

Healing Hearts

Healing, Consciousness & Wellbeing News

October 2023



'Salty - Storm Bay' painting by Averill Lawler

INSIDE THIS ISSUE:

- Averill Lawler - Landscape Artist
- Helen Rowley - Paramedic/Reiki III Master
- Emma Holman - Dive Instructor/Photographer
- Katherine Street - Career & Leadership Coach
- How to make your dreams a reality
- Reflections of a Reiki Practitioner

HEALING HEARTS

Edited by Suzanne King, *Reiki Energy for Life*

"You must find the place inside yourself where nothing is impossible".
This Deepak Chopra quote epitomises everything that we know to be true about finding the courage to change, to walk a new life course and make our dreams a reality. For dreams are only dreams, unless we act.

The inspirational women profiled in this edition tell their stories of how they achieved their dreams and are still continuing to evolve, stretching themselves in mind, body and spirit to find new adventures.

This edition is bursting with ideas to inspire you to look deep inside yourself, dust off your dreams and find ways of working towards making them a reality.

To subscribe - email :
reikienergyforlife@outlook.com

Editor's Letter

Don't wait for the right moment to start, start and make each moment right

Quote by Roy T Bennett, *The Light in the Heart*

I once heard about a woman whose dream it was to participate in Alaska's grueling 998 mile Iditarod Trail Sled Dog Race. Although her friends thought it was a far-fetched dream, they gathered together to support her just the same. Each friend helped her to learn everything she needed to know, not least of which was learning how to dog-sled! Although the woman did go on to compete, it was more her support group that remained in my mind. There they were, cheering her on, even though her dream was so extreme. So does this mean that in many cases obstacles can be overcome with support and vision, and traits like determination and courage? This edition therefore explores the slippery, elusive world of dreams and highlights ways to bring them to reality.

While compiling this edition, I've had an opportunity to reflect on achievement of my own dreams and what lies on the horizon. It became immediately apparent that life's milestones are easier to look back on, as opposed to knuckling down and planning for the future. On reflection, I can also see how my determination has created stepping-stones to success but perhaps my never-give-up attitude sometimes forces me to take the hard road. Maybe, for example, I could have made my sideways career moves without enduring the long-haul, seven years of part-time university study (while working full-time). Maybe if I'd found another avenue, I could have dedicated my time to studying something that filled me with joy? Certainly I've discovered the difference in either knocking myself out to force change, or following my passions, when my heart feels expansive and I can feel the Universe saying "now we're talking!"

So what I do know to be true, where I've been on the right path, feeling fulfilled and flourishing, is when I've surrendered to the Universe and when I've been open, optimistic and aligned in my true purpose. I met my husband, for example, after writing down a list of the qualities I wanted in my life partner and soul-mate, and leaving it up to the Universe to put us together. At the top of the list was someone who made me laugh and possessed a huge generosity of spirit - and boy is my husband bursting at the seams with those qualities! We feel blessed to have realised our dream of building a house together, which, apart from financial courage, vision and commitment, took a "where there's a will there's a way" attitude.

That never-give up attitude is also evident within each interview in this edition. Averill Lawler has realised her life-long dream of becoming a professional landscape artist, while Helen Rowley's dream of advancing healing and wellbeing in her community is now finally coming to fruition. Emma Holman dreamed of becoming a diving instructor and working on the Great Barrier Reef, and had to overcome immense hurdles to achieve that dream. Through their stories you will see how their dreams became realised through courage, commitment, perseverance, leaps of faith and surrender, going with the flow of where their hearts took them. Katherine Street, Career and Leadership Coach, also provides advice on essential elements of realising your potential through coaching and by retraining your mind.

Best wishes,

Suzanne King
Reiki VII Practitioner
Reiki Energy for Life



I hope the interviews and articles in this edition prompts your thinking on all that you want and you find new creative ways to follow your dreams.

Contents

• Article: How to Make Your Dreams a Reality: Rewiring your brain to plot your new life course	1
• Interview: Averill Lawler, Landscape Artist: Painting Seascapes of Iutruwita/Tasmania	4
• Interview: Helen Rowley, Paramedic/Reiki III Master: Healing Dreams Come True	7
• Interview: Emma Holman, Diving Instructor/Underwater Photographer: Dream Catcher	10
• Interview: Katherine Street, Career and Leadership Coach: Learning How to Flourish	14
• Reflections of a Reiki Practitioner	17

86 Hampden Rd, Battery Point

You will find healing from different perspectives in the TasEthical Building, 86 Hampden Road, Battery Point. From building financial wellness with TasEthical to healing modalities - all practitioners are under the one roof.

Serving the community's financial, physical and mental health needs are:



Directory

- TasEthical Financial Planners
- Ethical Wealth Advice
- Clinical Psychologist, Peter Nelson
- Reiki Energy for Life, Suzanne King
- Healthy Works, Jade Stephens
 - Accredited Rehabilitation Provider
- Anita Killick
 - Counselling/Autism Consultancy/
Education and Training
- Clarity Health Care
 - Mental Health Service

Email

prosper@tasethical.com.au
welcome@ewadvice.com
peternelson@onepsych.com.au
reikienergyforlife@outlook.com
admin@healthyworks.com.au

anita@anitakillick.com.au

www.clarityhealthcare.com.au

How to Make Your Dreams a Reality



Rewiring your brain to plot your new life course

Can you feel that vague prickling at the edges of your consciousness that perhaps you could or should be doing something else? Perhaps it's just the dullness you feel, as you stare out of the bus window on the way to work? Maybe (you tell yourself) you just need a break to get 'back on track', to feeling like you're 'old self' again but whose got time for a break anyway?

And what of your dreams? Where are they on your life's journey? Is it even difficult to read those two sentences without wanting to bat those thoughts far, far away. It seems that a large majority of us settle for relegating any long-held dreams to the darkest corners of our consciousness. We've become expert Harry Houdinis, wriggling out of any contemplations of another life as it's all too tiring, too hard – even downright impossible I hear you say.

