



# Gemma Nice

*Relationship Coach & Yoga Teacher  
for Professional Women,  
Director – “Paradise Movement”*



# *Where in Your Life do You Have Complete Peace of Mind?*

*“Certainly, with my family and getting out into nature. I make sure nature is my healer wherever I go, so I ground myself by connecting to the earth, take my shoes off and really feel at home. I get all my answers from this.”*





# *How and When Can You Peacefully Coexist with Uncertainty?*

*“I always have to meditate on this. If I don't, I always feel uncertain. But if there wasn't any uncertainty then life would be boring, isn't it? I will always ask in my meditations about a specific uncertainty and all the answer will come through. It's about how you deal with them.”*





*What is The Earliest  
Memory  
That You Can Remember  
of Your Childhood?*

*“I think it was my first day of school.*

*I was 4, nearly 5 and I was really nervous.”*





# *What Prevents You From Being in The Moment, More Than Anything Else?*

*“I love this question as up until a few years ago, I was never living in the moment. I would always worry about what would happen in the future even if it was tomorrow but now, I meditate everyday and have a ...”*





# *What Prevents You From Being in The Moment, More Than Anything Else(Contd.)?*

*“... gratitude journal, that I live in the moment every single day. I don't worry about what happens in the future as that's all in your mind. By living in the now, you are grateful for so many things.”*





*What do You Usually  
Think About  
Whenever  
You're Alone?*

*“How I can help myself to grow  
more as a person and a mother.”*





# *What Questions or Doubts Are Currently Unresolved in Your Heart?*

*“How to help my pelvis heal. I have severe Hip Dysplasia and I am possibly going to have to have a double hip replacement soon (I'm 40), so I am finding ways to heal my pelvis without the medical intervention.”*





# *What is Your Effect On Those Around You?*

*“People say I have a calming aura about me and that they feel calm, happy and content in my presence. I love that this is a gift. I haven't really used it before but have been using it over the past few years to help heal people.”*

