also writes blogs on fitness to educate people about a holistic approach to wellness. She was the fitness expert for Miss India contestants for 8 years. She has also written two bestselling books: *I'm Not Stressed* and *Shut Up and Train!*

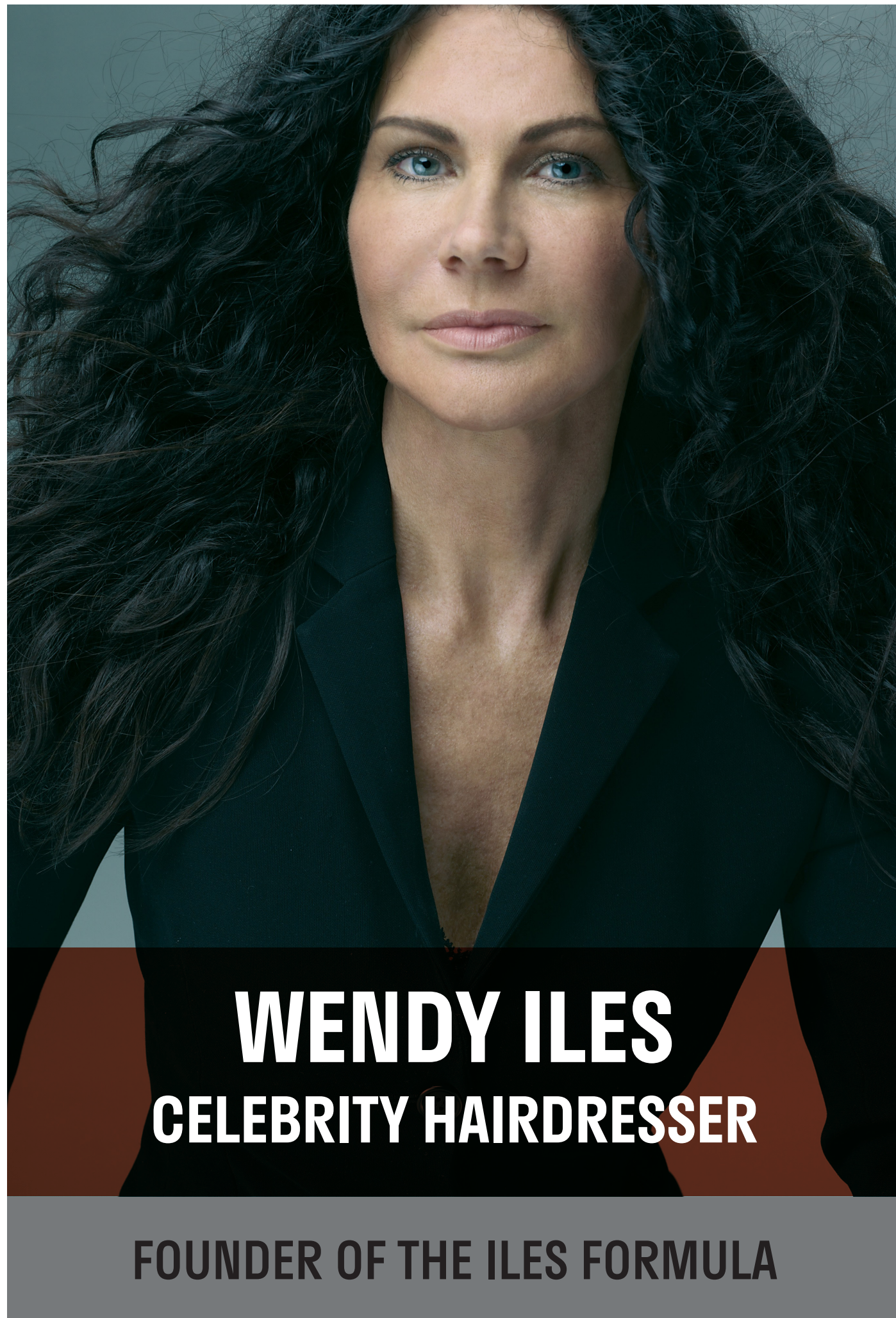
About the book

There are 13 aspects in life, that lend it meaning, purpose, happiness and peace. When each of these aspects is in harmony, you are in perfect balance with yourself.

These are relationships, home environment, finance, career, health, physical activity, joy, spirituality, home cooking, creativity, education, social life and the effect of climate change on our health.

In this book, Deanne explores each of these topics to help readers achieve the balance that she has found in her life and benefit from the deep love, success and good cheer that accompany it. Everyone is unique, so rather than list out a strict regime, Deanne outlines a blueprint for everyone to design and tweak on the path to their balance.





WENDY ILES

CELEBRITY HAIRDRESSER

FOUNDER OF THE ILES FORMULA



My name is Wendy Iles; I was invited to share my story. In 3 words I could say Une Histoire, une marque, des emotions. I've clocked up four decades with my great love "hair." My career has many several layers, from working with Vidal Sassoon the great hair master of the 70's to owning my salons in Australia, to freelance work that took me globally executing numerous hair campaigns for many famous brands to working photoshoots and red carpets globally on royalty and celebrities that I still juggle today alongside my luxury haircare brand.

There was never any other career choice for me... I was born destined to do hair. It is my first love and till today still sets my heart on fire. Today I am President of my family-owned global brand which is beyond adrenaline pumping but also challenging as I strive to develop purely performance hair driven formulas that outperform all others.

Iles Formula was not meant to be a brand. I developed my nurture formulas of shampoo + conditioner + serum known today as the Signature Collection for me and my high profile clients. I developed them carte blanche. I kept going until they were perfect, completely performance-driven, not revenue-driven. So yes, they are bespoke too! The results

are instantly repaired hair shaft to the point of obsession taking place for the person experiencing them. Our reviews are phenomenal!

My clients started to give me year orders to persuade me to manufacture product for them too, and that was where the challenge came, finding a manufacturer accepting to take on an unknown start-up brand, with intense formulas with exotic ingredients, and even more complicated formulations far removed from the norm...quite honestly it was easier for them to say no. Then one day after many refusals a family-owned manufacturer said Yes! The rest is history.

I work from my gut; my intuition is one of my prized possessions; it never lets me down. There are so many layers there in my career; even my childhood plays its part. I grew up on an opium poppy farm in Tasmania Australia which gave me the connection with sustainable farming and love of the land and the education to nurture one's land, and this was all part of the big picture to form the person I have become today. I love challenges and all my life I strived to achieve and gave 100% of myself to every goal I set. So I don't believe I made any mistakes, except one, I work with a tech team

out of Hong Kong. I worked daily for months with them when they were first confirmed with COVID-19 home confinement in China. Very naive I was, not to imagine that the virus would spread to the rest of the world. If only I had the thought at that time, I would have been over-prepared with fulfilments on every level. We are doing great, but I've had heart-stopping moments over stock rupture that our American manufacturers can't keep up. At present we are bringing our American made production back to Europe to keep products up to the demands of American consumers. Crazy times indeed!

Everything to do with hair! I was very fortunate to have received the oscar statuette at the Hollywood Beauty Awards a few years back. That was a massive deal for me. All my Iles Formula hair care formulas are award-winning in some cases several times over and that I'm also extremely grateful. But my best achievement would be becoming a Mother and creating a healthy family environment alongside my husband as we run our global business. There I feel the most fortunate because, at the end of the road, it's what you have at home that counts the most.

I'm determined but thanks to Motherhood I also have softness. The older I become, the more I realise we need to take time to be conscious of a moment or many in a day as that moment creates a memory. I'm fortunate in France where I now reside to have a large garden. I love my garden, and it's my way of relaxing, it also connects me back to the farm in Tasmania.

Working the soil and growing veggies and fruits, as well as roses and other gorgeous blooms, brings me great peace. My weekends are sacrificial and dedicated to my garden and family. Monday to Friday I could be categorised as a workaholic. What will the future bring? Full speed ahead on Iles Formula international expansion. I'm so ready for it.



*"Every heart has a dream.
It's up to you whether you are willing to pursue it or not.
If you choose the former... Give It All You Got!"*

Ethan Vonday is an inspirational fiction writer. He writes to elevate the limitations of literature by depicting riveting earnest characters driven by the unconscious mind. With a resounding interest in the human psyche, Vonday grips his readers with a candid individual versus societal approach. His latest book *Lifeline: A Journey Through Verses*—tells the intimate tale of an outsider combating against several obstacles in life. A common theme for his works lie in the philosophy, "Everyone Matters." Today, he is a sentimental virtuous writer who strives to share his work with the world.

Ethan Vonday is currently working on a short story collection book with five stories dealing with the concept of afterlife titled D09. The stories will inspire readers with personal messages insinuated through the tales of riveting fictional characters. He also posts story blogs on his website to inspire readers with real life situations driven by fictional characters.

Published Books:
Lifeline: A Journey Through Verses

www.ethanvonday.com

You're sure you thought
You're here and now The worst is gone
So let it drown
You never lost
You never failed
You've got to let it go
You've spent a life with years of doubt
You hear their words
You scream
You shout
You never broke
You never spoke
You've got to let it show

And give it all you got
Cause there's no tomorrow if you fail today
And give it all you got
So you can break away
So... You can break away from here

Your time has left you here in shame
You've lost the ones you thought you gained
You never quit
You never bailed
You've got to move on
Days have gone by it seems
But you have trailed away from dreams
You never lost
You never failed
You've got to let them know

And give it all you got
Cause there's no tomorrow if you fail today
And give it all you got
So you can break away
So... You can break away from here

So take a chance and hear the sound
The world is yours
It's here and now
So cross the bridge
A leap of faith
Your time is now

And give it all you got
Cause there's no tomorrow if you fail today
And give it all you got
So you can break away
So... You can break away from here

And give it all you got
Cause there's only one chance
You will get today
And give it all you got
So you can break away
So... You can break... away from here...

Beginning till the end

So... Set it up...
And tell the world just where you've been
I know it's rough...
Still a light shines you can see
I know it's tough...
Cause there's a passion brewing in
Like a failed machine
Processing everything
Why won't you just believe

Cause, I will never be the same
Love will always lead the way
Times like these were meant for change And I
will never be the same
From beginning till the end...

So, settle down...
And tell the world just what you've seen I know
it's rough...
Still there's a dream we all seek
Have you heard enough...
Cause there's a passion brewing in
Like a failed machine
Processing everything
Why won't you just believe

Cause, I will never be the same
Love will always lead the way
Times like these were meant for change
And I will never be the same
No, I will never be the same
From beginning till the end

So, cover our history here in dust
Say in life you must
Give it all you've got
Cause I will never be the same
No, I will never be the same
From beginning till the end

I've been beaten
I've been bruised
I've been battered
I've been used
I've been messed up and confused
But all I know is that I'll never be the same
From beginning till the end

I will never be the same
Love will always lead the way
Times like these were meant for change
And I will never be the same
No, we will never be the same
From beginning till the end

So, cover our history here in dust
Say in life you must
Give it all you've got
Cause I will never be the same
We will never be the same
I will never be the same
No, we will never be the same From beginning
till the end

From beginning till... the very end...



