



**KNOW YOUR
BRAIN TO BOLSTER
BALANCE AND
CREATIVITY**

**THE KEYS TO
UNLOCKING
ABUNDANCE
IN ALL AREAS
OF YOUR LIFE**

**WHAT WE
THINK
INFLUENCES
OTHERS**

**THE UGLY TRUTH ABOUT
WOMEN & MONEY:
ADDRESSING THE
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WELCOME!

Do you ever feel like you've forgotten everything you know? Or is that just me?

In the last couple of weeks, I seemed to have forgotten everything I knew about content marketing. At least with regard to my own content. I was making all the mistakes I warn my clients about! I was posting like mad, not thinking about what I wanted my content to achieve, and not engaging with my audience... OOF! It was like I had to fall into every single pitfall, just to be reminded of its existence.

Luckily, I found an excellent expert who helped me reconnect with my expertise and taught me a few new tricks too. We're never too experienced to get some help and learn something new. And even more importantly, we have a certain blind spot when it comes to our own work and life.

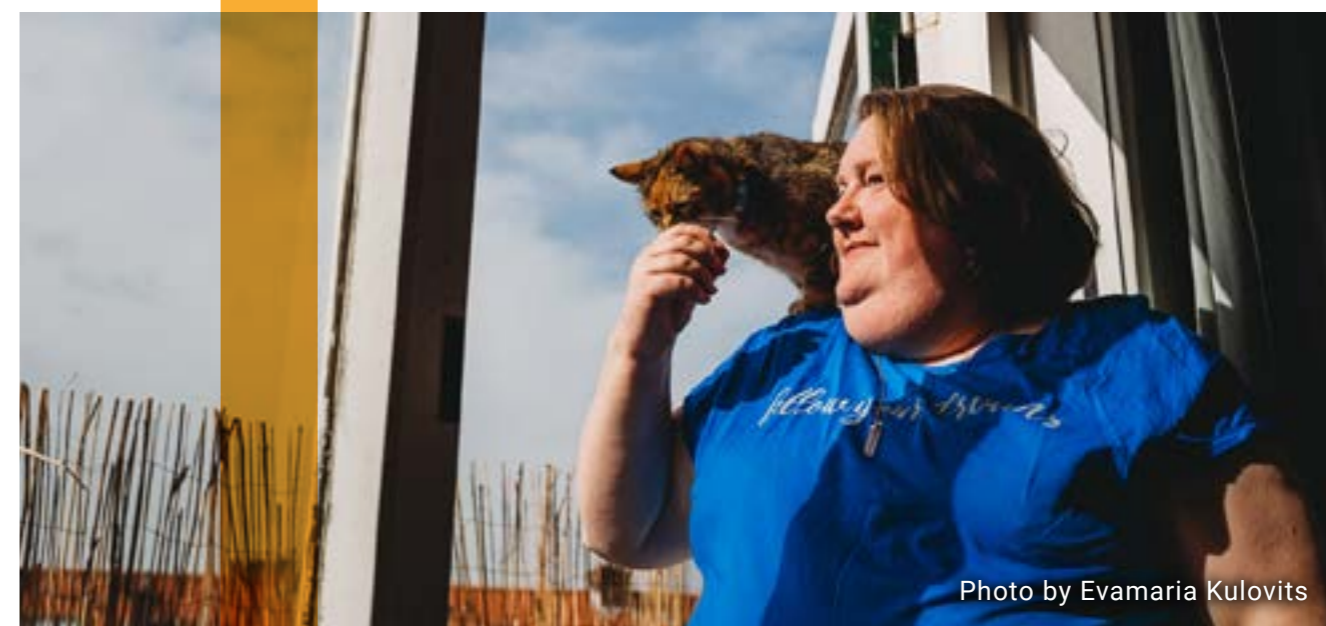


Photo by Evamaria Kulovits

This is why I love talking to FEM contributors about their businesses, their lives and their vision for the world. I can pull these gems of stories from what they share and share it with all of you to celebrate their magic. Even when they think they are not telling me anything special, you know how incredible and inspirational these lovely ladies are! Do you want to me to share your magic with the world too? I would LOVE to! Just get in touch.

But for now, HAPPY READING!

Mags Thomson

Editor In Chief



KNOW YOUR BRAIN TO BOLSTER BALANCE AND CREATIVITY

It was my absolute pleasure to connect with, Deirdre Morrison an applied neuroscience practitioner and coach whose practice is informed by over two decades of professional creative work, including photography, design and PR consultancy. She is the host of The Ambition Incubator Podcast, founder of The NeuroDevelopment Institute, and a faculty member of the Association of Professional Coaching.

By Mags Thomson

What's one of your defining features?

Ideas are my drug of choice, and trust me: I'm a junkie. I can't get enough of them. I stash interesting books on my favourite topics—as well as stuff I'm only just tapping into—all around the house, in the car, one in every bag, audiobooks on my phone, PDFs on my tablet, you name it! Suffice it to say, this is not a habit I'm trying to kick.