Perhaps once, in another time and place, the opposite was true. There might have been a point in time when you were dazzled by endless possibilities. If you could have just found a way to reach across the chasm of 'unknowing' to grasp the prize, then you could have reached your full potential. Now, years later, most of us move robotically through life, feeling unfulfilled and those dreams we had, which once saw us flourishing, are now withering on the vine of what could have been.

So, what to do? You're not alone in this dilemma. Statistics reveal that only approximately six to eight percent of the world's population ever achieve their life goals. For most of us therefore, life dreams appear to be beyond the realms of reality, beyond our personal universes, like reaching for the stars. So just how can you draw out your deeply suppressed life goals and dreams and hold them in the light, contemplate how beautiful they are, and find a way to attain what you truly want? How do you shift to being a member of that small percentage of people who do achieve their life goals?

According to experts, the following 10 habits of a lifetime will cause shifts in consciousness, which in turn work to create new opportunities. So whether you are striving to improve your wellbeing, write a book, learn a new skill, follow your sporting dream, move from an energy sapping job to a career which fills you with passion and purpose, buy a block of land or a house to call your home, set out to walk, kayak, cycle and climb your way through an epic adventure, or

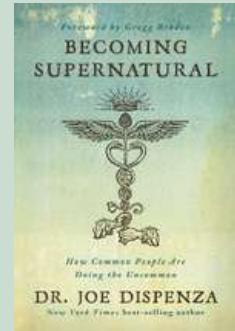


sail into the sunset, this is what the experts (and indeed this edition's interviewees) advise in making the impossible, possible.

1. Rewire your brain to attract infinite possibilities: Dr Joe Dispenza is a world renowned neuroscientist, lecturer and author who teaches how to improve your health and wellbeing through the power of your mind. To teach transformation ("and how to overcome years of automatic conditioning, unconscious habits and reflexive emotional reactions"), he draws on his own life experience of healing himself, evidence revealed through neuroscience and quantum physics. He also presents practical meditation and breathing techniques to enable the body to be reconditioned to a new mind. According to Dr Joe, "you cannot create a new future by holding on to the emotions of the past."

Rewiring your brain to plot your new life course continued

Dr Joe Dispenza has many simple aspirations to start new ways of thinking of what to fire and wire in your brain. For example, “think about who I want to be when I open my eyes”. In one of his famous books *'Becoming Supernatural: How Common People are Doing the Uncommon'*, he presents an understanding of how altering states of consciousness, cause life changing shifts. By shifting your awareness beyond the limited, predictable material world and moving into the quantum field of infinite possibilities, you create new realities. As he says, “where attention goes, energy flows.”



For more information on Dr Joe Dispenza, refer to: <https://drjoedispenza.com>

2. Copy-cat: After reading the interviews in this edition, you can see that the life-goal go-getters possess common traits. Courage, commitment, a can-do, never-give up attitude and the willingness to take risks are top traits of the dream catchers handbook. The interviewees also considered space to reflect and visualise a goal, awareness of and openness to opportunities, and the gaining of knowledge and skills as vitally important.



3. Look to nature for inspiration: You could start your dream quest in a gentle reflective way by firstly retreating to a quiet place. Nature infuses our spirits with contentment, calm and peace while providing respite from the chaos of our modern world. While you are walking in a forest listening to bird calls, and looking upwards in wonder at towering *Eucalyptus regnans*, you have managed for a moment to deflect the ‘noise’ of your own life.

On a biological level, your body responds by activating your para-sympathetic nervous system, reducing cortisol levels, blood pressure and heart-rate. You will feel more grounded, centred and relaxed.

If you prefer a walk on the beach, by breathing in the salty air you are boosting your serotonin (‘happiness hormone’) and dopamine (‘feel good’ hormone) levels. By putting your body in a relaxed state, and removing yourself from all the duties and never-ending commitments of home and work, you have then allowed space for your mind to get creative.

4. Wandering - good for mind, body and soul: Now that you’re just ambling along enjoying the day in nature, you’ve given your brain an opportunity to wander and this is the prime time for when light-bulb moments or even glimmers of ideas are able to shine. According to a Human Brain Mapping academic journal article (2022 Feb 15; 43(3): 902-914), “positive constructive daydreaming is positively related to creativity.” The wandering of our brain therefore tends to lead to novel ideas and solutions to problems. This is because various regions of the brain (even areas that have been lying dormant) are accessed.

Creative solutions are promoted as the brain utilises the network associated with problem-solving (the Executive Attention Network) and the Default Network (also known as the Imagination Network) and taps into not only past personal experiences but dynamically shifts to mental simulations about the future.



Rewiring your brain to plot your new life course continued

5. Get crystal-clear: Once you've tapped into glimmers of a goal or dream and you're wandering along thinking about how wonderful that would be, then the next steps relate to getting crystal-clear on that desire. Dreams rarely fall in your lap or are handed to you on a silver platter, so it takes work to really focus on that goal. You can get clear on your vision through writing your goal down, mapping out your vision (try mind-maps or doing artwork that brings your vision to life) and visualising yourself in your dream future life. Dr Joe Dispenza, for example, uses a meditation technique where he is completely immersed in seeing and feeling a new evolved version of himself.



6. Leaps of faith and sideways shuffle: Sometimes fulfilling your dream means you need to take a massive leap of faith, where you surrender to your vision, no matter your fears. As Emma Holman stated in her interview (refer page 10), often these experiences become the most positive, life-changing, memorable moments. Other times you can make slow, crab-like movements to inch your

way towards your goal. For example, if you are yearning to create your own business (or see a niche in the market which sparks your passion), perhaps you could do that part-time for now.

7. Flexibility: An important factor in realising your dreams is to not go through life with blinkers on, steadfastly working towards a grand plan. Interviewees in this edition state how important it is to being flexible and open to change. Be alert to new opportunities which might pop up out of the blue. Maybe these new pathways will lead you either closer to your goal or provide unique, once-in-a-lifetime experiences. If you grip too tightly to your original dream, you might just let these opportunities sail on by. By being flexible, you leave room for the Universe to do its work!