When I am found

I know you are lost
I know our paths have never crossed
You've been burdened by shame
You've been carrying all the blame
Every moment you wake
You fear it's the end

Well don't give in
Allow a new story to begin
As you walk in search for a sign
Leaving the past behind
Like a shadow of dust
You can redefine

Where the mountains peak
Where the hearts meet
It will all come clearly
When I am found
Where the walls breach
Where the sun still beams It will all come clearly
When I am found

I know you're afraid
But the darkness will fade
You've been held accountable
For all the prisons you've made
So take a chance
Find your place

And don't give in
Allow a new story to begin
As you walk in search for a sign
Leaving the past behind
Like a shadow of dust
You can redefine

Where the mountains peak
Where the hearts meet
It will all come clearly
When I am found
Where the walls breach
Where the sun still beams It will all come clearly
When I am found

Our world is full of sin
It's full of pain
Allow me to save you
Before we all go insane
I can continuously remind you
But only you can change

Where the mountains peak
Where the hearts meet
It will all come clearly
When I am found
Where the walls breach
Where the sun still beams It will all come clearly
When I am found



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LILYA CHAIR

IMAGE AND LIFE STYLE CONSULTANT

Like most people, I believe I knew my passions from an early age without really realising it. It takes time and experience to discover ourselves sometimes. Still, adding a little sparkle in others' life is what always made me smile. I always enjoyed beautiful things, whether in fashion, art or nature, and I admired the creativity and beauty around me. Most of all, understanding that beauty and creativity while bringing it into the lives of others in need of it is what I most love to do.

After becoming a mother, I made the decision that working for myself and doing what I love would bring balance to my family life and career. I became an image consultant and fashion stylist. Bringing joy to my clients' life and helping them enhance their style, confidence and wellbeing are my perpetual motivations. When I started my journey as an image consultant and fashion stylist, I was new to London's life and crowds. I didn't have connections or networks to rely on, but I had a passion for what I wanted to build and a dream to fulfil. The start proved tough as finding clients became one of the most challenging steps. I didn't see a clear plan, but I used a strong intuition and determination to find my first customers.

My early clients were busy moms from my daughter's nursery. They trusted me and my skills, and most of them had no time for exploring and shopping for new trends. They found little opportunity to look after their wardrobe, but still wanted to look stylish. The transformations they experienced through my services lead to long-lasting relationships. Those first clients still call me every season to refresh their wardrobes,

as do their husbands and children. Frequency of work became another issue, as did making a name for myself on the London fashion scene. Creating a network in that world and approaching designers directly proved difficult. I slowly attracted more big clients and learnt to grow my business through them — just as they transformed their looks through me. With my clients' trust, I managed to open bigger doors and learnt to become brave enough to ask for what my clients and I needed. I went from building new wardrobes for my clients to receiving invites to major events and attending top fashion shows.

So, the Lilya who once felt completely outside the London fashion sphere jumped from styling small wardrobes to buying fashion haute couture and attending big fashion shows alongside Anna Wintour, Ines de La Fressange and other big names. I also started collaborating with exclusive jewellery designers for unique pieces. I went from personal shopper and image consultant to lifestyle guide and wellbeing coach, collaborating with the crème de la crème of London and Paris. That gave me incredible opportunities to travel with my clients and live some unbelievable experiences.

When you do such a personal job, you step directly into your client's private lives and emotions. I soon realised the key to my work is authenticity and honesty before anything else. Clients don't look for the service I will provide as much as the experience they receive and the passion I put into it. As my clients put it, I "do my magic." When I am on a client project, I never check my time. I pour my heart into it and do

my utmost to find the finest items, solutions and experts. Still, I saw many ups and downs in my journey, including times where I wanted to give up because the work seemed too hard or too complicated. Thankfully, I never quit and learnt that during my self-doubts, I needed to find more information and get fresh updates about everything in my field. I always needed to improve.

I found ways to grow from my mistakes and never wasted time on long meetings. I learnt to trust myself, remain organised and focused. I remain genuine and make it clear my clients come first. Empathy and trust are essential, even if it means saying "no" to a client.

What makes me an expert in my field is knowing exactly what my clients need and how they will look or feel after the change. I have an eye for choosing the right expert to help address an issue. That instinct comes naturally with experience. I grow through my clients, and the best reward in my work remains my clients' happiness and wellbeing. Doing what I love is a gift, despite all the hard times. It shaped me into the more confident person I am today. I believe nothing is impossible when focus and persistence lead you.

Each client has his or her own story, and I do my work around that personal journey. The joys and pains to the wins and losses I collected through my work look like a colourful collage to me. Those hues made me proud to inspire more people all around the world. My goal now is to reach those people and improve more lives as they enrich mine.



DUKE BOX : GYM

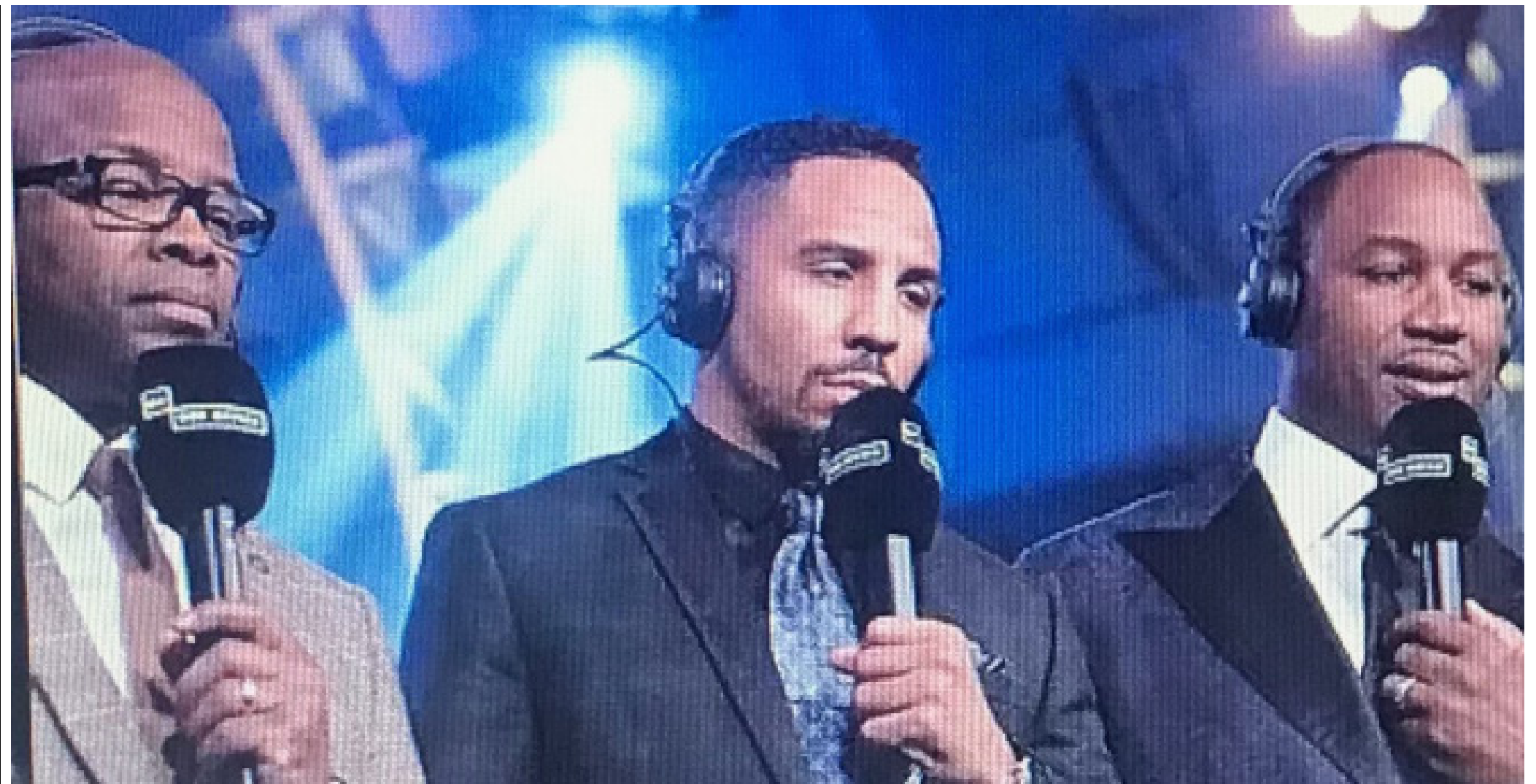


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BELU BARRIGA



CONTENT CREATOR & MARKETING CONSULTANT

If I have to pinpoint what my main passion in life is, it would be helping others and to feel like I can make a difference in the lives of those around me. I love sharing the new and exciting things that I learn, my great contacts, my beautiful relationships.

I am like a child who first discovers how great chocolate is and wants to tell the world about it. Do you remember your first Hershey Kiss? I do! It is essential for me to be a connection between people because I know that each one of us has something to learn and also something to teach. My passion is to create that link for the world.

I believe that every challenge is the motivation for personal enhancement and growth. One of my biggest challenges in life was being an immigrant in this country. Not speaking the language at 100% capacity and starting a new life from zero in a different country is an undertaking that unless you have gone through it, you will never fully understand how difficult it is.

However, it is what has made America so unique, that all of us at one point or another in the history of this great country had to do the same. If you can find motivation in the trailblazers of the past to make your journey possible then that not only will propel you forward but you will grow from it.

The majority of my errors in life have been due to fear. Fear of failure and fear of not reaching the lengths I want to reach. I have also said "yes" to situations that life later lets you see how wrong of a decision that was. I have read much about Buddhism and the necessity to let things go so that they do not weigh you down in life, regardless of whether the experience was negative or positive.

If you do not learn how to move past the hardships in life, you run the risk of negative energy-draining you in the future. Life is about energy, and I am learning how to harness the positive energy in our world.

My strength is listening and communicating. I love to tell stories, and I can do it in two languages, English and Spanish. I have experience in many forms of media, including radio and television, both as a producer and a presenter.

I have used that knowledge to start my own social media footprint in this virtual universe as a blogger and content creator for my site, www.belubarriga.com and as a social media consultant and marketing specialist under www.teambelu.com

I was born in the midpoint of this world, Quito, Ecuador. I am a woman who is in love with life. I love to exercise, and I dream of living close to the beach someday, and I am learning about how to love myself. Sometimes we forget that our happiness has to first come from ourselves. It is a mistake to let others control it.

I come from a beautiful family full of love, and although we are far away from each other, they have been an unconditional pillar of support to get to where I am now. I love the simple things in life. I can be just as happy celebrating my birthday in my backyard as I can be in a foreign land. However, that does not mean that I will not try to reach those foreign lands!



BRAD BURTON

FOUNDER OF 4NETWORKING

UK'S #1 MOTIVATIONAL BUSINESS SPEAKER

AUTHOR OF 4 BEST SELLING BOOKS



The Man

Brad Burton, 47, a dad of 4 and is a million-plus figure business owner who has risen from being depressed, burnt out, almost bankrupt and on benefits to become the UK's #1 Motivational Business Speaker. He has worked with the likes of Costa, Screwfix, NHS, Bentley and JCB.

Featured in the Top 100 Most Influential British Entrepreneurs alongside the likes of Richard Branson and Simon Cowell, Brad founded 4Networking in 2006, after walking out on his employer and starting his own business from scratch whilst he was in £25K debt, delivering pizzas on the side to keep his new business afloat. One for action taking, Brad went on to revolutionise the pre-social media networking scene with his 50% social, 50% work concept - a new approach to doing business back then.

The 4N Story

4Networking was born as a single Somerset business networking group. Over subsequent years it grew into a national membership organisation and along the way, changed the UK business networking landscape from what was always considered an old-fashioned and fuddy-duddy model to a progressively modern approach focussed on relationship building. 4Networking members had full access to all the organisation's 5,000+ business networking meetings held each year, right up until in March 2020, when Covid19 changed all that.

Revenues dropped to nigh on zero overnight. If something didn't change, the company was over. It was now a fight for survival. Brad went live on Facebook to the thousands of members, explaining that the only way the network could survive and go on as if they took the same winning format and culture that existed offline and ran it online.