I focus on non-fiction entirely these days, having parted ways with fiction quite some time ago I weave together concepts spanning applied neuroscience, anthropology, archaeology, linguistics, non-human cognition, design, psychology, and a host of other interesting topics. Everything I read has a purpose, even if I don't quite know what it is when I pick up the book.

Take for instance my most recent read was a book about ornithology written by a philosopher.

She asks great questions about our insistence on interpreting non-human behaviour through human lenses. It's an example of a book being part of a jigsaw that I'm making, and I've only got glimpses of the full picture to date. But that's the fun of it. Not having all the information means you've got to stay curious, ask questions, and don't make judgements. Especially about a picture you can't fully see.

This is actually a philosophy that I can transfer directly to my work. My applied neuroscience training is primarily what I use to help my clients understand their actions, reactions and interactions. Through sharing tools and techniques that are designed specifically to shift their level of awareness, they move their thinking to more creative and helpful states. It's an incredible way to access more effective thinking and really tap into the potential that otherwise lies dormant.

Where do you think that curiosity comes from?

I grew up in rural County Limerick, Ireland. I was always surrounded by animals, and the bonds and friendships I formed with them from the time I was tiny have always been part of my thinking. Some of my earliest memories are of snuggling up with calves in a bed of straw, my first dog, Dino, and any number of goats, donkeys, and cows. I was the kind of child who conducted very solemn burial rites for any fallen birds, butterflies or bees.

So from a very early age, I was looking at ways of thinking. How did the cows think? How did they know how to behave with each other? Why weren't we more concerned about their personalities, pleasures and pains? It puzzled me no end. They knew us. The goats knew stuff. The swallows knew stuff, but somehow, people just lumped them all together under the label 'Animals'.

Of course, I was an avid reader then too. I used to get scolded for reading too much, in much the same way as parents these days scold kids for spending too much time gaming. One of my favourite books was Alice In Wonderland and Through The Looking Glass. So not much has changed. I'm still looking into the nature of reality and consciousness, which is what Alice is all about.

So, how does your inner Alice show herself now that you're all grown up?

Aside from my applied neuroscience work with clients, which taps into my own creative background, both professional and academic, I host a weekly podcast. The Ambition Incubator Podcast is a mix of bite-sized brain science and interviews with entrepreneurs at various stages of their journey.

I'm also the founder of The NeuroDevelopment Institute, and along with some colleagues from

the world of applied neuroscience, we are on a mission to create awareness and evoke change by finding ways to share information about the human brain and how we can understand it in the context of our day-to-day lives. One of the ways we'll be doing this is by hosting events that anyone can join to find out more on a specific theme related to brain science. Our first one in September will be on creativity and insight.

I would die happy if I felt that I'd been able to move the needle a little bit in the direction of people leading lives that are less driven by fear and frustration because I've been able to help them understand their brains and how they affect every one of our actions, reactions and interactions.

"Know thyself," as the saying goes. And for most of us, that means knowing more about our brains than we do now!

What are some of your daily practices to maintain your balance?

A lot of people comment on how calm and unflappable I am when things aren't going as planned. I can 100% tell you that this is down to understanding more about my brain, and having specific applied neuroscience techniques in my back pocket. I mean, even trying to get through the quagmire that is most customer service call centres these days rarely annoys me. That used

to really push my buttons!

These days, I like to look at my life as an ecosystem, rather than some kind of seesaw-type balance. Every part affects every other part. One of the things I love to do is road cycling. Not just for the exercise, I also follow bike racing and particularly enjoy the Tour de France. Not long ago, Team Sky dominated racing, and the phrase 'marginal gains' was used to describe some of the ways they picked up tiny improvements in all kinds of ways. We can be like that if we choose. Understanding your personal ecosystem; body, brain, business and beyond, is how we do that. Unfortunately, for many of us, we get into a loop of 'marginal losses' instead, and we barely even notice the slide, until we look up and realise how far off course we've blown, or how much our health or relationships have suffered.

If people would like to learn more about their brain and their personal ecosystem, where can they find you?

If you'd like to know more about what I do with applied neuroscience, then come on over to my website at neurocreative.studio. There's a detailed tool there that you can try to see how charged your creative battery is too.

If you're up for an interesting read and a great facilitated discussion, then check out neurodevelopmentinstitute.com/read.

And if you'd like to try a new podcast, that joins the dots between your brain and the things that matter, then head to ambitionincubator.com.

You can reach me directly over on [LinkedIn](https://www.linkedin.com/in/ambitionincubator), so feel free to get in touch, with questions or ideas, or book recommendations!