8. Extend your network: Now that you've used creative, meditative and visualisation techniques to get clearer on your goal, you can start chipping away at bringing those dreams closer. This might mean enrolling in a course, or engaging with like-minded people by volunteering or joining a club to become known and to get the practice you need.

9. Cheerleaders: Support comes in many guises - from your friends and family, to colleagues, to personal coaches. The key is to articulate to yourself and others what you want and move beyond debilitating 'can't do' mindsets. How can your friends and family help support your endeavours if you keep your dreams suppressed. So sing your dreams from the top of the mountain, and fill yourself with belief. To help you, there are also professionals like Katherine Street (refer page 14) who will become cheerleaders to your cause. Together, you can work on creative solutions and find ways to make your dreams a reality.



10. Where there's a will, there's a way: Finding a way to empower yourself, and walking on a pathway of belief, is fundamental to supporting your dreams. To infuse yourself with power and purpose, you might find a coach, build your skills or immerse yourself in books in your chosen field. One way to start infusing yourself with power is to find ways to energise yourself, building your power from within. As Dr Joe Dispenza says, you need to recondition your body to match a reconditioned mind. This might mean finding a sport which makes you feel good, or learning how to promote your energy through longevity practices like qigong, tai chi or yoga. Similarly, reiki relates to promoting energy (qi/ki) around the body. By expanding your energetic body, feeling renewed and injecting joy into your life, that is an opportune time to say to yourself "where there's a will, there's a way"!

Painting seascapes of lutruwita/Tasmania - A Professional Artist's Dream



Interview with: Averill Lawler

About Averill: In her childhood years, Averill was captivated by the moods of the Derwent River lapping at the shores of the family's waterfront home at Opossum Bay. She's carried her fascination for seascapes ever since, and is now an accomplished, contemporary artist living and working in Hobart. Her sought-after paintings and printed works exude her intimate connection with nature and her deep reverence to lutruwita/Tasmania's diverse shoreline.

Her commissioned and gallery works range from botanical themes, the Tasmanian alpine wilderness, calm tidal rockpools and weather fronts across the sea to dramatic coastal scenes of the Southern Ocean charging into towering dolerite cliffs. Averill exhibits at the Wild Island Gallery and CookoO & Etc Shop in Cygnet and also runs 'Painting Botanicals' and 'Treasures from the Sea' workshops.

Averill, what inspired you to become an artist?: In my childhood we lived in the only house on the beach in a middle of a farm, so we had a lot of space and spare time. Creativity usually comes from space, and we had plenty of that. I think if you are too busy, and have too much on, then you don't have time to think creatively.

Becoming known for your investment artworks and submitting your artwork to The Glover Art Prize didn't just happen overnight. When you look back on your journey, do you think it was a 'long-road' to get to the point you are at today?: When I look back on my life, I can see that I was always creative growing up, but then through school and life, people just expect you to be productive, but in a different way, not in a creative way. So that meant going down the path of "sensible, real world jobs." I went into an Arts, Law Degree which I didn't finish. Then after living in London in my 20's I returned to University of Tasmania (this time to do a Commerce Degree). So that was all very practical, studying information systems and accounting. I hated it! Still, I worked in accounting for a few years and that led into projects in government, then it was time to have a family. The years slip by. Going back twenty years I was trying to paint a bit, doing life-drawing classes, but then I was studying and working at the time. So yes, my artwork didn't just happen overnight. I had the grounding from my childhood, but it was a long simmering dream.

How did you shift from not painting at all and doing 'real life' jobs, to becoming a professional artist? Things changed in 2006 when I fell into a painting class with Robin-Mary Calvert. She taught me to paint with oil paints, and I loved it. For one night a week I was just "in the zone" and then I started selling. People would come around to my house and buy paintings. Then came group exhibitions and I would sell a few paintings that way. In 2007 I reduced my days of work to four days a week. Wednesday became precious – it was the day after my art class and that was a real game changer. That was the first time that I took back some time to be creative.



'Dusk - Glenvar Beach' by Averill Lawler

Interview: Averill Lawler, Professional Artist continued



'Mirror Mirror' Alonnah by Averill Lawler

I know for a client, purchasing a painting is a luxury item, but it's an investment for them as well. I left my old working life (in business at that stage) in 2019. In 2020, my youngest started kindergarten and then I knew I had some more time to do my art. But then the pandemic hit and that meant a planned exhibition couldn't go ahead for a year or so, until November 2022. That exhibition was 'The Gleaming and the Gloaming' held at Wild Island Tasmania and was my first solo exhibition since 2015. And now here I am, in my fourth year as a full-time professional artist.

When you think about your dream of becoming an artist, would you say you've 'arrived'?

The dream still comes with lots of things that aren't the dream. On the one hand I do have some reputation as an artist, but then there's a constant striving to make my art a sustainable business. I don't think I am there yet. I have trusted myself to take this path, and that feels good, I am proud of that choice. When I get in a rut trying to guess what the market wants, I often go back to paint a favourite spot. These paintings always have something special and I know I'm on the right path again. Being self-employed is a bit of a rollercoaster. Sometimes I think "do I get a job to support this?" but then I would be giving up something I have created and what is precious to me. There's fire in my belly to say - "no keep going!"

What sort of steps would you recommend, or what qualities do you think you employed, to make your dream a reality? I have to say my background has helped me. I don't think I would have a successful art practice without that background in accounting, project work and communications. In my government job for example I did a lot of stakeholder engagement and communication work, so those skills help me now in my marketing and customer liaisons. My commerce degree also gave me a basis in accounting and information systems which now helps me with the financial and website part of my creative business. So to develop skills that you can transfer to your dream, I think that's so important.