Brad is a big believer that it's never too late to change direction - It was a gamble, but one that paid off. A modern-day success story of how a significant challenge can force an established company to take risks, and make

innovations, that only a major challenge could make possible! In just six months, 4N Online has clawed back from the brink of the abyss, with 1000's of members active and attending the now 100's of networking events each month to become the largest business network of its kind, with a reach now well beyond the borders of the UK, 4NOnline.biz is now the UK's biggest networking export.

Brad's Passion

Brad's passion and personal motivation is his ability to make a difference in people's lives. A straight talker with an eye for business, and an ability to choose the correct decisions quickly, Brad has more life 'know-hows' than any typical 'life coaches'. He is the driving force cornerman for anyone with a problem, life or business discomfort that needs resolving.

He provides mentoring both on an exclusive one on one basis, or in a group scenario, expertly focusing in on exactly what is holding people back in their lives - Brad then with brutal honesty guides and directs others to show them how not just to reach their full potential, but also how to then use this to rocket fuel themselves forward both in life and in business.

Brad says

"A pebble in your shoe doesn't magic it's way out. You've got to stop and deal with it."

Where you end up in life, is a direct result of your decisions. Had I not changed my thinking, decisions and in turn, my life. My life could have been very, very different. Often the reason we don't make changes, the reason we don't remove the pebble, is we think it's too late to do so, or we're scared of what will happen if we do. So applying that to yourself - Where you are right now in your life, is as a direct result of your decisions."

Let's think about this, and you are where you are in your life, as a result of YOUR decisions. Knowing what you know now if you could rewind your life, what would you change?



BORN A MIRACLE. TAUGHT & TOLD YOU WEREN'T **KELLY LYNN ADAMS**

As a go-getter, overachiever, high performance & type A individual throughout my life, I have accomplished excellent results. My drive was the result of being extremely shy when I was younger, having a speech impediment, being a horrible test taker and having to work twice as hard than the rest. I was motivated and scrappy. I realized the harder I work, the better the results I received--and not to mention the more praise, acknowledgement and validation that would come my way. It served me very well throughout the years. If you take a look at my personal and professional "resume"; I landed some of the best corporate positions with the most well-known companies in the world. Leading and influencing teams and people. Acquiring media, developing high influential, powerful relationships and receiving opportunities that would be any girls' dreams.

My life was "perfect" looking from the outside in, the money, the business opportunities, the relationships, the clothes, the cars and the travel. I had it ALL according to the standards of society's measured "successes"—I had made it! Yet on the inside, I was miserable, unhappy, depressed, anxious, and unsatisfied. Kind of like when you eat fast food, at first it tastes so good, it fills a void, secures and validates a comforting feeling, but then afterwards you don't feel so great, and may even feel guilty about what you just ate. A little bit of pleasure, but then when the dust settles a pain appears. My drive, my dedication, my hustle, served me well. Until it didn't.

In 2014, I landed in the hospital from burnout. The ironic thing is that before I landed in the hospital, I was coaching women on how to increase your relationship with self-love and self-care. The Universe has a funny way of teaching us the lesson that we need to learn and master the most. It took me an entire two months to fully recover. During this time, all I could do is eat, sleep, and sleep some more. This time taught me many things, and among all of the other lessons that I learned, what I realized is that I had a belief about how my worthiness was determined by how productive I was, and how much I accomplished. I lived to check off my to-do list.

Today, what I know for sure is just the fact that you are born, you are worthy. Full stop. We are all born a miracle, yet we are taught and told that we don't fit in-- by society, family, teachers, friends or by any other external circumstances in life. And it is simply not true, and yet these beliefs, ideas and teachings creep up again and again in our lives from time to time. The unlearning, the inner to outer transformation, the mindset and embodiment work is what I have found over the years to be not only transformational in my own life but also in the work I do with my coaches and mentors; and this is what I bring to my clients to co-create the transformation and change in their lives.



**"You can have anything you want if
you are willing to give up your belief
that you can't have it."**

– Robert Anthony.

As a coach, speaker, author and podcaster my mission is to help individuals remember this and step into their power, own their voice, take off the masks, stop hiding and unlearn the patterns that may be keeping them stuck To experience whatever it is that they want—AND to re-define what success looks like for them.

I was hiding behind many masks over the years, for fear of failure, the fear of success, the fear of what others would think of me (not to mention all of THEIR judgements), the fear of not being good enough. As I continue to walk this journey, I have found that the freedom lies in the unlearning, the coming out and the embodiment of your authentic self—regardless of how it seems, looks feels or is perceived by others. I have learned that embracing the perfectly imperfect is where true happiness and freedom reside. We all want to be seen, heard, witnessed and understood. Bottom line, we all want to be loved. And first, we have to love the most important person in our lives: YOU.

I will leave you with this; you are a miracle.

See it. Believe it.

Know it. Own it. Embody it.

What you want, wants you. Only you and your past programming are getting in the way—you can change everything in an instant and create your future, one that doesn't come from your past. The choice is always yours to make.

**"Once you make a decision, the universe
conspires to make it happen."**

– Ralph Waldo Emerson

So today, what decision will you be making? One decision can change your life. The world is waiting for YOU. No one can do what you do in the unique way that you do it. You are one of a kind, unique in your DNA, and in everything and anything that you do.



WOO! Tungsten is an outdoors brand focused on tungsten fishing weights as an environmentally friendly alternative to lead. The company was founded in 2016 by college friends Chris Van Vliet and Aaron Anders and was recently named to the Inc 500 list as one of the fastest growing private companies in the United States.

wootungsten.com



KIMBERLY OLSON

THE GOAL DIGGER GIRL



In 2011, I launched my first blog FitKim.com with the hopes of building a business by selling meal plans and making income from ads and affiliate marketing. I made some progress here and there but never enough financially to contribute in a meaningful way. I did learn a ton because I self-taught myself everything from building a website to being able to speak to an audience comfortably and share my passion and enthusiasm. While working full time as the years went along,

I invested thousands and thousands of dollars in coaching and buying online programs. I seriously did every single thing they said, but I never made my initial investment back and found myself with a pile of credit card bills and so much frustration I pretty much gave up. Oh, I also had two precious baby girls 19 months apart, so that also took up a lot of my focus.

One of my recent favorite phrases is: 'it takes a village to raise an entrepreneur,' and that couldn't be more fitting for me and my journey. When I think about a defining moment that could have been a deal-breaker for me, it was in 2013 when my first book was released in paperback. The self-published author copy arrived in the mail and had turned out to be a complete disaster. The cover was low resolution, and because of the size of the book, it looked super thin and not at all like a real book. I burst into tears, threw it in the trash and wailed, "Everyone will think I'm a complete joke!" My husband hugged me and said if I didn't like it, I could always revise it. I could?

But like most attempts at something so meaningful to us, we can't think clearly when it is so close to us. And, it feels all or none.

I started doing Facebook Lives every week to teach my growing audience what I was learning. I loved doing them and was beginning to gain some traction. I realized I was onto something when my Messenger completely blew up, and I honestly struggled to get through all of the messages every day. Women would message me and say they loved how I was teaching them to be genuine and authentic. Most of them had been taught to be Spamela Pamela. "I love your profile. Would you be willing to be my 90-day weight loss model?" Ummmm...no.

Nights and weekends, I began creating content via online courses that could help my Goal Diggers (as I affectionately call them) grow their businesses. And they started getting excellent results. When a friend of mine told me she was putting her notice in as a school teacher because her jewelry business was doing so well based on what she had learned, I knew then in my heart that this was my calling.

That may sound weird because I'm not starting orphanages in a third world country or saving puppies, but it's a legit thing. Think about it - if I can help a mom like you feel happier and more fulfilled, that's going to impact your family and your marriage. That will, in turn, affect your community, whether it's online or local. Pretty cool, right?

Since then, I've had over 2,500 women go through my courses, become a best-selling author and podcaster, shared the stage with Rachel Hollis, Rob Sperry, Frazer Brookes, and Ray Higdon and become an ambassador for John Maxwell. And through my work, what I see over and over again is the same. A bunch of hot mess expresses with big hopes and dreams but no idea how to make it happen. So if you want to make some real changes in your life, feel fulfilled

and as if you are living your life on purpose, then keep reading.

I'm going to share with you exactly what I've done to build a multiple six-figure business that I can run anywhere. I will show you how I can balance a thriving career but still be the mom and wife I want to be. You can have it all. But you need a roadmap and a solid plan to get there.

Never suffer in silence. If you are struggling, talk to someone. Don't beat yourself up or tell yourself you're not cut out for this. You are. Period. It is normal to have ups and downs. You have to stay on the entrepreneurial journey, and you will get there. While each season of life is full of its own set of challenges, celebrations, and struggles, those seasons didn't have much to do with my life and career successes or lack thereof. Likewise, those seasons also didn't hold power over my sense of fulfillment and purpose or lack thereof. So what did hold me back?

While the list is long, it all can be summed up in a couple of words: MINDSET and ACTION. Belief is a powerful thing. Belief in yourself. Belief in your purpose. Belief in your abilities. Belief that abundance is coming your way.

**BELIEF is what prompts
ACTION. ACTION brings
EXPERIENCE. EXPERIENCE
is what develops
CONFIDENCE. CONFIDENCE
builds more BELIEF which
leads to even more
ACTION. It's a glorious
cycle!**

NICK BESTER

The world has changed and so too has mine.

Wow, what a few months it has been. The world has changed and so too has mine. Let me share with you just how my life has changed for the good and how this situation has positively affected me.

Before Covid-19, I was a full-time banker with a part-time passion/hobby of running and running coaching. I had worked as a banker in the corporate world throughout my whole 10-year career. Had this pandemic not hit, I may still have been in the corporate world for another ten years. Thankfully, it's allowed me to take a leap of faith, pursue my passion, and I am now officially a full-time running coach.

I've always been a passionate runner, continually looking for self-improvement, achieving personal bests and helping as many fellow runners as I can on my journey forward. One of the best feelings in the world is working harder than you ever had before, pushing boundaries you never thought you were capable of and finally achieving that life long personal best that was once just a dream. I find the only thing to be more satisfying than this is to help someone achieve their lifelong goals. It's enriching, and something I'm proud to say is now my full-time job.

I initially got into running coaching by helping a colleague in my

previous company, that shared the same interest and love for running as I did. I worked at a bank that had many keen runners with the specific target of the London marathon as their main event. Most of my colleagues within the bank knew I was a keen runner and consistently improving year on year. A lady approached me and asked if I could

the amount she was going to spend to get an online personalized plan created for her, but there was no way I am going to charge for helping out a friend, fellow runner and work colleague.

Two months later, after following the plan strictly and not deviating from it, she ended up doing a big personal best, smashing her target, and exceeding her expectations. It was highly satisfying for me helping her improve, and at that point, I should have known that I was destined to be a running coach. She then told one of her friends about the plan I wrote for her and how much it helped her improve. Following this, I then created her friend a personalized training plan. She also insisted on paying me, but once again, I was not going to charge for helping my friends' friend. Days later a few of her friends got in touch with me with.

At this point, things started becoming a lot busier. It didn't feel like I was working as it was something I was hugely passionate about, but it also became more time-consuming.

I was struggling to fit in time to balance all the other aspects in my life such as corporate work, training, writing training plans, social life and most importantly, family. Naturally, it progressed to a stage where the next obvious thing was to make it official. Runners wanted me to help

them and were insisting on paying me. I also tried to help them because I knew I could and loved seeing them improve.

Following last year's Berlin marathon and breaking a lifelong running goal of mine, a sub 2:30 marathon (made even sweeter by missing it by 2 seconds at London marathon previously), I decided to make my running coaching official and see just where it would take me. I registered my current business called Just A Little Bester Limited.