THE UGLY TRUTH ABOUT WOMEN & MONEY: ADDRESSING THE GENDER WEALTH GAP



It was 2010. I had finally made it! Or so I thought. I always had the dream of living in the Big Apple, and my dream had finally come true. After hearing how tough it was to get a job in the broadcasting industry, I managed to defy the odds and land my first official gig after graduation from college at CNN News New York

By [Lateisha Johnson](#)

What an achievement?! This was something that was unheard of, especially during a recession. I was “moving on up” like The Jeffersons theme song. I thought I had arrived. However, what I didn’t realize was that the cost of living in New York in comparison to Philadelphia was drastically different. Approximately 85% more expensive, I might add. Yes I had this so-called good job, perks and worked for a prestigious company, but I had no clue the type of financial hardship I was about to face. I had to live frugally. I packed lunches. Attended free events when possible over paid events. I borrowed money and even almost depleted my entire savings because I had a difficult time managing my finances. I just wasn’t prepared.

WOMEN OFTEN HAVE ANXIETY AND FEEL STRESSED WHEN FINANCIAL PLANNING, WHILE MEN ARE OFTEN EXCITED ABOUT THESE TYPES OF CONVERSATIONS

Ironically, what was so mind-blowing about this situation was the fact that I also met other women in the same industry who made nearly double my salary with the same kind of financial troubles. Many of them wore the latest fashion trends but struggled to keep their debt down. Others complained about not having enough money to cross things off their bucket lists, so instead, they settled for local excursions and day trips. Some were ashamed to say that they barely had enough money to get them through the month.

The stories were devastating to hear. Especially because our male counterparts had more intriguing conversations about topics such as stocks in their portfolio, assets they were creating and side businesses. I remember my colleague John (in his mid-40s) had introduced me to Suze Orman and also let me borrow the book [The E-Myth Revisited: Why Most Small Businesses Don't Work and What to Do About It](#) by Michael E. Gerber. At first, I thought it was because he wanted to empower me, but in hindsight, it was probably because he was tired of me asking the guys questions. Either way, I am so glad that he enlightened me. It was then that I realised that men and women viewed money very differently.

The Role of Money Mindset

Money mindset plays a major role when it comes to our finances. If thinking about paying the bills or looking at your bank account is daunting, then those negative connotations make it rather difficult to generate wealth. That means it's time for a mind shift!

Personally, I had plenty of limiting beliefs. I grew up in the lower working class on public assistance (I didn't know it at the time) and thought that acquiring wealth was non-existent for a girl like me. I would hear words like...

Money doesn't grow on trees

You have to work hard for money

Money is evil

These words and my upbringing conditioned me to believe in lack. I operated out of a sense of scarcity and fear. It took self-awareness and being exposed to a more abundant way of thinking that changed everything for me. I then decided to take control of my financial future by acquiring licenses to work in the financial services industry, helping educate over 1000 families and entrepreneurs about how money works.

Here's what I discovered during my financial coaching career. Many women are intimidated by finances. They associate negative emotions with money. A [study conducted by the U.S. Bank](#) shows that women often have anxiety and feel stressed when financial planning, while men are often excited about these types of conversations.

Financial Ignorance Is Not Bliss

What's holding you back from financial independence is:

- ✓ **What you do know**
- ✓ **What you don't know**

Let's face it! Finances are rarely a topic of discussion on a girls' night out. Even when it comes to financial education, the majority of financial professionals are men. It is also uncommon to find many women who are very knowledgeable about topics related to budgeting, asset generation, and investing. Especially for women of colour.

When we think of the gender wealth gap, we often only associate this concept with wages. However when it comes to money management, ["women are three times as likely as men to say they can't afford to save for retirement and have](#)



[significantly lower rates of financial literacy."](#)

Not to mention, only about 10% of women invest. These startling statistics are what eventually led me to focus my profession on helping women to create the shift of becoming more financially savvy. That's why I wrote the Amazon Bestselling book, [5 Money Mistakes That Are Costing You A Fortune.](#) It demystifies some popular money myths and serves as an easy-to-read financial guide regardless of where you are economically.

Financial Relief

So how in the world do you save money, make money and pay down debt, especially during a pandemic? Where do you start?

Firstly, you have to identify your money story and break free from your toxic way of thinking. One of the ways in which I transformed my way of thinking was through affirmations. [Check out my free 6-minute money meditation](#) that will help you raise your vibration so that you can attract more

abundance and wealth into your life. Listen twice a day (first in the morning and right before bed) for at least 30 days and you'll be amazed by the results.

Once you begin shifting your mindset, you should begin taking steps through financial education. Do not go on this journey alone. Seek professional advice. Join communities that specifically promote women's economic empowerment. Read, watch and listen to teaching around savings, investing, entrepreneurship, etc.

I encourage you to begin by reading my book, [5 Money Mistakes That Are Costing You A Fortune](#) to jumpstart your financial future. Empower yourself today, and become financially free over time.

Article by Lateisha Johnson

Money & Strategies for Women. Creator of Wealth & Wellness Network. Bestselling Author. Philanthropist.

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THE KEYS TO UNLOCKING ABUNDANCE IN ALL AREAS OF YOUR LIFE



Abundance is all around us, from the air that we breathe to the raindrops to the sun beaming its beautiful rays of sunlight that fill us with that bright radiant source energy as well as Vitamin D of course!