'Inflowing - Spring Beach'
by Averill Lawler

Also, while I was working in those jobs, I was trying to paint on the side. When I made a leap to become a professional artist, I was at the point when I knew I was selling consistently well. I knew that if I could give my art more than a day a week, it could be successful. My art practice had already demonstrated that it could be sustainable and by then I was brave enough, whereas the year before I wasn't. When I finished my Bachelor of Fine Arts at the University of Tasmania Art School in 2014, I was in the middle of having my family, and wasn't yet brave enough to take the leap of faith. I think it gets easier to take risks and risk taking is a practice I think you can get better at taking more risks and being brave.

Being open to opportunities is also an important aspect. For that to happen though, you need space to think. When you're busy, you don't notice things and then you miss opportunities. For instance, a year and a half ago, I would not have thought about doing workshops. I really love hosting them! Now however I feel like opportunities have come to me, because I've been open to them. So being aware of opportunities when they present themselves - and just have a go!

Interview: Averill Lawler, Professional Artist continued



'Painting Botanicals' workshop, Sept 2023

What areas do you gravitate to and what inspires you?

Beaches are special. To walk along a beach, for me, is healing and allows me to retap into something that I had as a child. I love the tides, the natural tidal zone, the ever-changing coast; up close waves. Hinsby Beach is special to me, I love South Arm peninsula, Goats Bluff, Spring Beach, Freycinet Peninsula, Bay of Fires, Friendly Beaches for its wildness and the Hazards. Many of the artworks on my website are of these places.

What's on your artistic horizon?: Hopefully my artwork will continue to follow my curiosity. My practice is broad and there's lots of possibilities. I am spending some time preparing for big art prizes, like the Hadley's and Glover landscape prizes. I am also participating in some projects like Wild Island Tasmania's 'Threatened Species Project'.

I often paint places I think I have a connection with, and I do love travel. I hope to do some residencies in my future. I think they will become easier as my kids grow older. I had a dream when I went to Art School to go to Paris and do a residency. That will happen when I have more freedom but that dream is shelved at the moment.

Where can people interact with you and find your art works? My next solo exhibition is in March 2024, at the Wild Island Tasmania Gallery in Salamanca which will feature seascapes inspired by lutruwita/Tasmania's coastline. I have a stock of paintings at CookoO & Etc in Cygnet. Apart from exhibitions, I also do some commission work. For example, people ask for paintings of a place that is close to their heart (or a loved one's heart) for a present. There are also a selection of small and large works via my website.

I host 'Painting Botanicals' Workshops at various locations around Hobart. In these workshops we take inspiration from an amazing selection of flowers from Lisa Kingston's flower farm to create artworks in ink and gouache (opaque watercolours). These are beautiful creative sessions where people choose what they would like to draw.

From time to time I also hold a 'Treasures from the Sea' Workshop, so people can draw or paint shells, the sculptural forms of seaweed and driftwood. The workshops are suitable for beginners as well as practicing artists who would like to try something different.



'Painting Botanicals' workshop, Sept 2023

For more information about Averill Lawler's beautiful art works or her painting workshops, refer to:

Website: www.averilllawlerart.com
FB/Instagram: Follow Averill Lawler Art
Phone: 0438 235 169



Helen Rowley (Reiki III Tibetan Usui Reiki Practitioner/Teacher) pictured inside her traditional Mongolian Ger

A Traditional Mongolian Ger - Where Healing Dreams Come True

About Helen Rowley: Helen has always worked to fulfill her life's desire to help people in need. Her intensely compassionate nature led her to become a Registered Paramedic as well as a Reiki III Tibetan Usui Reiki Practitioner and Teacher. For many years, Helen has worked as a paramedic, educator and operational supervisor for Ambulance Tasmania (AT) and works in a Peer Support role as part of AT's Mental Health and Wellbeing Program. What brings immense joy to her life though is her Reiki practice and healing work. Although she has been able to teach Reiki from her straw-bale house located on a waterfront property in Penna, she has always held a healing vision for the future.

Now slowly but surely her dream of bringing health and wellbeing to a whole community is starting to take shape, with the arrival of a long-awaited traditional Mongolian Ger. She has visualised a yurt for years and felt in her heart the joy of being able to provide a dedicated space to create healing circles, and now that vision has become a reality.

How do you feel now that you've realised your dream of owning your very own traditional Mongolian Ger? I'd "yearned for a yurt" for many years but this is an authentic Mongolian Ger. When I first saw the outside of it, I just thought "it's perfect". I stood inside and said "she feels like she's home".

It's history is that a woman in Victoria purchased a few of these Ger's in Mongolia to create AirBnB accommodation on her vineyard. She sold one or two additional ones and this one came to the previous owner, Kilandril.



Kilandril is an Earth Shaman who facilitates shamanic journeying for groups and individual journey work and did so out of the Ger for many years. So I don't think I would ever have had another opportunity to get something this authentic anywhere else. It has had years of beautiful energy being poured into it, and now it's soaking up Reiki and drumming energy as well.

The Ger was raised on this site on 25 June 2023, and I feel the Ger's positioning is perfect. A group (tribe) member is an Intuitive Sound Therapist who easily senses energy on the land. She confirmed it was the perfect spot. In Mongolia, Ger doors face the south, because they get more sun and I also chose to position the Ger in that direction, because of the view and to avoid the northerly winds. So we have stuck to tradition. We get plenty of sunshine and light in here and we can look out on to the water.

It's such a quiet, peaceful, welcoming space that feels right and it fascinates me every time I'm in here. I look at the space and am surprised how big it is. It's like an alternate universe here – a portal to another world. I feel magnetically drawn to this space and feel at home inside it.

Interview with Helen Rowley continued

What do you think you learned from this journey of bringing a dream to reality?:



While I had a dream (and it was intense!), I still needed a space to see Reiki clients, facilitate workshops and Reiki share groups to start with. I had a space at home, but I always knew it was a stepping-stone, knowing that “the ger would come”. So I didn’t park an entire dream, instead I put into place what I could. Along with my friend Tammy (co-facilitator of Shamanic Drumming Circle and workshops) we joined a year-long training course for shamanic drumming and earth awareness work. During that time I sat in our Circle one day and directly asked the Universe for it. Two weeks later someone told me the Ger was for sale!