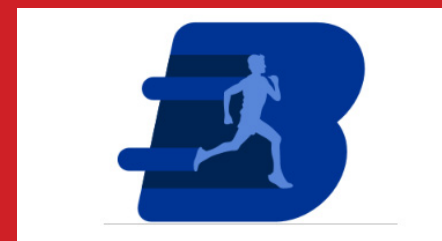
In the beginning, we were a small team. Fast forward eight months later, and we're now an established group of highly motivated runners, all are looking to improve and encourage our fellow teammates to do the same. It still seems a bit surreal to me just how quickly things have moved forward and how much the Justalibester group has grown in such a short space of time. Just a few months ago I was wearing a suit every day to work, now a running kit is my new form of office clothing.

In addition to online coaching and creating personalized monthly plans for runners, I host a weekly group track/interval session at Battersea Park Track (London) on a Tuesday evening. It's been great to see the

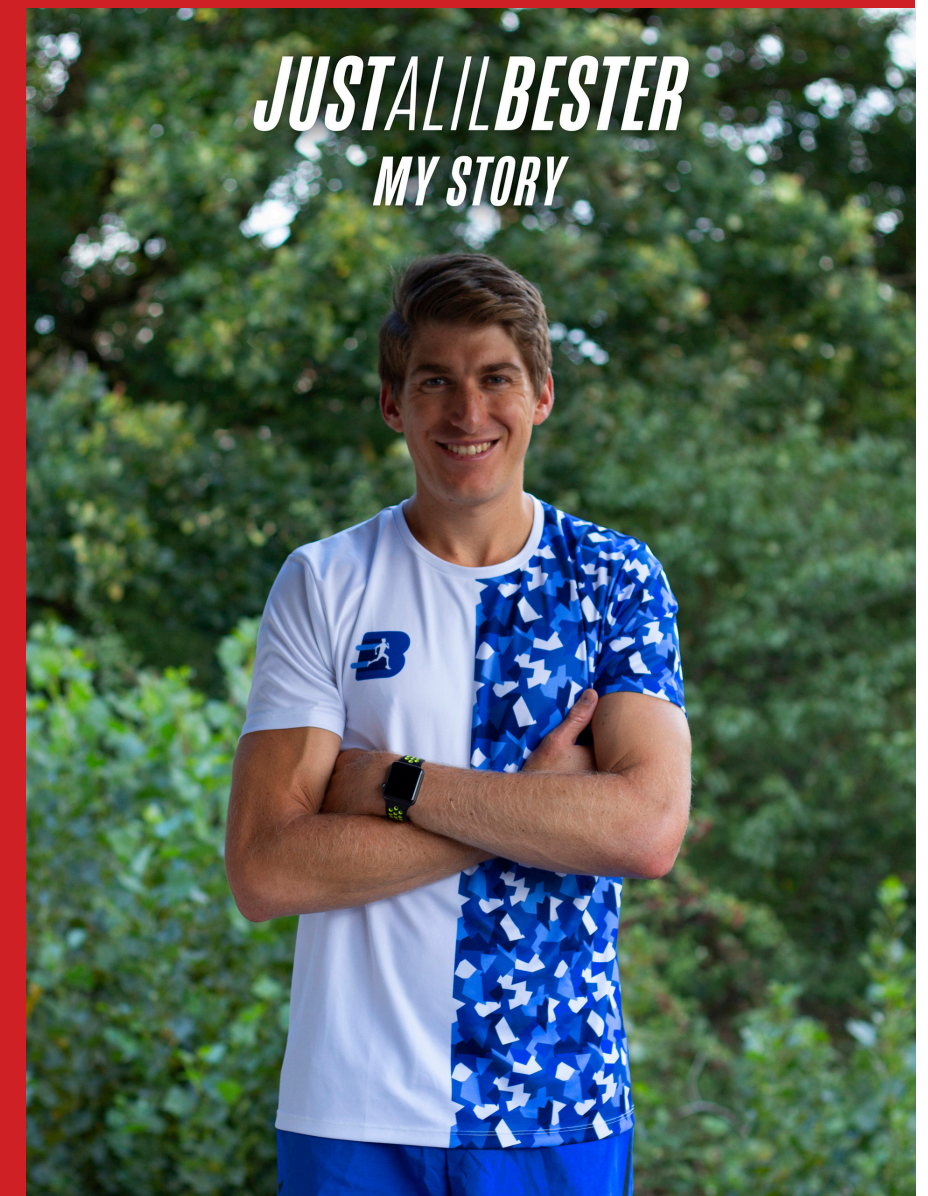
like the endorphin release you get after a higher intensity track session.

I now also host a weekly group run for the NHS staff, who have been absolute heroes over the past few months. It's the best way I could say thank you by taking them for a quick break from the intense environment they have been working. Having previously worked in the corporate world, I know just how effective these short office runs can be, both from a physical and mental wellness point of view.

The world has drastically changed over the past few months and so too has mine. I know it is not easy, and we need to stick together more than ever. Thankfully, mine has changed for the good, and it has allowed me to pursue my true passion in life. Running has been my form of therapy, and nothing clears my head and releases those much-needed endorphins more than a good run. It's not easy in the beginning and isn't always enjoyable but something you will thank yourself after. The more you get into it, the more comfortable and more enjoyable it becomes. If you need assistance with your current training or would just like some advice in general, please don't hesitate to contact me. I would love to help you on your journey forward.



training group increasing week on week. I think a big reason for this is that you get more than just a solid exercise session. It's a great vibe which makes you feel part of the community, something I think is more important now than ever. If you're able to come along on a Tuesday evening, please do, runners of all abilities are welcome, and I can guarantee you, there's nothing quite



DIVINE EMPOWERMENT

ANTONIA HARMAN

“Medicine doesn’t have all the answers.”

Let’s start with how fun my work is. Don’t get me wrong it’s hard at times. I have seemingly lofty, impossible ideas. I’ll drop the immortal words of Audrey Hepburn here as it is a great place to start.

“Nothing is impossible, the word itself says I’m possible”.

I love problem-solving. I’m a total geek. The problems I solve are directed towards people’s health, both mental and physical. I continuously study; from that wisdom, I create new ways to heal.

It all started back in 2007. My dear friend Lucie had burst her eardrum five times, she was a Virgin Atlantic hostie, and her ears were getting in the way of her career. It’s dangerous to fly with damaged ears, which meant she kept getting stranded all over the world.

Lucie would have excruciating pain several times a week as if she was being literally stabbed in the ear. She went to the Dr, was referred onto a specialist then a surgeon. They didn’t know what was wrong with her, nor did they have a clear idea

of how to help her? Surgery was the only option they would open her up and do their best. Their estimated success rate as 50% and it would cost the mighty sum of four and a half grand.

She, of course, booked it. It was scheduled in a month, and we took a stroll in Notting Hill, a stroll that changed the trajectory of my life forever. As we were walking, Lucie crumbled to her knees whaling in agony. She swore like a sailor whilst demanding that I “fix [her] ear”. Well, how the heck was I meant to do that? She insisted that I was a healer now and could help her. I had done a five-day workshop, that to be frank I thought was barmy. To fix things that Doctors were even unsure about was clearly impossible!

I took her to the loo’s of a restaurant and instinctively put my hands to her ears. I started to channel energy to intend to heal her. To my surprise, I saw something wriggling coming out of her ear. I can only describe it as a snake in heatwaves. I know how this sounds, but please bear with me. I was able to pull this serpent from her ears; it was a foot or so long. She asked me to do the other side, and I removed a smaller one.

It was 2007, Lucie hasn’t had earache since and cancelled the surgery! My budding career in TV presenting suddenly paled in comparison to my need to find and explore healing. Medicine doesn’t have all the answers. I’ve spent the last 13 years looking and discovering a lot of weird and practical healing abilities. I have this notion that humans are way more capable than we know, or could even dream of. I would even go so far as to say that we are all Gods and Goddesses who have forgotten our greatness. I have spent the last 13 years remembering.

Remembering comes on the form of trances. I literally wake up dormant, stagnated parts of my energy



system whilst I’m asleep and integrate that during the day. It causes a level of intense fatigue. I’m tired in my bones. At its height, I was unable to walk down the stairs in my home. To get a cuppa, I would need to crawl to drag myself to the steps and move down them on my butt one at a time. The crawl to the kitchen, switch the kettle on and collapse.

I didn’t leave the house often for weeks or even months at a time. My head was fuzzy, and I was a zombie. It was the price of awakening, and I gladly paid it as I knew in every cell of my body that this sacrifice would be worth it, and you know what? I was right.

It would be easy to assume that I had a tiredness illness. I didn’t, and mine was semi-optional. If it were, for example, my mum’s birthday I would wake-up full of beans, a luxury those with chronic fatigue are not granted.

I also couldn’t tell people about my aspirations; they sounded too big, impossible. I had to keep it quiet and hone my skills before presenting them.

I don’t really believe in mistakes. Has everything worked on my first go? Absolutely not. Did I learn? Well, yes, I did. I think the best way to learn is through play. If you take it too seriously, there is no room to adapt. You can’t make mistakes when you play, look at kids. Is there a right or wrong way to play with Barbie or Action Man?

I have created a new way of healing. It’s entirely different from anything else I’ve ever seen. One of the fundamentals of my work is to dissolve emotional trauma instantly.

I have dissolved depression countless times. Even my level 2 students did it to a fellow student in the class, Martin had had depression for 30 years and seen every doctor/healer etc going. It was gone in less than eight minutes and hadn’t reared its ugly head since.

The emotional trauma that is sticking can be cleared instantly. I get a buzz when my students and practitioners have excellent results. In another class, one of the students said they had had hip pain for 27 years, ever since she gave birth. The students cleared that in a couple of minutes, and it’s been gone ever since.

The list goes on and on. I’m having a lot of fun with fibromyalgia at the moment. I worked on a lady a couple of months ago. In 10 minutes, she was pain-free and has been since.

My work is surprisingly diverse. It’s incredible what can be resolved with energy. I now have a team of practitioners helping too. It means we can grow the business and help those in need. I think most people are suffering from at least mild PTSD, and something happened years ago that you can’t quite get over, well we can shift that in an instant.

I can’t tell you how nourishing it is to help someone heal truly, to unburden them from their past.

I’ve done the heavy lifting, so working with clients and teaching is enjoyable. Seeing students master the skills with no effort as I have awoken gifts they didn’t even know they had is also joyful.

In level one, they learn to clear solo trauma events, a trauma that happened once. It takes the sting out of memories, neutralises them. So, the facts remain, but they are at peace with what happened. They are then able to move on with their lives.

As far as awards go I’ve been nominated for the ‘Spirit and Destiny’ ‘Rising Star’ awards, please keep your fingers crossed for me. I am continually playing and learning. Most of yesterday was spent researching and developing. My team and I like to knock healing out the park, so I study. There is so much to learn.

I’m fortunate now to have students and practitioners who are also experts, so I benefit from their wisdom. I can cherry-pick the best bits for my tribe.

The goal is to revolutionise medicine, or at least to provide a viable alternative. To remove blockages and trauma which keep people small and encumbered. It is also the path of awakening.

The skills we have are a side effect of becoming more and more illuminated, that comes with removing stagnation. Stagnation is what causes is to become stuck and ill.

This work intrinsically makes you happier and who doesn’t want to increase their happiness, wellness and vitality?