Abundance is that positive feeling deep within your heart and soul, knowing you have enough and there is an unlimited supply of the intangibles: love, joy, happiness, fulfilment, success and prosperity. But it does go a lot deeper than this.

By [Sharan Sammi](#)

Maslow's Hierarchy of Needs (Maslow's hierarchy of needs is a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within a pyramid, from [Simple Psychology](#)) is important when we refer to abundance because the lower requirement in the hierarchy must be satisfied before moving to higher levels in your life.

Let us explore:

Physiological needs are the lowest level which is what we need to survive including shelter, water, food, warmth, rest and health. This is all about our need to survive. How do you feel in your life right now, physiologically?

Safety needs include personal security, financial security, employment as well as health and wellbeing. How do you feel in your life right now, regarding safety? Happy in your employment? Is financial income growing or stagnant? Are you concerned about money or are you a money magnet? Are you living a healthy lifestyle or feeling constricted where you are physically at dis-ease?

Love is essential, as humans we crave that deep sense of love, belonging, friendship, and connection. Family is important, giving and receiving love as well as being part of a group or the collective is desired too. How much do you love yourself right now? How much love is around you with a significant other, your family and your social circle? How connected or disconnected do you feel?

Esteem is the need to be respected, self-esteem, appreciation, recognition, strength, freedom and that feeling of accomplishment. How successful do you feel right now? Do you feel you are honouring your true values? Do you feel proud of your life and spend time really celebrating your achievements?



Self-actualisation is at the top of the pyramid. This is the level that is known to be the **ultimate desired state** - that true abundance level! This is the desire to reach our full, highest and true potential which can only be achieved once all the other needs have been fully satisfied in the hierarchy. Here, it's all about being the very best version of YOU, living that truly abundant life. Have you reached this stage in life right now? Are you living your best and most fulfilling life right now?

You see, the only person that is stopping you from reaching self-actualisation and living that truly abundant life is YOU!

You can manifest all that you desire.

But then why is it that some people feel this is not the case? That self-actualisation and having abundance is difficult or hard, or only granted to the privileged?

The Fundamental Driver Here Is Mindset

The main reason is the increasing disparity between a scarcity mindset and the other which is the mindset that welcomes abundance, like an open tap, reaching true self-actualisation.

A scarcity mindset commonly believes:

- Life is limited, restricted and hard, filled with difficulties and obstacles
- There is never enough.
- My life is full of difficulties
- I'm not good enough
- I'm not worthy
- I'll never reach my full potential
- I have to work harder for everything, life isn't fair!

Money mindset is important too, scarcity beliefs include:

- Money doesn't grow on trees
- Money is the root of all evil
- Rich people are greedy
- You have to always work hard for money
- Money never stays, it comes and goes
- I can never keep hold of money

A person with scarcity may feel lost, disconnected from their life purpose, misaligned with their life's values and may feel stress, anxiety, and frustration around a lack of certainty and confidence in life. Scarcity is really seeing the glass as half empty and closing the door on manifesting abundance in all areas of your life.

Have you ever experienced a scarcity mindset in the past or even today?

There really is no shame in admitting this as acknowledgement is the first step towards changing your life for the better.

Personally, I had a lot of limiting beliefs in the past, which are those negative beliefs, that inner critic deep in my mind that filled me up with negativity and created a lack and scarcity mentality. I soon realised this mindset was limiting me in life and when I completely changed my thinking—it changed my life!

How Did I Personally Change?

Well, I got a 110% pay increase when I was told it was impossible (be careful who you listen to was the lesson I learnt here). I resigned from Banking and turned my childhood dream into a reality by landing a permanent role on a Top UK TV Soap - without any acting experience! I married my soul mate. We have two adorable earth angels and live in our dream showroom six-bedroom home. I now attract high-paying clients through my coaching and healing programmes and all experience positive transformation in all areas of their life.

Mindset work is priceless and achieving abundance is your birthright!

So you see, scarcity really doesn't leave any room for abundance in your life. In fact, it actually drives abundance away from you. The underlying concept "what you think about, you bring about!" is so true and refers to the Universal Life principle called the Law of Attraction. Simply put: LIKE ATTRACTS LIKE!

So what can you do to activate your abundance and reach that stage of self-actualisation?

Six Top Tips That Have Been Life Changing For Me and My Clients

#1.- Have an Attitude of Gratitude

Simply put, each and every day state five things you are grateful for and focus on the abundance in your life right now. As Oprah Winfrey stated "I got everything because I practised gratitude. Focus on the good you have, not the lack of it, because whatever gets your attention will increase the energy of gratitude!"

Gratitude not only puts you in that state of thanks and appreciation but it will also increase your energetic vibration, meaning you will start to attract all that is in direct resonance as your energy. Thus, opening you up to manifesting more abundance into your life.