From a time and money perspective, the timing wasn’t great, but I thought you would be an absolute fool to walk away now this opportunity has presented itself. So - I think if you’re not aware of opportunities, or deflect opportunities because of lack of time or money, they might never present themselves again. Even if opportunities are presented to you in a way you didn’t expect, don’t have such tunnel vision that you miss them.

I’ve learned that sometimes you have to go slightly off path to remain on your path. We can be so fixated on the end result and our vision of getting there, we often miss so many opportunities along the way. Those opening doors could be making a dream a reality, even if not quite the way we expected. I think we also tend to think of dreams as a destination, but our dreams come to us as a journey.

What other dreams have come true for you? I often see my ‘dreams’ as a reality which has already come to pass. I can see myself in my fully grown garden, enjoying the fruits of my labour for instance. It might be a different me, but I feel like I have already had the experience. These visions give me confidence that I know that I am going to achieve whatever I’ve set out to achieve.

For example, we brought this block in 2010 and part of the vision was to build a straw-bale house. We had started looking for a special block and knew we wanted to be near the water. We originally had our sights on a different location but it never eventuated. One day I decided to take out the map and look up land for sale online and found our block at Penna, a place I had never previously considered. This was another time we hesitated briefly due to the cost but decided we wouldn’t likely find such an ideal property near the water again or any cheaper, so we took the plunge.

It has been a considerable challenge and so many times I have thought “if it is so hard is it right?”, but I knew it was. The journey was hard, and we have come out the other side with a lot of love and compassion for other people and ourselves. It has taught me a lot about myself. The struggles we face in life serve to connect us with our true nature and allow us to evolve. This learning was essential for me to be able to hold space for others struggling with life.



How do other people respond to the Ger?: I recently had 10 people here for a Reiki Share and they all felt the energy, power and love. It feels so right that we are holding a special space together. Everyone’s energy combines and creates a powerful healing space.

Interview with Helen Rowley continued

This is space for everyone to come and be, even if you just need space to come and take time out. For me this is what this place is - it's for the community - it's beyond me. People are making connections with their soul-selves and connecting with their own dreams and being able to express those.

We deny ourselves to feel, so you need a space to be, to rest, knowing it's okay to feel. Part of my journey is about empowering people and allowing them to have a safe space to just be. In our society we are always having to 'do' rather than 'be', so this is the place for that.



Tell me about your property, as there's something so deeply special about this site. This is a very special area, with an intense aboriginal connection. There are middens along the coastline. I sat near a midden here once and I had a vision of an aboriginal man with two women and a boy. I often feel their spirit on this land. I think there's an opportunity here to develop different workshops to encourage connection to country. To explore our native plants, the medicinal uses for plants and give people a way to understand our surroundings, the history and culture.

What type of healing circles or teachings will you offer inside the Ger?: I would like people to empower themselves in natural ways and also provide a space for other teachers to come and teach here. I feel privileged to be part of people's journey when they come to recognise their special gifts. I have so many different thoughts in my head right now, about how to grow community around here. There are endless possibilities! My long-term dream is to create a Health Hub in Sorell, a space for holistic practitioners to come and work together and offer their gifts.

Currently our Ger will be offering a Reiki Share (free and open to anyone who has completed at least Reiki I) and a variety of workshops; Reiki, sound baths (with crystal singing bowls, drums and gongs), shamanic drumming, drum-making and native American beading.

I am so excited and it gives me the greatest pleasure sharing these experiences. I think many people don't experience that comfort and joy and relief of knowing a purpose, "there's something I'm meant to be doing and it feels right". It's a knowing deep within, with every fibre of your body that this is what I am supposed to be doing and when they land in this space, it gives me goosebumps. I truly love seeing people come into their own.

For more information about Helen's healing circles within her traditional Mongolian Ger, email her at:

lotussoulhealing@icloud.com



Drum-making workshops and monthly drumming circles are just a couple of offerings inside Helen's Mongolian Ger.



Emma Holman

Dream Catcher

Interview: Emma Holman, Diving Instructor, Underwater Photographer and Intrepid Traveller

About Emma: In Tasmania, Emma is often recognised for her IT and project management roles within government. It is however her passions for diving and underwater photography which brought her to Australia almost 22 years ago, and have been the source of immeasurable pleasure and the driving force for her to chase and catch life-long dreams.

She is a certified Diving Instructor, award-winning underwater photographer and visionary, able to picture and plan her way towards attaining dreams that sit on the horizon. Emma lives with her husband Chris and eight-old daughter Sophia in Hobart, and has most recently resigned from her position as a Senior Project Manager to follow her dream of being the best Mum she can be while working on many varied dream projects.

Emma, what dreams would you say have already come true in your life? Moving to Australia, becoming a diving instructor and working on the Great Barrier Reef and winning the Australian Dive Shot of the Year.

When you look back on your life story, how do you think you've achieved your dreams?

After leaving university, I was living and working in London as a Senior Technical Consultant. I worked hard and was quite successful, and was offered a promotion to be the technical consultant for the south of England for a major IT services company. Yet I knew it wouldn't make me happy, my heart just wasn't in it, so I kept trying to think about what would make me happy. For all my success I thought "there's got to be more to life than just doing your job and going home after work". I didn't want to be a person who was unhappy and never did anything about it or have any aspirations. I certainly didn't want to be "a sardine" on a London train every day for the rest of my life, without thinking about my future.

What made things crystal-clear though was a diving course. I'd been browsing the newspaper for some holiday inspiration and an inclusive dive course in Egypt jumped out at me. I signed up and off I went to learn to dive and from there, I was hooked! I loved being underwater, so diving provided clarity for me.



When I returned to London, I felt even more miserable as I had never liked London or the English way of life at all (having spent some of my childhood in Spain). I thought about what I really wanted, which was to live and work by the sea. At the time my boss asked "what do you want" and I said "redundancy!" I decided I'd rather be poor than unhappy! My idea of working by the sea evolved to moving to Australia and becoming a diving instructor on the Great Barrier Reef. The trouble was, I just didn't have any idea as to how to achieve that dream!