Antonia Harman is a leading emotional trauma expert and renowned healer. She is the founder of

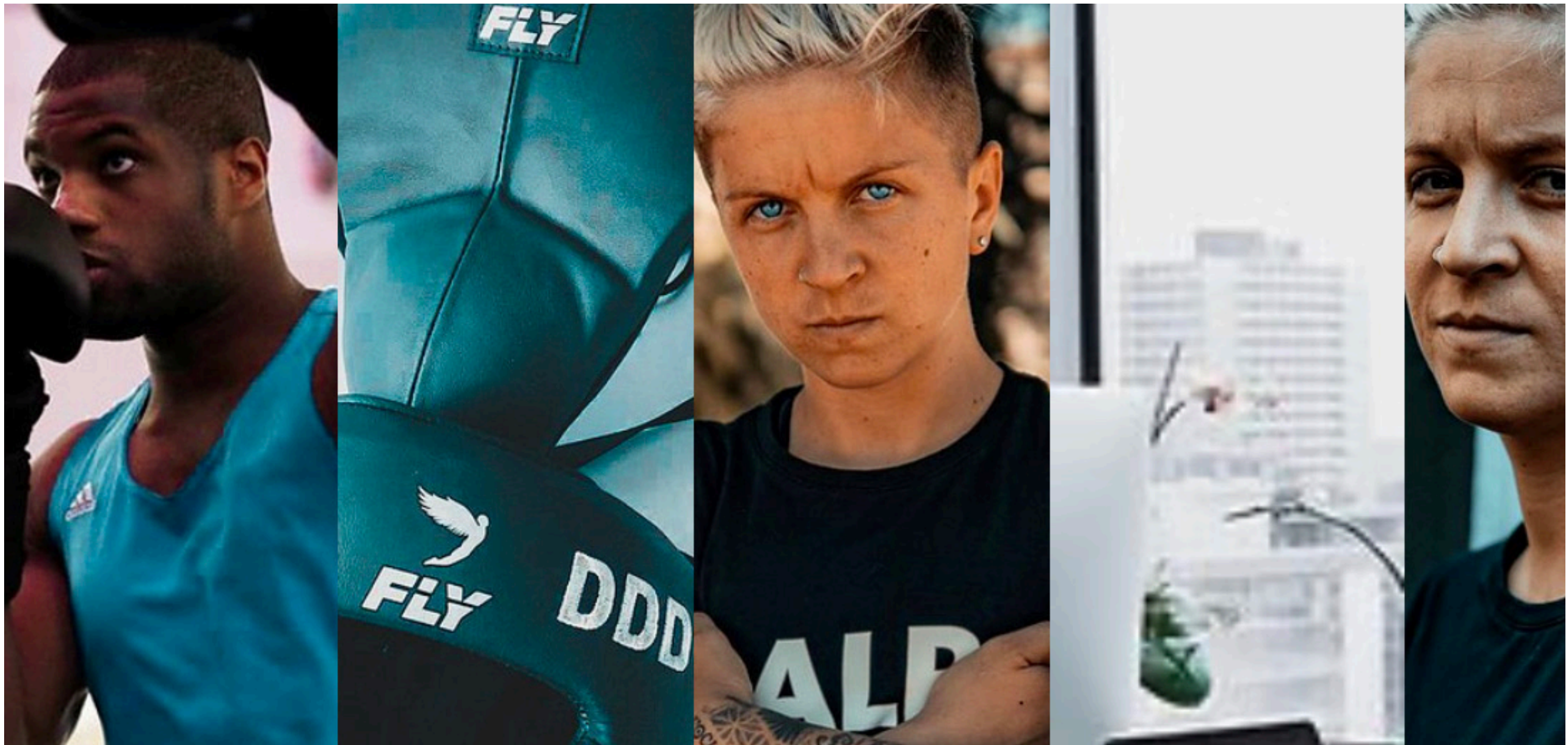
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We are based in London with a global reach. Our clients are spread across 9 different countries and counting. We have worked with and work with a number of global brands ranging from Puma, Balr, Adidas, Nike to high-end luxury, tech, sports nutrition and automobile companies. We have brokered 100's of deals working with the biggest premier league clubs in UK, Spain, Germany, Italy & France, but also the biggest boxing promotional companies in the world.



Everywhere I look, I see pictures, the magic of a moment, pockets in time to be captured, but it was fate that led me to take up photography as a career. A fateful encounter in a grocery store would transform my hobby into my career. After my third child was born, I decided to take a step away from my job as a legal secretary to spend time with my children. I found myself diving into photography full time, spending my days capturing my little ones, capturing their essence, smiles and mischievous endeavours. I found myself learning and exploring how emotion and photography intertwine and how, for me, one can not happen with the other.

Had it not been for a simple tap on the shoulder in a grocery store, I don't know that I ever would have made the leap to make my hobby my career. But the persistence of a friend of a friend led to my first paying job as a photographer. From that first photography session in the wood, I have never looked back and have grabbed every opportunity that has arisen with both hands. What started as a hobby has led me to a fantastic career that has allowed me to document the Premier of China, members of the Royal Family, to meet people from all over the world and become the preferred photographer for prestigious Ashford Castle.

While I am truly blessed and totally and utterly in love with what I do, it has not come without sacrifices and challenges. I did not learn my craft within the walls of art school. My classroom has been the world around me. While I have not had to make any difficult decisions regarding my career, I have sacrificed time, hours and hours, to teach myself. Many hours have been spent teaching myself the intricacies of Photoshop and Lightroom.

I have spent countless hours learning to use light even in the most challenging of situations and to use it to my advantage. There is not always the luxury of



ELIZABETH TOHER

A fantastic career that has allowed me to document the Premier of China and members of the Royal Family.

The biggest challenge that I have had to overcome is how to shake my self-doubt.

waiting for the light to be ideal for capturing that memory or perfect moment.

In working for yourself, I have learned that you have to be your most prominent advocate. All aspects of my business are reliant upon myself. There is no one else to go out and secure my next session for me. I must rely on my abilities to book the next job. The experience and a finished product that I provide to my clients gives me the opportunity for future bookings. Learning the strength and power of social media to share work with the world has also been a tool that I have had to learn to harness. I have also had to come to the difficult realization that not everyone values photography as much as I do. Not everyone appreciates the magic of a moment and how once it has passed can never be retrieved.

The biggest challenge that I have had to overcome is how to shake my self-doubt. Every time I pick up my camera I want to get the best photo that I can whether it be capturing couples first kiss as man and wife or capturing the way the light is filtering through the treetops of the woods. The goal for me is not to capture the way a moment looks but rather how it feels, the emotion behind it that moment. One of the challenges I face is over-thinking all possible scenarios that I may face during a photo-shoot. But once I feel the weight of the camera in my hand and feel the give of the shutter release, everything melts into the background, and I am lost in the heavenly space of the moment in front of me.

I am blessed to do what I love for a living and have never had the desire to quit. There are difficult days, but my passion for what I do drives me. For me, there have been no mistakes but instead learning opportunities. I still learn daily. No two sessions are the same, no two weddings are the same, and each come with their own unique set of challenges. The most important thing, I feel, is to focus on your client,

talk to them. When a client books me, whether it be for a family session or a wedding, they are booking me. I am the experience and to be me is enough. Perhaps when I first started, when I felt I had something to prove, I may have tried too hard to tease out an emotion or response. I have found over the years that you can not force emotions or a moment. I now know that stillness and a quiet kindness illicit all I need from my clients.

I'm in awe of the world!

While it sounds cliché, I was born to be a photographer, to capture and store memories. With every fibre of my being, I believe it to be so. Every day I am surrounded by pictures begging to be captured. My camera has brought me into peoples homes and lives to document their precious newborn or that special life milestone. With my camera in my hand, I have stood in cathedrals while two become one. I have had the privilege of documenting some of the most poignant moments in people's lives.

Photography has led me to moments where I find myself in awe of the world, at what I see before me. I was born with a need to take pictures every day. This need to chronicle the world around me is how my love of landscapes evolved. For me, a perfect day off is to go off with my camera chasing the light before me, just her and I watching the world.



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The Artist



Laurence M White

"Painting icons of a generation"

Laurence White is an emerging contemporary artist based in Essex, England.

Inspired by successful entrepreneurs, artists and entertainers Laurence paints vibrant portraits of the most influential people in pop culture today.

Having always been fascinated by what it takes to achieve success Laurence paints figures who have made to the elite of society.

Laurence's work focuses on capturing entrepreneurial spirit, hard work and persistence to achieve what ever it is that you put your mind to.

Laurence is a self taught artist who continues to produce unique paintings with a positive message.

"What we fear of doing most is usually what we need to do. Don't let fear decide your future."

www.laurencemwhite.com



Painting icons of a generation



Trent Alexander Arnold signed PRINT



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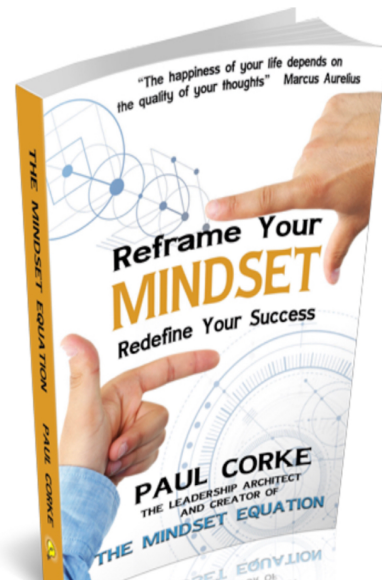


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Reframe Your Mindset Book Review

Paul Corke is an author, speaker and founder of Leadership Architecture.

After 30 years research into mindset, happiness and what makes people successful Paul has recently published Reframe Your Mindset: Redefine Your Success.

Paul has focused on the teachings, lessons, literature, people and experiences that have given him insight into how the mind works and how our mindset makes a difference to our success in life.

From this, Paul has found there is a mindset equation that enables all of us to understand what the secret to success is, and by focusing on these areas we can achieve the same results in our own life.

No matter who you are and what you do, there is a simple equation to reframe your mindset for success, and if you follow that equation with determination and drive, you can be successful in whatever you choose. Join Paul and explore how we can take control of our minds, to be the best version of ourselves every day.

The quality of your life depends upon the quality of your thoughts, and the consistent action you take in line with those thoughts.

"I have to say I have really enjoyed some of the insights that Reframe Your Mindset offers and I'm sure it will inspire many people to unlock their own potential."

– Levison Wood, British Army Major, Photographer, Explorer, Writer

"I began my life as an athlete having come last in two races, but changing your thoughts has the ability to transform your world and expand possibility. Choosing specific thoughts and using the kind of tools Paul shares is what took me to a cycling gold medal in the Rio 2016 Paralympics, and on sporting adventures I might once have viewed as impossible. Reframe Your Mindset is a valuable guide to anyone striving to transform and achieve."

- Karen Darke MBE, Paralympic Champion (handcycling)

"Reframe your Mindset is a seminal piece of work in which you will refer for years to come. It is essential reading for those looking to be best they can and improve your life's chances. I highly recommend Reframe Your Mindset."

- John Bullock, Kickboxing Champion & Behavioural Change Specialist



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WHY NOW, YOU MUST BE MORE GIRAFFE

BY ELLIOT KAY

CERTAINTY IS ONE OF OUR GREATEST HUMAN NEEDS.

The events of this year have created an unprecedented challenge to our much needed certainty. During such times, as humans we have a habit of wanting to protect ourselves. This is an entirely normal response, one which we depend on as a race for our survival. For that reason we gravitate to doing what others do – safety in numbers, tribal mentality. It is the instinct to remain safe – even if this is a perceived safety created in our minds. For the short term.

As we navigate our way through the uncertainty that this year

has brought us however, we have the opportunity to answer a very powerful question: Join in or stand out?