[TO GET YOUR FREE GRATITUDE EBOOK GIVING YOU 7 DAILY GRATITUDE EXERCISES TO HELP UPLIFT YOUR VIBE AND POSITIVITY EACH AND EVERY DAY - CLICK HERE](#)

#2. - Use Positive Affirmations

Affirmations are short positive power statements that can be repeated daily, helping to uplift your inner self, and putting you in a positive mood. Repeated over time, these statements will start to embed into your subconscious mind, forming your new positive belief system.

This positive thinking technique really can transform your life and welcome in abundance.

[TO ACCESS YOUR FREE POSITIVE AFFIRMATIONS EBOOK WITH 100 DAILY POSITIVE AFFIRMATIONS TO MANIFEST A LIFE OF LOVE, JOY AND ABUNDANCE - CLICK HERE](#)

#3. - Dive Deep Into Your Mindset

Uncover negative beliefs that are no longer serving you in life. Start to notice and pay attention to your inner critic—your "inner judge" as it's known in Mental Fitness—that keeps repeating negative thoughts in your

mind. Notice these thoughts, then ask yourself "Is this really true?"

For example, you may be applying for a new job. Your inner judge states "You're not good enough, don't bother you'll never get it, who are you kidding, you can't do this!" Notice this and ask yourself "actually, is this really true?" This is the first stage to identify your limiting beliefs, then use positive affirmations as above to turn these negative thoughts into positive affirmations. For deeper-rooted limiting beliefs and trauma, please do reach out to me for further support.

#4. - Gain Clarity On Your True Life Purpose, Your Soul's Mission and Core Values

Identify what's important to you and notice if you are living your truth right now. If not, what action do you need to take to change the trajectory of your life around?

You see this is a strong area as so many are just living life by default, meaning doing the same thing over and over again but expecting different results. As Einstein states, this is the definition of insanity. For things to change you need to change. So, gaining that deeper level of clarity will really help you open up to more levels of abundance in your life.

#5. - Start Living Life on Your Terms

Start reaching your true potential, no excuses here! Just believe in yourself. A powerful exercise to turn this on is visualisation. Spend at least four minutes each day to close your eyes and tune in to what your dream life looks like, bring it to life in your mind, see it, feel it and really experience it. By invoking the senses on all levels, you are imprinting this into your subconscious mind which will then get to work to help you manifest your desires.

#6. - Take Inspired Action

Say yes to those opportunities that start to come your way. Walk down that pathway that others may not want to take, for this is most likely to be your destiny and will open you up to all the abundance you have ever



dreamt of! Go today and take action!

You see, at the end of the day life really is meant for living your best life today! Not tomorrow as that day never, ever comes. It's all about making each and every day count.

Having an abundant mindset means seeing and feeling the limitless potential in your life right now. Opening up to your highest potential and intentionally creating the life you want to live on your terms. And YES, if that means creating change in your life, then so be it! As scary as it may feel right now, embracing the change and creating the freedom to do all the things you have always wanted to do in life is magical!

Your future self will thank you for it!

Abundance Takeaways to Remember

The biggest difference between abundance and scarcity is mindset! Working on your mindset as a daily practice will really help you to activate more abundance in all areas of your life, and gain self-actualisation!

Gaining financial abundance is not just about the money, it's about what the money will give you. Going deep into this will really help you to energetically attract and

manifest a lifestyle on your terms!

Abundance is your birthright, the difference is knowing if you have a scarcity mindset. One that is limiting you or if you are open to activating all the abundance this world has to offer you - and believe me there is so much to go around, you are not in competition with anyone!

There are infinite possibilities in this world and all you have to do is just tap into the collective consciousness to manifest all that you desire. The techniques listed above will give you a head start to becoming a manifesting maven!

Overall, no matter what the weather, you can activate abundance right now, yes in this very moment. The sun may be shining in the sky above, just like your life may be filled with so much love, joy, happiness and radiance. But then when it starts to rain, the heavy downpour on a cold and dark night, just think in your mind: it's raining abundance and feel that warmth deep within your heart and soul!

No matter what the weather, abundance in your life will stay for as long as you keep welcoming it!

Cherish your life

Smile into your abundance

And remember just how amazing and abundant you are! Yes, you!

WHAT IF BIRDS WERE TOO SHY TO SING?

I want people to reclaim their own unique inner language because that language is our guidance.

A conversation with Sophie Léone

If we were to examine all the things we do in life, the jobs we do, the relationships we're in, the choices we make... If we're really honest and examine them, we'll realise that many of those things are not what our body desires. Our body is speaking to us all the time, but we've been disconnected from the feeling. I want people to really feel themselves and open themselves up because that lights up like a chemical reaction that connects with other humans and lights something up in them making them feel something to bring them back to life.

We all see the potential in other people, if only they could see what **we** see in them. Can you imagine if you walked around outside and the birds were shy about singing their song, or a dog was afraid to bark or wag its tail? What kind of world would that be? Well, that's the world that we're walking around in. People around us are constantly trying to hide their truest expressions.

