

## *Leigh Cooper*

*Body Mastery Specialist, Integrative  
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## *Inspirational* *Episode 10*



*This episode of **INSPIRATIONAL** features a “True Story” from the life of  
**Ms. Leigh Cooper** (Body Mastery Specialist, Integrative Nutrition Health Coach, Yoga  
Teacher and Group Fitness Leader)*

*“ When I think of an inspirational story, I think of someone that has found their way from  
darkness to light, from suffering to not just simply surviving but actually thriving.*

*I’ve many stories over the course of my lifetime that have been periods of suffering for me and  
I’ve come out of those experiences alive but never unscathed. However, what I believe is  
inspirational in any story is one’s own ability to find the meaning in suffering, in the same way  
that Viktor Frankl gave meaning to his many years of suffering on Auschwitz concentration  
camp.*

*So, with that in mind here’s my story, now whether or not it’s inspirational is down to you the  
reader to decide.*

*Like most people, COVID-19 impacted me but not for the reasons that one may think. I was  
used to the alone time and huge sense of solitude that came with the lockdowns. Yes, I was*

*flabbergasted at the suffering it had caused to humanity and was simply finding a way to adapt to the uncertainty of it all. However, it impacted me mostly because it gave me an opportunity to take stock of my life. I no longer had the busyness that life had always brought, I was faced with time to feel. What this time had given me was the realisation that my life was pretty much empty. I lived alone and whilst my work involved connecting with people on daily basis, I was a one-man band. I'd spent years of my life wanting to settle down and start a family to no avail and had even played around with the idea of starting a family alone but never really made it happen.*

*Life had become an existence and I had lost my purpose but being busy had always kept me from that realisation.*

*In my mid-thirties I'd come close to undergoing IVF as a single person with a donor but to be completely honest with you, my heart wasn't fully invested in the huge voyage. Now whilst some of you may not agree with my decision to start a family alone, all that I ask is that you read with an open mind and heart.*

*Nobody grows up and desiring to be a single parent, I certainly didn't but approaching 40 I realised that my time was running out. I knew deep inside of me that if I didn't act soon, that I would be looking back at my life and thinking to myself; I wonder what I could have done differently? I wonder whether I'd have made a good mother and I wonder what the experience would have been like?*

*I would have adopted but having looked into that as an option, it soon became very clear that it wouldn't have been a viable choice for me.*

*So, during a pandemic I underwent IVF treatment and fell pregnant straight away. Probably not the best time to bring a child into the world I hear you say but it begs the question, when is? We all need to have hope that we can live in a world without war and suffering but the reality is, if we search deep enough through the cracks, there are horrific crimes being committed against humanity across the globe at a rate our brains perhaps cannot fathom. In*

*my opinion the one thing that is within our power is to be better people and raise human beings that will take ownership of humanity and fight to make better life for all that walk this planet.*

*Anyway, I digress. Falling pregnant was one of the happiest moments of my life, that was until many weeks later when I miscarried, it became the worst moment of my life. There is a lot more around this story that I will leave out but needless to say it scarred me.*

*I questioned everything in life, my existence, my decision in the first place, along with my main big question – what next? Even with the extortionate amount of money that IVF costs, I could have kept going but emotionally my bank account was in debt.*

*Time was not on my side and I knew that I didn't have the luxury of allowing myself time to process and heal. That cross roads was still in front of me and I had to decide; either keep going or say goodbye to being a mother.*

*I decided to give it one last shot and my story ends with the news that I'm now currently 25 weeks pregnant and enjoying a healthy, happy pregnancy. I'm expecting a boy and he's simply a miracle.*

*The inspiration that I want to give you the reader is this. If you have something in your heart that you wish for, whatever that may be, listen to your heart. Honour what your heart desires and never decide out of fear. If I looked at all the fearful reasons why I shouldn't choose my path, there would have been many. But when I focused on all of my reasons why I wanted to be a mother and what I knew I could give, not only were there more reasons, it felt right to be guided by love and away from fear.*

*The meaning that I gave to the suffering of my miscarriage is that it's made me realise how much I wanted to be a mother, how much I would sacrifice and do whatever was in my power to make it happen. It makes me appreciate this life growing inside me even more so.*

*The last gift that the suffering gave me was a huge passion and purpose to help other women who suffer with their health. I've put my two decades worth of experience in the health and*

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*wellness industry and now help women who've neglected their health and as a consequence are ashamed of their bodies. So, at Body Mastery we look at more than simply what to eat and how to exercise, we look at what thoughts we choose to believe and the many tools out there, that empower us all to lead better lives, like breathwork and meditation for one.*

*Anything is possible IF you have a big enough why behind it, so go out there and seek what makes your heart beat and in return the universe will bless you. ”*

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***INSPIRATIONAL isn't it?***

***Website Link of this Story: <https://livingvirtuously.in/inspirational>***