A giraffe will stand head and shoulders above others, it will stick its neck out. It won't blend into the background unless it has to and as such it earns the title of one of the most amazing creatures in its habitat. It is respected for its uniqueness.

Imagine a busy market for a moment. One where you can't hear what

the vendors are saying, as each is shouting louder, trying to be heard in order to sell their produce. Sure, you might go to the stand with the lowest price for your strawberries but most likely you will go to the stand that grabs your attention. Maybe it's their layout, maybe the way the vendor is interacting, maybe they make you laugh, maybe they make it very clear what they are selling removing any questions from your mind. It can be an interesting exercise to consider your own purchasing decisions and what leads you to make them – often not on a conscious level. Because behind that vendor is a giraffe that somehow said or did the right thing to capture your attention.

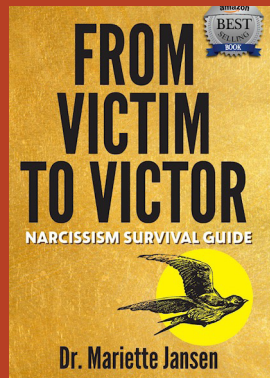
Right now, we all have one single market-place: the internet. As entrepreneurs, it is more important than ever to therefore define that specific message that will compel our clients and to communicate with them in a way that allows us to stand out by using our own tone – not by trying to shout louder above everyone else. We all need to be clear about who we are, what we stand for and that clarity will be rewarded by the connection and trust from our clients. Remember we all want certainty, so an offer that leaves any room for doubt is an offer that will stay on the table.

The starting point of being giraffe is about that message. It's about thinking about what makes us relatable, vulnerable, different. We need to be prepared to alienate many people in order to reach the right client.

Let's not end this article as a 'nice to read inspiring post before I go back to being an Ostridge'. Let's end with the action that stands the giraffe out from the rest. Post something that you feel would be more giraffe and use the hashtag #bemoregiraffe.

Take action and do what most wouldn't in order to get the results that most won't.





Narcissists are continuously campaigning to get their needs met through other people.

“The little girl jumped on her little red bike. It was going to be the start of a new life. She was going to the big school. The first day today. When she arrived at the school, she was surprised by all the parents that were there....I grew up with a narcissistic mother—a mother who let her six-year-old daughter find her way to school on that very first day. A mother that kept domineering my thoughts, actions and life. A mother who shut my mouth, closed my heart, put me down and made me feel the most worthless person in the universe.

Narcissists are continuously campaigning to get their needs met through other people. They are self-centred, manipulative, cold, cruel and don't give a damn about what they do to others. When you grow up with a narcissistic parent, you will believe, like all children do, that what happens in your family is the norm. You will be told that your family is the best and if things are not right that it is your fault.



MARIETTE JANSEN

WWW.DRDESTRESS.CO.UK

The thing I wanted most in my life was the love from my mother, and I went to great length to create it. I went to therapy for years to work on myself. After all, it was my fault that the relationship didn't work. I left home when I was 18, and 40 years later, I realized that I would never have a healthy relationship with her. When I gave up hope and cut the cords, my healing journey, and my recovery started.

Narcissists are two-faced. They present themselves to the outside world as the opposite of how they behave when they are with their victim. If their victim wants to discuss their issues with others, the others 'don't get it' as they know the narc as a different person. And when it is a mother, like in my case, people wouldn't like me being nasty about her. Many times I heard 'she doesn't mean it' and 'she loves you dearly' from people who didn't want to believe me. I ploughed on for four decades. Therapy helped me to become self-aware, but not one therapist pointed me in the direction that my mother might be the cause of the dysfunctional relationship; that maybe it wasn't me who was the culprit.

I had been working in a corporate environment till my first baby was born. I couldn't combine my job with a baby and started to work freelance and retrained as a therapist and coach. I loved every bit of the study and knew that I had arrived professionally. Helping clients heal from abuse seemed the right thing to do. It also helped me to make sense of my experiences, and I think deep down, I was hoping to find the solution for my situation with my mother. At that moment I didn't know that there was still a lot to come.

I was 55 when I came across narcissism, and that changed my outlook completely. The checklist I went through showed my mother as the blueprint of a narcissist, and I started to understand what had happened to me, how I was brainwashed into feeling bad about myself, trained to put my mother in the centre of my universe and how her condition had affected me, my siblings and my father. It took another three years to conclude that I was better off without her in my life, and I went no-contact. I broke the no-contact rule once, to visit my father,

who was terminally ill. This visit confirmed that I made the right decision and I haven't been in touch since.

My father died in July 2019, and this gave me the freedom to write my self-help book on narcissism 'From Victim to Victor' – Narcissism Survival Guide. It included my personal experiences and professional knowledge and is aimed to help other victims of narcissistic abuse to free themselves and become who they are.

The first chapter of the book is about the dysfunctional family and describes the situations I experienced in my parental home. Even though I had processed my experiences, it was cathartic and added to my healing.

'From Victim to Victor' Narcissism Survival Guide.

Other topics covered in the book are the romantic relationship, a 50 point checklist with exercises, which will help readers to recognize their narcissist and how they are affected. Then, of course, tools and techniques, helping to deal with the abusers.

When I started writing in August 2019, I invited anyone who had experiences with a narcissist to get in touch and share stories. I had no idea that so many people were affected and this was the first validation for my book.



Artin Nazarian

www.artinnazarian.com

I was born in Tehran, Iran, in 1977, during a turmoil period, which was compounded by the fact that we were minority Christians living in a Muslim country. I had just turned two when the revolution happened, the Shah was forced out, and Khomeini and his Islamic regime took over. Shortly after, the decade long Iran-Iraq war began.

Most of you will probably remember back to Desert Storm and what that war looked like through the lens of the media. It was nothing like that. There were no strategic targets and laser guide bombs. The Iraqi planes would fly over the city and drop bombs in residential areas.

The day my family was trying to leave the country, a bomb attack delayed our departure. But we made it out eventually and moved to Spain, where my family and I lived as refugees.

For about a year, Madrid was our home. I was a carefree fourth grader, and the fact that I did not speak a word of Spanish did not bother me. The language barrier was short-lived as I quickly picked up Spanish and felt accepted in the school I was attending. My earliest entrepreneurial thinking and venture started in Spain when I began drawing cartoon characters and selling them to other students.

In a short time, I started getting requests and pre-orders. My first official business was born.

It was toward the end of 1988 when my family was awarded Green Cards to enter the United States. Our journey moved us from Madrid to Glendale, California, a suburb of Los Angeles and very different from Madrid. Being in Los Angeles, I was heavily exposed to the film industry. I was drawn to the glitz and glamor, and it took me a few more years until I understood why I was drawn to the movies. This interest grew very strong, and with the support of my parents, I decided to go to film school.

To graduate from film school, every student had to either direct and produce their short film or have a crucial role in another students' films. The school also offered grants to a limited number of projects. You would submit your short script and proposal, and they would select five projects to provide \$5,000 grants to. I was fortunate that my project was one of the five chosen and the \$5,000 grant covered half of my budget. How I covered the half is a story on its own.

After a few months, my short film was complete. After all the students completed their projects, the film school held a showcase where they presented the seven or eight best short films in a big theater. Friends and family were invited, and it felt like a big premier.

I thought I was already on my way to becoming a big shot Hollywood filmmaker. Finally, it was time for my short film. Lights were dimmed, and the credits began to roll. When my credits were on screen, "Written and Directed by Artin Nazarian," I looked to the left where my parents were sitting, and they had the biggest smile on their face. And that's when it hit me. I once wanted to be in the film industry because of the glitz and glamour I saw on TV, but in my early days of film school, I realized this was the wrong reason. Instead, I was drawn to building and creating things that would allow me to leave a legacy. At that moment, in the theater, I realized that even wanting to build and create had its purpose. I wanted to make my parents proud. They had been through so much and had sacrificed everything to move our family to a new country.

About a month later, I graduated, and my internship had already ended. I felt like an incredibly wise twenty-two-year-old, but a significantly broke one. I would

use the payday advance service to pay for things, which only made my financial situation even worse. I was not having any luck finding a decent job, and to make ends meet, I went back to my job selling women's shoes. It was certainly not what I had pictured as my immediate future after graduation. One weekend, as a co-worker and I were behind the cash register handling a sale, a customer handed him a credit card. We soon recognized the card to be from the credit union of one of the major studios. We had a brief conversation with her, and we got her email.



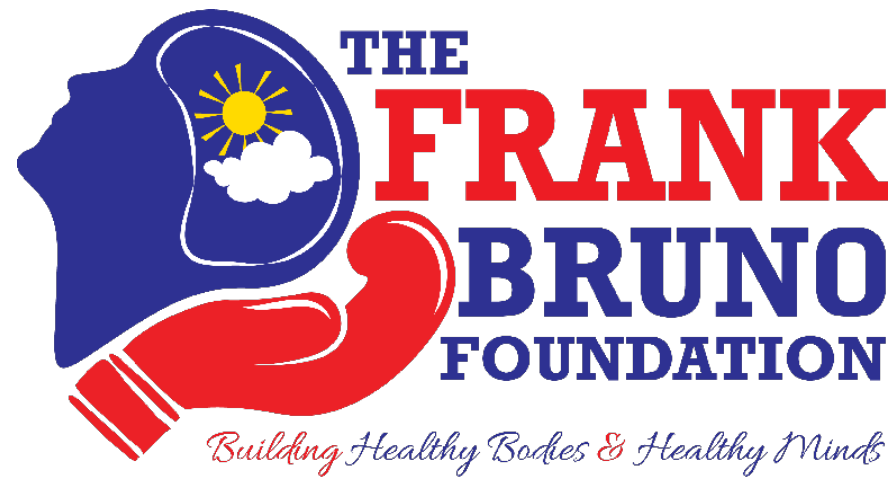
Weeks later, I was going in for an interview. Was this happening? One minute I was selling women's shoes, and the next I was interviewing at a major studio. I guess it's true that it's not what you know, but it's who you know. After my interview ended, I got in my car and drove off. Within less than five minutes, I got a call from HR, and they offered me the position.

I approached my job with an entrepreneurial mindset: How can I add more value to my customers than my competitors? It led to quick promotions where within five or six years, I was officially

considered a studio executive before I was thirty. But there were also many lows. Feeling underappreciated, bosses that led by fear and created toxic cultures of "yes" people, bosses that were short-sighted and only favored a handful of people that resembled their style and draining corporate politics. I did not allow this to kill my entrepreneurial spirit but used it as motivation.

After multiple failures, my first side venture success was raising capital from a real investor. My experience and knowledge from the startup failures had paid off but now came the hard part of actually delivering the product promised. Knowing multiple friends in the hospitality industry, I had seen how inefficient they operated, and I raised money to solve this problem. After numerous rounds of raising capital—around \$4 million—I developed a product, built a team, launched a company, and deployed the product into the market. All while continuing to excel as an executive at a major studio.

While being extremely busy with a corporate executive position and trying to get the hospitality startup off the ground, I was able to find time to get married and become a dad—one of my most significant accomplishments. Once the hospitality startup was acquired, I felt like I was wasting time with the available time I now had. It is when I decided to write my first book to help as many people as I can bring their idea to life and do it quickly by leveraging knowledge from successes, failures, and experiences. I want to share lessons and advice that is rarely talked about and extremely hard to find online in a cohesive manner. I want everyone to be in control of their destiny, whatever that might be as I believe that everyone is one idea away from happiness.



Following Frank's personal battles with Mental Health. We have put together a special course called "12 rounds" to help people with behaviour and mental health issues. It is a unique non-contact course using boxing training and well-being programmes to help all ages over 10 male & female. Sessions will be age and ability appropriate. Our first centre is in Northampton UK but we want to role this out across Europe. You can help us try and battle mental health problems where the traditional methods of help do not always work.