I've written a book called *The Book of Revelations*, it's my first book. It includes my story, but it's woven within 70 different stories. I was a police officer for 15 years, and I loved it. I loved it! And then I had children. I just couldn't say I'll come back from my maternity leave and I'll do all the hours that you ask even though it's not at all in congruence with the way that I live. My wings had widened, and I didn't want to go back into the organisation and walk around with them only half-deployed. On the one hand, I had this love for myself and the knowledge that I had value outside of the organisation. On the other hand, I thought, what am I doing? This is what I've worked for, this is my identity. I identified as a police officer on duty and off duty. I went through this process of change, where I just had to question every single thing.

I want people to feel less alone when they read my words and hear my voice. I want people to feel inspired, to do things their way. I want them, to find the courage to try something new, in the knowledge that it will hurt, they will mess up, but it's not a dead end. If you go through it, there's something that the other side. The 70 stories I've written are there to touch your soul, and to make you feel that the transitions you're going through are completely normal, and that you are not alone.

About Sophie Léone

Sophie Léone resigned from Suffolk Police in 2020 after 15 years exploring the depths of human behaviour as a detective. Following a near-death experience, she transitioned from patriarchal to goddess realms as a pregnancy and rest guide.

In the time of detachment from the busyness of the 'system', she conducted her most intimate, complex and major investigation, excavating ancient clues to heal her 'classified' demons. She called in guides to sift through material, clarified fact from fiction and basked in liminal spaces, her pen recording her observations throughout.

Sophie writes and speaks, her voice fluent through years holding space for women to share their intimate confessions and desires. She exposes, translates and alchemises the parts causing discomfort with air and light, guiding you on multiverse journeys and inspiring you to feel and reconnect with your vitality.

Born in France, she lives in Suffolk, UK with her partner and children.

She self-published her first book: "[The Book of Revelations](#)" in September 2021 and adapted it for the stage into a one-woman show called "I am Sophie Leone", performed to a sell-out audience in February 2022.

Her voice and writings have been featured on podcasts, the BBC and as a radio presenter on wellness platforms.

Follow Sophie on Insta [@iamsophieleone](#).



What We Think Influences Others



Quantum Physics or Quantum Mechanics may have some interesting and specific theories to offer about how our thoughts and intentions influence each other, but I have observed this principle in action time and time again. Today I want to give you my interpretation and invite you to consider how you can implement change in your relationships by embracing the idea that what we think influences others.

By Sharlene Halbert

An Obsession With Door Handles

In 2006 I was in my fourth year of working in my own music school as a Music Education and Brain Development Educator. It was a job I passionately loved, and it brought me in front of about 280 children, parents and caregivers each week in groups of 12 children.

I had become very good at what I did, (not only because I could feel it, but because of the feedback I received), and loved the opportunity to observe the kids, really get to know and understand them, observe the parent-child relationships, and bring in all the child development knowledge I had gained as an Occupational Therapist. Sharing that knowledge with the parents while doing what I had always loved—singing, dancing, spending time with children and contributing—what was not to love?

But then suddenly, this strange phenomenon swept through my classes in the three different venues across Sydney where I taught. In the 18-month to three-year-old age group, it was as if the kids had all gotten together and made a decision that the door handle on the classroom door was the most important and interesting thing in the world.



It didn't matter that their beloved caregivers were sitting in a circle ready to give them 100% of their attention. Nor that we had all sorts of fun musical instruments and toys to play with; books to listen to and songs to dance to. The door handle was the hit of the class! Week after week, class after class, at least half of the 45-minute session was conducted with half of the class playing with the door handle!

Fortunately, I had the power of perspective. I knew that kids listen and learn, even when they don't appear to be paying attention. I knew that they were still hearing the rhythms, and experiencing the musical concepts as the adults and I sat playing percussion instruments and dancing to fun music. I knew that when you move into a child's world instead of demanding they enter into ours, powerful learning takes place. I also knew that when you focus on what you don't want the kids to do, it becomes a battle of wills and—let's face it—no adult ever really wins at that game!

So, I joined the kids at the door, tapping instruments on their bodies, on the wall beside them, on the door, smiling, laughing, breathing and enjoying them. I encouraged the parents to join us. I smiled and laughed at the phenomenon; spoke about what it meant with the adults in the room; normalised it - or so I thought.

Being a Terrible Mother

One morning, just before class, I received a phone call from a very upset and anxious mother of a two-year-old daughter.

"Angela isn't joining in the classes and she just keeps going to play with the door handle! I absolutely love the classes. She adores the music from the class when I play it for her at home, but I think I have to stop the classes because she is just not participating! I'm worried she is not getting anything out of them" She burst into a flood of tears, before continuing, "I imagine you think I am a terrible mother, but I don't know what to do to stop her! All the other kids sit quietly on their adults' legs and participate!"

I listened carefully and then asked her, "Did you notice all the other children that go to the door handle too?"