I started by travelling around South-East Asia then to Sydney to train to become a diving instructor. The next stage was to move to Cairns where I quickly found work and got to fulfill my dream of working on the Great Barrier Reef and the Coral Sea. That was until I ran out of redundancy money! I realised that I couldn't continue living my dream in Australia as I couldn't sustain myself financially and didn't have residency. That was a setback but then I eventually relied on my IT skills back in Sydney to overcome those hurdles.

Interview: Emma Holman continued



Emma diving on the Abrolhos Reef

What do you think are the key elements that allow your dreams to evolve over time?

I would say determination, never giving up and taking risks. I know for dreams to evolve, I go through a period where I know I want to get clearer about what provides happiness. Then I've relied upon my skills and my ability to take risks to help me get clear on change and happiness goals.

Making dreams come to fruition though can be a frustrating process. You think about all the risks of making changes. So when I'm thinking of change, I try to mitigate the risks as much as possible. Previously I've been extremely independent, so it's more difficult implementing change in your life and balancing risks when you have a family. Luckily, I have a husband who just wants me to be happy. In between giving up my job and assurance of being financially secure, we still have shared dreams.

For example, when I was younger, it was a big risk for me to choose redundancy, especially when I was on a great career path. Emphasising the risk at the time was that I didn't have any financial backing. When I look back though, I can see that I've developed a pattern; that I've chosen happiness over financial security every time.

Apart from risk taking, it seems that you possess other dream attaining skills, such as being alert to possibilities and an openness to say 'yes' to opportunities when they arise.

Yes I'd say that's true! For example, when I was living and working in Cairns as a dive instructor, I'd got down to my last day. I couldn't afford to live in Australia any longer and booked a one-way ticket to go back to England. I was miserable thinking about going back, I just didn't want to go, but money-wise I had no choice. So I broke-out on my last day by doing a tandem jump out of a plane, getting my belly-button pierced and ended up in a bar where I met the crew of an Irish TV station who were making a documentary about saving the Great Barrier Reef. They offered me a role as a diving instructor and production coordinator to work with them for the next couple of months. It was a great offer but I thought "I can't miss that flight". One of the guys picked me up in the morning to take me to the airport and on the way I thought "it's worth the risk, turn around!"

With no guarantee they would even pay me, and no way for me to be able to afford another flight home to England, I accepted the job! I took a leap of faith. It was quite a risk as I had no-one to help me out financially if I got stuck. Yet I remember thinking what's the worst that can happen? If I get to the end of my visa with no means to get home, then I'll just get deported.



Fortunately, the risk paid off. I worked on the documentary and it was one of the best experiences of my life, culminating in a rare interaction with a pod of minke whales. That was right at the end of filming on our last dive, and I was running out of air at the time, but it was the most memorable, wonderful experience.

After that though I really did have to return to England where I once again became miserable. That made me even more determined though to come back to Australia. I think the main element towards me attaining my dream of permanent residency in Australia was to not be put off by setbacks. When I did return to Australia, I worked in IT to be able to apply for sponsorship as a step to getting residency.

Interview: Emma Holman continued

If my Australian residency didn't come through, I told myself "I'm not leaving Australia". My Plan B was to go and live in New Zealand and migrate to Australia later - I was so determined! I had never felt so at home anywhere else. So I think setbacks are not about 'closing doors', but more just obstacles to be overcome. It's about being aware of other doors that are opening and I think setbacks make me even more determined! I do like a good challenge!

Going back to being open to opportunities - about a year ago in my Department of Health job when I was working as a Senior Manager, I was enjoying the job but grabbed the opportunity to move into a more 'hands on role' on a large, technical project. Until recently, even though I was really enjoying the work and my team, I was still juggling family commitments as well. Then I went on holiday and I finally got time to think "I have a great job but I want to be with my daughter and give the best of me to her." So regardless of any financial pressure, I'm stepping away from work for a few months to be with her and my husband.

What are the shared dreams you have with your husband?: Diving and underwater photography are shared passions and those activities have been a big part of living our shared dreams together. When I returned from England to live in Australia, I was still teaching diving on



Emma and Chris Holman
diving in Palau, Micronesia

the weekends. At the time I had a little 'point and shoot' camera but always enjoyed underwater photography. Then I met my husband who had worked as a professional photographer. He helped me improve my photography skills and even handed down his professional DSLR camera and housing to me when he upgraded his gear. We shared our dream diving holidays and took thousands of photos together. Over time, I improved my photography and even started to compete with him in competitions. Although I

received 'honourable mentions' for my work, the ultimate prize of the 'Australian Dive Shot of the Year' just seemed so beyond my reach. I used to admire the winning images in the photography competition at every Oztek Dive Show.

My husband and I planned another trip, this time to Tonga to snorkel with the humpback whales. Being a special photography trip with the 'Canon Master' Darren Jew, we had to book over two years in advance. I took some of my best photos though, my favourite being the one of a mother, calf and escort. It was just the most amazing experience of my life. I even remember thinking "this is a dream come true", just being there to witness the tenderness of the mother with her calf and the escort protecting them both - a truly special moment in time.

Back home, I decided to enter some of my photos into competition. However, it was the first time ever I didn't go to the underwater photography award ceremony as I chose to be at home with our two-year old daughter, so my husband went instead. I was so shocked when he texted me to say I'd won the main prize - the Nikon 'Australian Dive Shot of the Year' with my shot of the trio of whales!!! I was sad not to be there, but my husband picked up my prize of a new SLR camera and macro lens.



Australian Dive Shot of the Year
Photo: Emma Holman

© Emma Holman - emmahphotography.com

Interview: Emma Holman continued

Our long-held shared dream is to sail off into the sunset. After we moved to Tasmania we started to talk about “what’s next?” We did have a dream to buy a dive resort in Indonesia, but when the pandemic happened and we realised what a risk that was and now we have a daughter to consider as well.