There are a number of ways you can help



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You can sponsor a piece of equipment or a days course.

On behalf of all the people with Mental Health issues that we hope to help we thank you in anticipation of your kindness.

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My name is Brandy Haberer, and I'm a disability and autism activist, podcast host, and illustrator. I manage an Instagram account called @the.chronic.couple, where I educate and advocate for Autism, chronic conditions like Ehlers-Danlos Syndrome, and mental health through my writing and art. It led to opening an Etsy store where I share info graphs and merch with a message to raise awareness. My husband and I are a late-diagnosed autistic couple, both with Ehlers Danlos Syndrome, a connective tissue disorder that can affect a lot of autistic people. I started sharing my story to document our journey to find answers to why we had so many health problems. One diagnosis led to the next. As we began gaining knowledge, my husband and I decided to start a podcast called "The Chronic Couple" to share valuable insights and talk about the connection between EDS and Autism that is rarely discussed. We hope that after a lifetime of suffering and misdiagnosis, our knowledge will help bring more awareness to under-diagnosed, rare conditions and help change the stigma around Autism and mental health.

Being an activist isn't always easy. Getting positive reinforcement helps keep you motivated because it makes you feel like you're helping to change someone's life for the better, but positive interactions aren't always the case. Some of the challenges include those who negatively view disabilities. Because of the negative stereotypes about Autism, in particular, some people challenge the fact that I am autistic at all despite being professionally diagnosed because I'm able to function in society. Autistic people are all different and have unique strengths and weaknesses. Spreading awareness of that is something that fuels my art and our podcast. Another challenging aspect of having a business when you're disabled is balancing your energy levels to create quality content and art to spread your message without burning yourself out or overexerting yourself to the point of causing physical pain.



BRANDY HABERER

Autism activist

We must remember that we're doing this for the greater good and keep that at the forefront of our minds when we feel anxious or scared. I'm not a person who enjoys small talk or a long conversation. But when that conversation is directed to the point of interest, autistic people can use this to our advantage, which is especially helpful for a podcast host. We can engage in things that interest us with a level of hyperfocus that is almost superhuman. It's while we're in this state of hyperfocus that we have to be super aware that we need to take breaks and remember to eat and drink water.

Things that I've learned over the years by being an artist and business owner is to create content that speaks to you. Not content that you think other people will want to hear. I believe in the past, some of my work didn't connect with people in the way I had hoped because I was trying too hard to connect. When I stopped second-guessing myself and just created what I needed to hear at that moment, I started connecting with others who felt the same way. If something in my life came up, then that's what I wrote about, and the illustrations came organically from that. The same went for our podcast.

The episodes that we thought people might want to hear and carefully planned had fewer listeners than the ones where we just spoke openly with guests about our struggles in a more unstructured way. My advice would always be to be true to yourself, not who you think everyone else wants you to be.

It led to our podcast being nominated for a WEGO Health Award and my Instagram account being not only being nominated but winning their 2020 Best In Show Instagram category. It allowed me to spread more awareness for Autism and Ehlers-Danlos Syndrome with speaking

opportunities. Featured as a world's top patient expert inpatient centre webinar series, also many industry exposure opportunities throughout this year and a patient leader advisory board seat to share ideas and feedback on how WEGO Health can improve and support the patient community.

My husband and I both hope to use this platform to help people see Autism and people with disabilities in a different light. One that shows how capable we are. Different doesn't mean defective. We want to break the stereotypes around invisible illnesses and Autism so people can understand that if you've met one autistic person, then you've met one autistic person. We are all unique. Instead of focusing on causation and cures, we hope to help society see Autism as merely a different way of being, a variance in our neurology, that deserves respect and accommodation. Being an activist wasn't precisely what I had imagined for myself as a career.

But after my disability took a toll on my body forcing me to leave my old life as a business owner behind, I knew that I needed to take my entrepreneurial spirit and use it to help others who were where I had been. The community that this type of work has given me has been something that I've always wanted. To be understood. To be able to use my experiences to make someone else's life, a little easier is one of the best jobs I could ever imagine.

Sometimes life takes us on a journey to places we never thought we would go. It's not always easy, and there are days you're not sure how you made it through. But if I can use those dark days to help light the way for someone else, then I can go to sleep knowing it all had a purpose, and I've done my job.

VERITAS TAROT

Readings, Spiritual Guide & Dream Interpreter

I have not trained extensively or taken part in any tarot course. In fact, my background is City based in both London and Hong Kong as a Vice-President for a major bank. I have also jointly owned a retail business and an events company organising many high profile events. Currently, I am CEO of a national educational charity.

With all of these careers, I relied mainly on knowledge gained throughout my career, on a work hard ethic and with a focus on controlling the environment around me to best achieve the result required. I lived in a place of fear and anxiety. I constantly tried to prove myself to others because, despite many achievements, deep down I had no confidence in myself. I constantly felt that deep-rooted imposter syndrome. Feeling that people would see right through me to the imposter inside, that person whom I was so hard on. That person I put down and ridiculed in private. Any relationship I had was one of me being a people pleaser. If someone could see how lovable I was surely that meant I was loveable? Surely that meant I was 'seen'? I was yearning to be seen, to be loved and to be respected. But how could I ask others to see, love and respect me when I did not see, love or respect myself?

In 2018 that all changed abruptly. I woke up. A traumatic event, given by divine intervention, happened for me in my life that forced me to shift my perspective about myself, about my perspective about others,

about control issues, projection, dependency, inner child wounds, about relationships that I have had, about experiences that I have gone through and ultimately about my own happiness and what happiness really means for me.

This journey over the last two years has been as a cyclone. A painful, beautiful, exhausting and extraordinary cyclone. It has allowed me to stand back from myself, to reflect on why all this has happened not to me but for me and has brought me to a place where I have come home to myself. I understand this experience was a gift from God so that I could find myself, having lost myself in trying to be what I felt others wanted me to be. I understood that happiness is not what others can give you; it is a reflection of how you truly feel about yourself. I have never felt happier, more connected to myself and to those around me. Soul family, both present and those that have appeared in my life in perfect Divine timing, have offered soul friendship, a patient listening ear, Reiki, meditation, laughter, teaching and wisdom. Sent by God to help me on this journey.

I am learning self-love and self-respect and worth. I am learning not to ignore the inner child within. I am learning that I am deserving. I have learned to see. Realising that everything energetically connects to everything else. I am fearless when it comes to my life path, because that is God's wish for me. I have learned to love silence, to simply be

with my Higher Self. I have learned to love to listen, to myself as well as to others to understand and not just reply. Listen and Silent contain the same letters. I have learned to observe any trigger and with the thought 'why is this happening for me' to learn, shift, grow, let go and evolve. Our sole purpose is our soul's evolution.

Therefore, I now understand and appreciate that every experience, negative or positive, is a gift given by God and it is how I choose to receive it that makes all the difference. I have learned to let go of control issues and Let Go and Let God. I have also learned to respect and totally trust my intuition, my knowing, that connection to source energy. It has been a transformative process that I am eternally grateful for. It has been a rebirth of faith and love over fear and anxiety.

During this journey I was introduced to the Tarot. Such a powerful spiritually connected word. Taro (the tarot, the road of life), Rota (the wheel, the Zodiac circle), Orat (speaks or teaches), Tora (the Torah or Law), Ator (Hathor, the goddess of love). I discovered and embraced my life path. I know I am healer through words, through messages I give. To explain, a healer does not heal another. Only another can do that for him or herself. Healers can simply trigger in another the ability to heal themselves if they wish for it to be so for people can only meet you as deeply as they have met themselves. How does that work through the Tarot?

Readings for the Mind & Soul

Website: www.veritastarot.com

YouTube: Veritas Tarot

Email: veritastarot1111@gmail.com

Instagram: @victoria.nielson

Tarot cards are a form of divination, the practice of seeking that hidden knowledge we all yearn for. However, those answers already lie within you, within your Soul, your Higher Self, which is connected to Divine energy and through the cards you can work with the Divine, your Higher Self. They are at their core, an energetic soul road map, a self-empowerment guide imaged through 78 symbolic cards to help you find that concealed knowledge of the self. They are a guided journey of self-discovery. They may seem a little daunting, but it is only by going 'with-in' that we become enlightened by our soul's true answers. If we look 'with-out' of ourselves we remain without the truth.

The cards always work. Energy does not lie. Emotion is energy in motion; e-motion. It is not a coincidence; it is a God-incidence. All is needed simply is the utter trust of the Reader in the messages received through visual and oral recognition and the Querent's own willingness to listen and receive such soul

messages. Within this sacred energy space, a tarot reading will help them know their own guiding truth. That insight and clarity as to the past, the sense of peace about their present and a feeling of hope and faith for their future. A reading is simply your soul speaking gently with love to you, to help you get back home to you. It is a return to Self. And through a reading the Querent will feel resonance, relief and remember what their Soul already knows. The Querent's Higher Self already knows the choice of any cards appearing in a reading. The Tarot is a sacred mirror. I am always humbled to be chosen as a messenger by the Divine and know that a reading will always happen in Divine timing for any Querent and for myself.

It is said that we teach what we choose to learn. I always wish to learn more about Divinity, Life, the Universe, others and myself. Thus I teach about these things. I say to any that come to me, 'As I say to you, I say unto myself.' If you give to others what you, yourself desire, you will experience having it. Those magical moments of

loving soul to soul conversations during readings make you feel so blessed and so connected to Source energy.

What can stand between the soulful, spiritual and successful you is simply a wall of self-imposed resistance. A wall of self-assumed and society induced fears. We are conditioned to see things through that cloudy lens of life, our perceived states of mind with what we have learned, been taught or told over time by ourselves and others. A reading will give you a direct perception of pure soul loving energy through a momentary clear lens of life. Love is the best way of defeating fear.

In the words of Neale Donald Walsch 'Conversations with God' - "Every human thought, word or deed is based on fear or love. Fear is the energy which contracts, closes down, draws in, hides, hoards, harms. Love is the energy, which expands, opens up, sends out, reveals, shares, and heals. You have free choice which of these to select."

FROM PTSD TO PROPERTY



I always felt I was destined for great things. It might seem strange to some, the idea or notion that there's an unexplained internal feeling that's been overwhelming all my life – but for me, that's the truth. From as far back as I can remember, my core values have been positivity, tenacity and sheer determination; all of which have seen me successful in whatever I've put my mind to. However, the missing piece of the puzzle was passion. I had never found anything that I loved doing from a career perspective. In August 2015 I was working for global giants Lloyds Banking Group as a Project Manager, and little did I know then, that what was about to happen would change the course of my life forever but would equally lead me into my finding my true passion and purpose.

The Dark Days

The event I referred to in 2015, was the news that my brother, Kyle – aged 19 – had an aggressive form of Leukemia. As you can imagine, this harrowing discovery threw my entire world into chaos. What followed was a horrific seven-month-long battle; Kyle vs Cancer. And, although Kyle's illness wasn't terminal, unfortunately on 21st March 2016, cancer won.

I had been lucky enough to have a very successful career with Lloyds Bank and was on track for another promotion, but it all just seemed so meaningless now. I didn't care about the money, the opportunities, how hard I'd worked for ten years to get to the level I was at – none of it mattered anymore. I tried to go back to work several times over 12 months, but I was suffering heavily with Post Traumatic Stress Disorder (PTSD), and everything became too much, shortly after I decided to leave work.

With no job and no money, you might think I made a brave or stupid decision depending on your view of the world.

But, I had that feeling again, the feeling that something extraordinary was coming, and that I had to use the skills and experience of Kyle's death to great passion and purpose in my life – and so I did just that.