"No," she replied, "There are others?"

"Yep! Always at least 3 or 4" I replied.

"I hadn't noticed" she admitted.

I explained to her that in no way did I think of her as a terrible mother - quite the opposite! I outlined all the reasons why I thought she was an amazing one. I then explained the developmental stage of her daughter, and what she was learning and experiencing. First, I pointed out that there were several kids doing this and that it was happening in

several of the classes. I shared that I was not bothered at all because it is normal for kids to sometimes get fixated on something, especially if the other kids are doing it too. But they learn anyway and are relaxed in the room, which is essential for their brains.

When we had finished the conversation, she felt much better, much lighter, and was no longer worried there was something wrong with her or with her daughter. She agreed to attend the morning class.

They arrived at the class and as usual, we kicked things off with our 'hello' song. All the kids sat in their adults' laps. And so did Angela. Yep, Angela spent the entire 45-minute class participating in every single activity and sitting in her mother's lap whenever the moment came for that. She didn't once get up to go to the door handle, and in fact never did again.

The Behaviour Changed, Like Magic!

This kind of thing happened way more than once. When the parent was worried about their child's behaviour, felt ashamed or that other parents were judging them, the behaviour continued. As soon as I gave them a developmental context for the behaviour—why it was happening and why it was important for their child's development—the parent relaxed, stopped worrying about what others thought and nine times out of ten, the behaviour stopped. Like magic!

So what happened? Who knows exactly? Well, I guess those Quantum Physicists I mentioned earlier. But like I said, my interpretation is that what we think influences others.

I don't believe it is any less true in our relationships as adults. What you think or focus on, influences the responses and behaviour of the person you are in a relationship with; including your kids! If you are focussing on all the ways you are not getting what you want, and what is wrong with your partner, the likelihood is that you will continue to get the same behaviour.

But if you are like my wonderful client, D. When she took responsibility for being curious and

trying to understand her partner's need to play video games instead of communicating with her and began taking her own actions to create connection, her partner suddenly—out of nowhere—started making requests to spend more time with her. He offered to do things for her that he never used to do and even organised her birthday celebrations for the first time in over 20 years—without prompting!

Similarly, when you constantly criticise and complain about your partner, you are focussing on what you don't want, and the opportunities to experience what you DO want suddenly become very limited, if not impossible. Your partner is unlikely to give you what you are looking for when they feel constantly criticised and everything is a complaint. This is not about 'giving in', or 'ignoring what you want'. Quite the opposite! It is about creating a win-win.

One person has so much power in a relationship. I firmly believe that. I have so many examples from my own life and from other clients that show this to be true. This is why I often work with only the woman in the partnership.

You definitely can't change your partner, but you can use the power of this 'magic' to create massive changes in your relationship and start influencing what the future of your relationship could look like. It starts with a more powerful way of understanding your partner, yourself and your relationship. AND a willingness to have a different perspective, which reduces anxiety, stress and frustration and puts you in the driver's seat.

Seeing a new perspective is not always easy - we have usually been seeing things the same way for a long time, but it is possible.

Find out more about Sharlene Halbert on her [website](#) where you can also book a clarity call to see if she can support you in creating the relationships you want and deserve or connect on Instagram ([@sharlenehalbertcoach](#)).



6 STEPS TO FREE YOURSELF FROM FEELING STUCK

When looking at the Law of Attraction, it's clear that absolutely everything is frequency. Whatever frequency we're putting out, we're going to get back, that is the law of attraction. So, when life is handing you lemons, it's important to start asking the right question: "What am I focusing on?"



By Jacqui Hoitingh

Many of us may comment that we want more money. But, it's not really money we're after. We all need money, but what we're really after, is feeling fulfilled in our lives. We want to feel we're giving value and getting value back. We want to feel recognised for the things we do. We want to feel good about ourselves. That's what we really want, rather than just money. Money is just a source of energy.

The Bridge to Fulfilment and Success

In order to bridge the gap from where we are to where we want to be, we can use gratitude for the things we already have. We often forget to express that gratitude and that's the whole problem. Every bit of advice you read about all this law of attraction stuff sounds kind of easy. In fact, it's so easy that you don't actually get around to doing it. And it's consistency that gets you the results. Consistently doing the work. Consistently being aware of our frequency. Consistently knowing what we're putting out at any given time and what we're getting back, and asking ourselves that question: "What am I focussing on?"

There are six steps that will help us to get from A to B, and if we follow them consistently, we can bridge the gap to fulfilment and success with ease. They're all simple steps, but you need to make them part of your daily practice. If you're not doing it consistently, you won't get the results you're after.



Step 1 - Enjoy Now

Start living in the now and stop worrying about tomorrow. My husband's really good at that. My boys are 12 and he's already worried about them on motorbikes when they're 18. It's a lot of wasted energy spent worrying about the future. We need to be living in the now and enjoying the feeling of where we are right now in the world.

