



Q: Your story of finding your higher purpose is amazing. What do you attribute most to going from your fast-paced advertising career to leading global healing courses?

A: I attribute it most to hitting my career goals and feeling insatiable. It's a disorienting feeling when you've achieved what you've worked so hard for

only to get there and feel chronically dissatisfied. That forced me to go inward and get curious about what would truly fulfill me. That's when I discovered a disconnection in my values and identity that led me on a path to listen to my intuition, follow my passions, heal my emotional blockages, and discover my purpose.

Q: I most love the exploration in the chapters "Work Mastery" and "Life in Service." The journaling prompts lead to insightful reflection! What advice would you give to someone who is still searching for their "original gift or skill that they are meant to give?"

A: I would encourage them to get out of their head and into their body. Breath is a catalyst to shut down the mental chatter and feel into what excites you. When you can get still and reflect on different decisions or ideas, your body will start to light up about the things that will actually fulfill you. Start there and take action towards the things that bring you joy, flutters or peace.

Q: A HypnoBreathwork session follows each journal exercise. Can you explain how two-part breathing aids the self-actualization process?

A: The two-part inhale, one part exhale changes the balance of oxygen and carbon dioxide in your body. This process shuts down the prefrontal cortex - your overthinking brain and habitual thought loops. Simultaneously, it will activate different regions of your brain to access information, old memories, and subconscious blocks. This is the process of becoming more self-aware, healing, and gaining intuitive insights on what will bring you back into alignment with your most authentic and highest self.

Q: I enjoy the topic of magic. You have experienced a lot of it! Can you offer some encouraging words to someone who might feel out of flow? I enjoy your suggestion to "simply focus on your next intuitive action step to stay aligned on your higher path." Can you expand on this?

A: I think people get overwhelmed by the idea of change, so I encourage them to do breathwork daily and focus on one intuitive action step at a time. At the end of each HypnoBreathwork session, we will prompt you, “What is your next intuitive action step?” It might be as simple as your inner guidance nudging you to send an email, post on social media, or reach out to a loved one. Focusing on one intuitive action step a day will build your self-trust muscle and these micro actions will start to compound. That’s when you will start to notice magic and synchronicities in the form of opportunities occurring in your life.

Q: How did you enjoy the book writing process? Do you see yourself writing another book?

A: It was a spiritual process. I used breathwork to tap into my subconscious reservoir of knowledge and experiences. It would stimulate my creativity and the right outline, stories and phrasing. Some parts were harder to write than others as I had to connect back to an emotional state. Other parts flowed effortlessly. When editing would become tedious, I would rely on breathwork again for tenacity and shift my focus back to the reader. And yes, I will definitely write another book! The next one will be solely on the power of spirituality in business. ☺

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