Now buying a yacht and retiring on it is our shared dream - we even have a ten-year plan to make that happen! We will start sailing along the east coast of Australia before venturing further afield to South-East Asia and perhaps around the world.

What other dreams are on your immediate horizon?: I would like to do a photographic exhibition or at least showcase some of my work. We don’t dive as much as we want to, and I really miss that. I’d like to dive more and take photos in Tasmania. So I plan to spend more time with my husband going diving together, get back into my photography and then get them printed and exhibited! It would be so gratifying to take some local images, both under and above water. I’d like to capture some endangered species or show people what they might not get to see here, such as the giant kelp or an endangered handfish.

I would also like to write a book on my experiences to inspire my daughter Sophia to do things in her life that make her happy. I want her to know she can do anything she wants to in life, to know she has the capacity to challenge the status quo and to have the confidence to change things if she isn’t happy. Health and happiness come first in life. I want her to understand that obstacles will come her way but see them as challenges to be overcome rather than blockers stopping her getting where she wants to be. You can always implement little changes and those little changes evolve to bigger changes, ideas or even lifelong dreams. Often, the greater the risk, the bigger the reward.

To view and purchase Emma Holman’s beautiful underwater photos:

Website: <https://www.emmahphotography.com/>



Emma and Chris Holman -
Greenland (August 2023)

Learning How to Flourish



Katherine Street, *People Flourishing*

About Katherine Street: Katherine's 'People Flourishing' career and leadership coaching work helps people to make positive decisions which in turn facilitates change and fulfillment of goals and dreams. By helping guide and support people by believing in them, and by providing techniques to elevate mental fitness, people can emerge from a place of feeling 'stuck' to living in their prime.

Katherine has a background in psychology, coaching and counselling and passionately supports people to find practical solutions to problems. She spent four years as Director of Australia on the Board of the Australian Chapter of the International Coach Federation (ICF) and three years as President of the Tasmanian Branch of the ICF. She holds Professional Certified Coach (PCC) credentials, is an Accelerating Coach Excellence (ACE) certified coach, and a Positive Intelligence Coach (CPQC). By supporting 'what lights people up', she enables people to 're-invent' themselves, to take on new challenges and make the shifts they need to more mindful work.

How did you become a Career and Leadership Coach?: I've always been interested in people's careers. When I was high-school age, I would go into the old careers centre in Hobart and would pull out the ring-binders and read about all the various jobs people could do. At the time I wanted to be an interior designer, but you needed to study in Adelaide. Coming from a single parent family, I knew we didn't have the resources to support that and all I could see were the barriers. So, I went into office work, but I always had this thought that career could be something different. In the early years of my career I was restless and I had about 20 different jobs. By the time I was 25 years old I was working 3-4 jobs at the same time. There would be evening jobs in take-away, weekend work in hospitality, a full-time job in an office, as well as temping jobs.

Eventually I landed in Government and quickly moved into Human Resources. That was a great home for me for a long time until I had my son. After his birth I tried to return to work, but it didn't feel right. For our family it worked that I took on the full-time at home parenting role through the pre-school years of our children. Once our children were at school, I started asking myself 'now what'? What work would fit with my aspirations and a young family? I had heard about this thing called 'coaching', so I thought I would give it a go. It was something I could grow in line with the changing needs of my family, and it matched with my deep need for ongoing learning and development. I don't think I ever thought "I couldn't do it."

Do you focus mainly on career coaching or can people come to you for other coaching needs?: While I specialise in career coaching, the fundamentals of coaching is having belief in another person, and that is what I hope I bring to all the coaching work I do. I believe more about the potential of others than they often believe themselves. This is a lovely gift to give someone, and it facilitates people making progress in all sorts of areas.



One of the core things I do with people is help them make decisions, and then keep taking action around those decisions. That's the difference between people who are living their dreams - they muster their courage and make decisions rather than avoid them, then they keep chipping away at the actions that support those decisions.

Interview with Katherine Street continued



Stepping into your bright future

It isn't possible to talk with someone about their career without talking about a range of other aspects of their life e.g., their learning or what they do about their health and leisure. Career is not just what you get paid to do, it has tentacles into all aspects of a person's life. So quite often 'career' becomes a doorway to working on other life changes. There's a quote, "how you do anything is how you do everything." So how people do career is often how they do

their personal relationships, or how they treat their own health. People often benefit from a ripple effect, where creating change in one area spills over into other areas of life.

What do you think are the fundamental factors that lead to people feeling 'stuck' in their lives? People aren't practiced at making decisions and this leads them to put decisions off until they become big and overwhelming, and it feels easier to do nothing. Added to this is that people have a natural tendency to focus on the immediate barriers rather than the expected future benefits. Seeing past those immediate barriers is often where I can help. One of the things I often do with people is help them establish a habit of career maintenance. This is about making small, but conscious, decisions on an ongoing basis that supports the health of their career. Then having those small decisions add up to create ongoing momentum.

A lot of people feel 'stuck' when they don't need to be. I think there are so many versions of each of us, and the pathway to any of those different versions, comes down to being able to make the little ongoing decisions that shape who we become.

When we start to look at the environment around us, there are so many different opportunities, pathways and factors that become clear. Getting unstuck starts with being open to the potential that there is a different way – after that the actions are often not as big as people think they are. It would be fabulous if people were able to let go of a little of the fear that they have about making decisions. The other thing that adds to people feeling 'stuck', especially in their career, is that they let other people make decisions for them, e.g., bosses, partners, parents... This has a double whammy impact of not giving people practice in making their own career decisions, and that other people bring their own fears, desires, and limitations to those decisions.

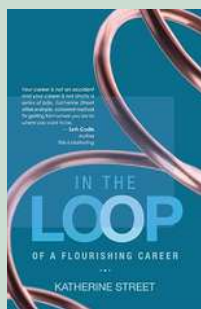
Do you help people who have made decisions and are whole-heartedly striving towards their ten-year career goals? I've developed a whole raft of resources that support keeping a career healthy. One of the myths surrounding career is that you 'should' have a ten-year plan (or a long-term goal). This myth limits people and ties them into things that often don't fit the people they become in the future. This myth led to one of the key models I use with people - the '5-2-6-1' model. This model starts with having people develop a five-year 'fuzzy' aspiration then helps them work through the plan that needs to be in place to support that aspiration.