Step 2 - Enjoy Each Moment For What It Is

This is pretty similar to being in the now, but making sure you're enjoying what is and what you have. Like sitting at the beach, in the theater, enjoying my own company. It's the little things that you can just enjoy for what they are. Remember to do that rather than rushing through and taking our life as it is for granted.

Step 3 - Create Meaningful Connections

These meaningful connections could be with anyone. It might be with your family or friends, spending time to connect on a deeper level of support. I can also be in business, connecting with people and taking time to find out what they're doing, sharing what you're doing. Rather than just going through the motions, put in a bit of extra time, care and love.

Step 4 - Have Fun!

I'm just now doing my art and doing things that I love doing. Rather than saying: "Oh, this is really frustrating me, I'm not enjoying it," and giving into that feeling, now I make life a bit more fun and stop low frustration. I'll just do what I'm doing and have fun while I'm doing it. Whatever I'm doing.

Because when we're focussing on the frustration, we're just fighting ourselves. We're putting up all this

resistance because it's not fun. We're not enjoying it. We're not liking what we're doing. Because of that, the universe can't give us what we're trying to manifest, the frequency doesn't match. So you have to find some way to make it fun, and it has to be your way. Find out what works for you that is fun. Then, do more of that, rather than the frustrating stuff that you don't really like.

Because if you don't like it, you're not really going to manage to carry it out well. I managed to carry on for a couple of years like that. Frustrating the hell out of myself. It seems so stupid now. But I kept working, working, working. Constantly thinking: "oh, I need to get this to work. I need to get this social media, I need to do this that and the other." In the end, it just made me feel exhausted. So, now it just has to be fun.

Fun is really important. Because when we find what we're doing, and the way that we're doing it fun, it becomes easy to show up consistently. Just try and find the fun bits in all areas of your life and mould everything around that. Because what you love will come across. The energy that you're putting out, is what people are going to want. So, if you're frustrated in business, and don't like what you're doing, that it's coming across people feel it and as a result, your offer is always going to be less appealing.

Step 5 - Inspired Action

We need to be tuning into our higher self to find the inspiration and intuition that moves us forward. Having fun is the easiest way to tune in. I always think of it as different radio stations. Your higher self is on a higher frequency than you normally operate on. Some people get to that frequency through meditation. Other people, like myself, by being happy, happy, happy! When I'm out walking in nature, I just love it. And that's where I can connect. Especially when I set the intention and ask what I want to know before I leave. I don't look for an answer, I just wait on it to come. I'll get lots of inspired ideas or a specific thought just pops into my head and it's so clear that I know that that's coming from my higher self. And if I'm lucky I'll see a little red robin popping by as well, just to give me added reassurance that that was actually my higher self coming through.

We have to tune in, we have to change our frequency so that we get those inspired ideas. We can't do that when we're working all day long, because we stay at our normal vibration. But when we're already having fun and working at a higher vibration, it becomes easier to deliberately tune into our higher self and ask for the guidance we want. What direction should I take this? What should I be doing with this? And then leave it. Don't push for an answer because then it'll probably be your ego that answers.

When the idea pops into your head, you know that you're vibing with your higher self, you know that that's good, solid information that you want to follow. That's when it's time to take action. We have to take the action otherwise nothing happens at all, but it's equally important to follow those inspired ideas.

Step 6 - Rinse and Repeat

None of these steps will have an impact, if you don't repeat them consistently, preferably every day. We can't be doing what we don't want each day, because then we're not going to be happy. When we're not happy, we're not going to thrive in what we're doing. So, by doing a bit of what we love each day (or maybe two) we can start creating more success and fulfilment in our lives.



Jacqui Hoitingh

Do you often feel you were "meant for more", something bigger, a true Purpose? And you know your Mindset has a lot to do with this, but you just know you are missing something as things aren't moving as quickly as you'd like? I am passionate about helping women feel "More than Enough" and helping them create a life they LOVE!



Bespoke Oil Paintings

I have brought together my two passions, empowering women and painting. You can order your very own painting in your favourite colours and your spirit animals, symbols and all the important things that define YOU. I use my work to tap into your higher self for the words that will Inspire you each day to become a better version of you.

Here is a testimonial and my first-ever bespoke painting. This would be the perfect gift to yourself or someone you love to uplift and inspire.

"I've been waiting to share this with so much excitement! I've posed and had my portrait painted with the very beautiful and talented Jacqui Hoitingh AND I LOVE IT! I LOVE ME! My very own painting of me! Thank you so much for capturing my energy, symbols, tattoos and words with the beautiful session we had (I enjoyed this so much) and asking my higher self was so fun and relaxing. I feel you really caught me with your brush and put my essence into this painting. It feels so magical and personal and I feel really loved!!!! So grateful, these words we find in Jacqui's sessions inspire us to be a better more content version of ourselves each day. It's about the love and healing with Jacqui too! what a brilliant experience. I think this would make a wonderful present too!!! "

To find out more and get your own bespoke painting, [check out the website.](#)

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