Emotional Resiliency and Business

Kyle was an electrician by trade and had always loved property. My grandad had dabbled in property all his life on the side of his job. In early 2015 my parents had purchased a property to refurbish and sell on for profit. Suddenly everywhere I looked the signs were staring me in the face, screaming that property was the path for me – and so in 2017, KAF Properties was born!

The early days were hard. Harder than I'd expected. Firstly, I knew nothing about business, and I didn't know a great deal about property. But what got me through these very challenging times was the incredible emotional resiliency and strength that I'd built up in the 18 months before setting up the company. I was able to transfer these experiences in a positive way to keep going, where most people would have given up. Life lessons are so important when it comes to running your own business; they are a real test of who we are as people and how we will respond in difficult situations. There is a great deal of emotion involved in starting a business, and particularly in my case where I went into business with other family members, and the fact we named the company after my brother! You've put your life on the line, and you're willing it to work with everything you have. There's a huge emotional investment to a business that people don't realise.

People who have the most successful and thriving businesses are the ones who didn't give up even when all the odds were stacked against them.

Business isn't a Solo Affair.

As business owners, we've all made mistakes – we're only human, and it's perfectly natural. It's how we learn, grow and develop. But equally, if we can learn from other people's mistakes, it can save us a lot of time and money! When I look back at my errors or things that have slowed me down I would say something that underpins all of them was my naivety in understanding the importance of how a successful business operates – which is predominately with the aid of other people.

You cannot operate your business on your own – I'm aware that's not earthshattering news, but I do believe it's a habit that a lot of us fall into. Here are some of my examples of where I should have taken my advice: I tried to personally refurbish an entire house (well, there were 3 of us, but you get the point!). It took six months. Today we have a full team of experts that can carry out the same level of renovation in around three weeks – Time is money.

We ran out of money to buy more houses. I spent a long time trying to find money out of my own pocket/ assets which didn't work. We now have a list of private investors who we partner with globally to invest in UK Property. I only flipped properties because I didn't understand how to deploy other strategies. I have since invested over £50,000 in my education of the UK Market and have a property mentor which has resulted in the substantial expansion of our portfolio using a variety of different methods such as family rentals and Houses of Multiple Occupation.

The bottom line is that all of these mistakes required assistance from others to be able to enable the business to move forward and grow. If you want to get on with expanding your business, you need to get on with getting other people to help you in your mission – Networking is everything.

Believing Anything is Possible!

There's a common saying that five closest people you surround yourself with are the people you become. It's a mantra I firmly believe in, and so I have continually practised throughout my career. I spend time with people who also share this thinking, and I have found it nothing but transformational. For a start, the people who think like this generally are very successful in whatever career/ business they are in. Secondly, they are willing to help you do whatever it takes to make your impossible, possible!

Once you start to believe that anything is possible, the opportunities do come flying through the door. Further still, your mind is open to new and exciting prospects that you never even dreamt were on the horizon.

When I started to think 'big', things changed for me. Today

I have invested in millions of pounds worth of property – something I could have only dreamt of a few years ago. As a business, we have a collection of investors who have over £3.5million of funds ready to invest in projects – an incredible amount of capital, that when I started, I thought we might raise £25,000 if we were lucky! I speak internationally about both property and overcoming trauma – a very unexpected turn of events considering that my PTSD left me crippled with anxiety about public speaking. I have a podcast, The Ambitious Entrepreneur – I didn't even really understand what a podcast was until the beginning of 2020. Still, I have just finished my first season. I have been exceptionally fortunate to have interviewed some of the most successful people across the globe such as Paralympic Gold Medallists, Racing drivers, Multi-million-pound business owners and film producers discussing success, what it means to them and what drives them forward every day; it's been listened to in 21 countries over six continents.

Kyle's Place

Over half of the things I've achieved, I never even knew I was capable of which still amazes me, and it's nice to sit back sometimes and reflect. My big WHY and driving force behind everything I do is my brother, and my longer-term goal is to bring property and Kyle into one by starting a charity in his memory.

The hospital that cared for Kyle had facilities to be able to stay there overnight, which was fantastic, but only allowed for one person per night. We were lucky enough to live close to the hospital, but that wasn't the case for other families. My vision is to start a charity called 'Kyles Place' that provides temporary accommodation – completely free – for other family members and friends to be able to stay close to the hospital.



SPIRITUAL MASTER FROM THE HIMALAYAN TRADITION.

SRI SWAMI PUROHIT

I cannot start the story of how I became an expert without mentioning my father. He has always been, from my very first memories, a fountain of knowledge, who always inspired me to study and develop myself, not as a way of making a living, but as a form of self-expression and contribution, both to society and the world.

My father believes in simple living and high thinking, so our house was very much like a library. He was electrical in charge in a government enterprise in Delhi and also used to give legal advice for the labour unions in his spare time. Our family has kept a perfect balance between modern education and traditional spiritual practices for many generations.

I decided at the age of 20 that I never wanted to do a 9 to 5 job and that I didn't want to work for someone else. My father told me that even if I were the top student at my university, the most I was likely to achieve would be to become the head of the department. What if I wanted to do something great with my life, then I should become a great orator. So, my father took me to the political rallies of Indira Gandhi, Atal Bihari Vajpayee, Labour union leaders etc. and I could see how with one speech they could change the minds of indecisive people. That became my passion. Not only to have great thoughts and ideas but how to convey them to the masses.

I became an expert in mathematics and also did eight years of training in communication. I became a private maths teacher for engineering students. I would work 15 hours a week and made three times more money than I needed.

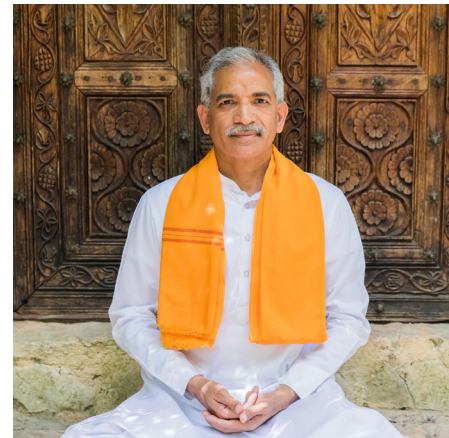
You must have the mastery of a skill to have financial freedom in your life. Money should not restrict your freedom and self-expression. Money should be the by-product of your activity, not the focal point.

After ten years of working as a maths teacher, I realised that my students were growing with my classes, but I was not growing anymore. I even set up my academy of excellence in learning, but it was too idealistic; I was an expert teacher, but I was not a good businessman. So, ultimately, the project failed.

I went to one of my trainers and told him that I didn't want to retire as a maths teacher. He said, "Can you make your hobby your profession?" I thought that all my life I had enjoyed practising Yoga. When I do Yoga, I forget about everything else. So I decided to become a yoga expert.

Once you have one area of expertise is effortless to develop another one. An expert does not need preparation. I learned Yoga at the age of eleven when it was introduced at my school. I started practising it every day, and I did this for three years. My body became very strong and flexible. After this, I began to reap the benefits of Yoga. I didn't become ill for six years.

I met many monks, yogis and spiritual masters. I used to practice regularly, but my practice was not consistent; it was disorganised. I would take some suggestions from one master, some from another. I was not a good learner. I thought that because I was intellectually developed, I could decide myself what I needed to become a yoga



expert. However, this changed when, at age 29, I met my master, Sundar Giri. I was determined to follow his instructions entirely because he was the living example of everything I wanted to become. He told me that if I did the practice that he suggested every day, within 12 to 18 years, I would attain the same experience of enlightenment as Lord Buddha or Christ. So, I did the practice, and I completed the process in 13 years. (Real transformation happens by operative practices, by completing the process.)

My master took me to many different spiritual masters, both real and fake, to show me the reality of the spiritual world in its fullest extent. He took me to see great, enlightened masters so that they would also give me practices that would complete my training and help me to become a great spiritual master. It was a great responsibility, being the eldest son, to fulfil my duty and everyone's expectations, whilst also maintaining my freedom, especially bearing in mind that my mother was afraid that I would become a monk. After three years of training, my master Sundar Giri told me that I should get married, as a requirement for my spiritual process.

So, having my own family became a new, added challenge to this whole process of growth and transformation. I think that during this period, it was vital for me to keep a low profile and make an obvious distinction between what was essential and what was optional. The demands of those around you will never cease, but if you want to fulfil your projects, you need to learn how to create time for yourself, without neglecting your duties.

Most people's lives only grow in one area. They sacrifice family for professional success or health for money, or they sacrifice personal triumph for the happiness of the family. But ultimately it becomes an unbalanced life. The key to excellence is to have a developed mind which you can apply to every aspect of your life to grow in all areas simultaneously, like a tree. Life is organic.

Just before he died, Sundar Giri said that I should do higher yoga practices so, with his blessing, I met one of the greatest yogis, a master of the science of prana, Sri Swami Dev Murti. Sri Swami Dev Murti trained me in one advanced yoga mudra, the nauli, which I practised for seven thousand hours. I had to complete 108 in one breath. So, I practised for five hours every day, over three and a half years. After completing this, Swami Dev Murti said that now I could teach in any part of the world and I would be successful.

After that, I continued to learn from him until he left his body at the age of 104. He taught me that Yoga is to be immortal and gave me homework for the next two hundred years. To be an expert, you must be trained by one.

Thanks to my knowledge of astrology, I knew that my future was in the west. I first went to Germany, and I could see very clearly the need for meditation in that part of the world. So, I went back to India after two weeks, and ultimately closed the chapter of my life as a maths teacher. You cannot start something new if you don't let go of the old. At that time, everything I had learned through the failure of my first teaching institute became very useful when setting up this new project.

Now, twelve years on from the first talk I gave in Europe, I have a well-established and successful company with more than ten thousand students all over the world who are benefitting from the practices in their daily lives. My goal is to help people become truly free and self-sufficient. To give them all the tools they need to connect to the master within and become self-referring, able to create the life of their choice, a limitless life.

In all this time, I have never stopped growing and developing myself. Nor have I stopped exploring and enjoying new things either. I

believe in applied God-realisation. Participate fully in the world but without being affected by it.

My next project is to complete the very advanced spiritual practice of Sri Vidya and to keep expanding my work so that it can improve the lives of the maximum number of people. The beauty of spiritual science is that it can be applied to any aspect of life.

The simplicity of the practices is vital. Life has become complicated enough, and human beings have also become very comfort-loving. We live in a world of unlimited options and freedom, where technology is growing so fast and dominating the lives of people altogether. But we have not developed ourselves mentally and emotionally at the same speed, to be in control of the new reality we are facing, so we are becoming victims of it.

That is why it is fundamental to adapt the teachings to the reality and capacity of the majority, but without neglecting the essence of the teachings, which is that of connecting people to their soul.

The uniqueness of my teachings is that as an expert, I can adapt to the temperament, the karma and the destiny of each student. The power to transmit spiritual energy is critical for this transformation to happen in the shortest possible time, without disturbing people's day to day lives.



Kindness Campaigns

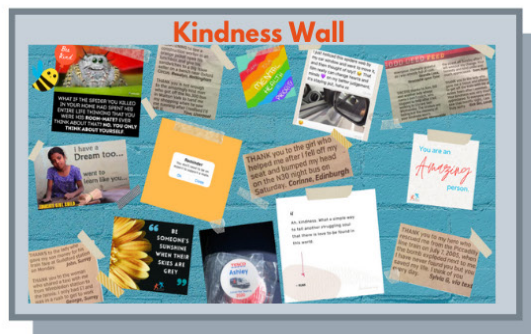


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