Enjoying life's journey by not holding on tightly to the destination

The value of having a five-year aspiration is that it organises your thoughts, motivates you, and sees you taking steps and action. Its value is not that it defines a 'destination' and where you will be in five years, but that it gives a 'direction'. The problem with having a destination is that life changes around you and different things happen along the way. I encourage people to have a five-year 'fuzzy' aspiration that is always five years away. This supports ongoing evolution, learning and being able to make decisions that support who you are becoming.

Interview with Katherine Street continued



What can people expect to learn in your book 'In the Loop of a Flourishing Career'?: On my blog I have an article that talks about the way we go to the dentist to keep our teeth healthy, and to the mechanic to keep our car in tune; our career needs us to do the same thing. To keep our careers healthy, we need to do ongoing and regular maintenance on it. The first part of 'In the loop' is about making those small decisions to keep it as a healthy, flourishing career, including an assessment against the 8 Markers of a Flourishing Career.

The second part of the book is after the decision-making process, where people get tips to do interviews well, write outstanding applications, and have success in selection processes. And beyond the book, I've also been writing a blog for eight years now which has seen me extend my thinking and the resources I'm able to offer people.

How do you think people can retrain their thinking to start making what could be life-changing decisions? The thinking models most of us have are pretty ad-hoc and messy. In school, and elsewhere, we are all taught about nutrition and physical fitness, but we are not taught about how to keep our most important muscle, our brain, fit and healthy. Something I have found that significantly streamlines and supports the career work I do is a 6-week program of Mental Fitness that gives people an operating system for getting the most out of their mind. This program provides access to information such as an understanding of our individual saboteurs and the ways they undermine our success as well as how to tap into our more 'sage' thinking. It has been a bit of a game changer in the work I do.

Understanding the difference between saboteur and sage thinking makes such a big difference. We all have internal saboteurs that undermine our thinking leading us to make decisions that are not based on our best version of ourselves. The operating system that the Mental Fitness Program teaches allows people to tune into the sage version of themselves without the messy interference of their saboteurs. It helps people get cleaner access to the wise, courageous, clear thinking, and innovative version of themselves who takes clear-headed action.



Become the wise,
clear-thinking you.

What are some of your reflections on your life as a career and leadership coach?: It's a privilege that people let me into their lives, and I hope that the gift I bring of believing totally in them helps them create a bit of magic in their lives. Believing in people and being there to cheer them on is key to the work that I do. The resources I've developed over the many years have been fine-tuned and tested so that they are relevant and practical, and I hope my blog and the Mental Fitness Program adds richness to people's lives and the way they do their career.

To read Katherine's blog, tap into coaching resources, purchase 'In The Loop', or find details on the six week Positive Intelligence Mental Fitness Program, refer to:

Website: <https://www.flourishing.com.au>

Email: katherine@flourishing.com.au

Mobile: 0427 679 742

Reflections of a Professional Reiki Practitioner

My reiki journey is an ever-evolving, life-time immersion in the world of energy medicine, of healing, learning, connection, compassion, peace, personal empowerment and love. Finding reiki began as a search for meaning in my teens, to my curiosity paving the way for me to meet my Grand Master, Sir Gary Samer, to the Universe prompting me to get a wriggle-on and get cracking as a professional Reiki Practitioner.



Suzanne King, Reiki VII Practitioner
Reiki Energy for Life, Battery Point

It is remarkable to see how far my reiki practice has evolved over the years. I've come from being astounded in 1999 to find that reiki existed and not understanding why there weren't reiki clinics everywhere, to slowly but surely developing skills and confidence. Every few years I would go back to my Grand Master to learn the next reiki level and now I'm one of the few Reiki VII Practitioners in Australia. Now that I have 23+ years of practice to look back on, I can see how my language changed over time, in line with the many obstacles that needed to be overcome, like stigma, institutional and cultural barriers and rigid mindsets.

I've chipped away at these barriers with a combination of passion, drive, commitment and heightened levels of compassion. Also, with more education, research and practice, I began to articulate what I do using a more science-based contemporary approach. My confidence rose and it was heartening to find a myriad of academic articles on reiki and learn that reiki practitioners worked alongside medical professionals in over 850 hospitals in America alone. Also by learning about outstanding people in their field, like Raven Keyes, the founder of Medical Reiki, to Dr Shamini Jain PhD (Founder of the Consciousness and Healing Initiative and award-winning psychoneuroimmunology scientist), I found the time was right to elevate myself to becoming a professional reiki practitioner. I also wish to thank my husband, friends and clients who have believed in me and applauded my efforts to open my own practice so that I had a sanctuary space to provide a natural energy healing service.

I can see my horizon is full of energy medicine related pursuits - from developing *Reiki Energy for Life*, to learning qigong, and perhaps writing a couple more books. I have another novel in me (eco-fiction genre) but more importantly, a reiki education book which perhaps contains artwork related to the clear visions I receive while working with the throat, heart and solar plexus chakras. Also, perhaps with more education, I can keep on chipping away at those institutional barriers that very much exist in Australia. Maybe eventually, like overseas hospitals, reiki practitioners will be able to provide natural energy healing, care and compassion to patients in hospital and clinical settings. There is so much anxiety and pain in the community and reiki practitioners like me are here to help! My grand wish for the future therefore comes down to peace, care and compassion for my fellow humans, all sentient beings and the earth.

For more information about *Reiki Energy for Life* and the work I do refer to:

Website: <https://reikienergyforlife.com>

Website: <https://suzykwriterhealer.com>

Email: reikienergyforlife@outlook.com

January 2024 edition

- Article: Retreating and finding solace in nature
- Interview: Ben Arthur, Co-Founding Director, Macquarie Island Conservation Foundation



To subscribe email: reikienergyforlife@outlook.com