

A

YEAR

OF

INNER

GROWTH



A YEAR  
OF  
INNER  
GROWTH



# THE BEFORE

I don't know what  
the **turning point** is,  
OR how I had got there.

What I do know was that  
I increasingly felt more

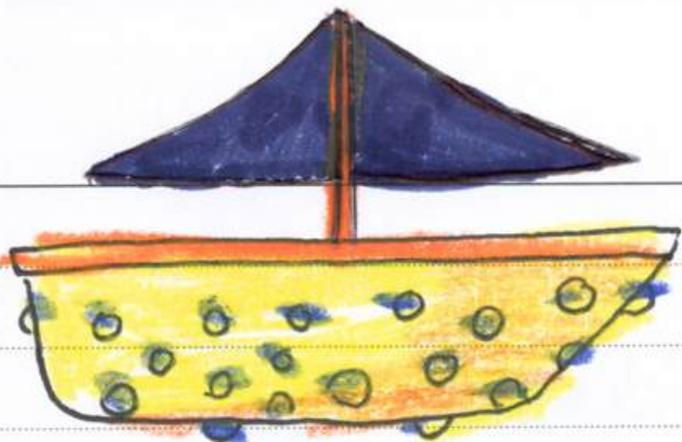
jaded

UNINSPIRED

disgruntled  
about the WORLD

Like I  
wanted to retire  
from my  
dream  
career

& spend my  
Days in  
BENIGN  
APATHY



IF MY  
Soul WAS A Ship,

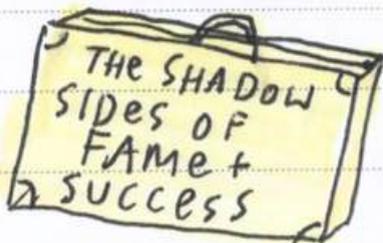
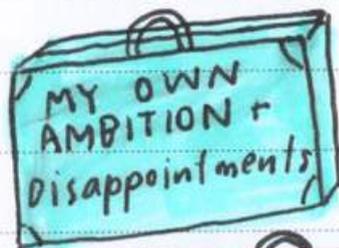
**BARNACLES**

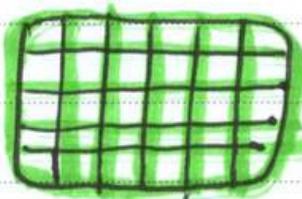
had grown &  
clustered  
unBIDDEN.

don't forget

don't forget

After **20** Years,  
my dreamy, creative,  
JOY-filled business  
& My connection to it felt  
**heavy** under the  
Baggage  of HISTORY.



I created a spreadsheet  
 (as I do whenever  
I want to feel  
in control)

& I set A goal to  
**RETIRE BY 45.**

MY ONLY retirement plans  
were to

PLAY  
STARDEW  
VALLEY

READ even  
MORE BOOKS

HAVE A BREAK  
FROM MY OWN  
RELENTLESS  
AMBITION

Be a Basic  
Bitch who  
didn't  
THINK.

 feel a bit SAD

when I think about it  
now, really.



RETIRE FROM WHAT?

This calling I had been  
wanting to do since forever?

This dream career of  
creating + writing +  
sharing what I knew.

I'd been wanting to BE  
this + DO this since  was

4 years old. And now   
wanted to let it all go 



I wasn't born to feel this  
DRY \* USED UP \* UNINSPIRED.

IN a **blinding**  INSIGHT I realised the CURE of what ailed me was in the word itself.

To cure **DISCOURAGEMENT**  
add **\* COURAGE \***

To cure **DISHEARTENMENT**  
add **♡ HEART ♡**

To cure **DISENCHANTMENT**  
add **⊙ enchantment ⊙**

To cure **DISEMPOWERMENT**  
add **☼ POWER ☼**



DESPITE MY  
BEST EFFORTS

I'd spent too many  
years DRAWING FROM a  
near empty  
well



I could be... & now I needed  
to DEEPLY fill my well.



It was time to go on

# PROJECT

Re-Enchantment.



Time to DRY-DOCK my boat  
+ slough away the BARNACLES.  
Time to do the DEEP INNER  
WORK of healing + restoration.





INVESTED

a lot of

TIME

&

Money



IN this IMPORTANT task.

Here's what  
 learned along  
the way:

1



CAN

# FORGIVE.

This is **REVOLUTIONARY** for a SCORPIO who had a loooooong-ass "DEAD TO ME" list.

I would even cheerily add people to this list who I'd never even met... they'd just made the mistake of annoying my friends.

List of  
People  
who  
are  
Dead to  
me



I thought my **GRUDGES** were one of my **☆ SUPER POWERS ☆**. That they would STOP me from experiencing future pain.

What  didn't see where  
the COSTS of my  
grudges.

How they weighed on me.

How they made me HARDER  
Not softer.

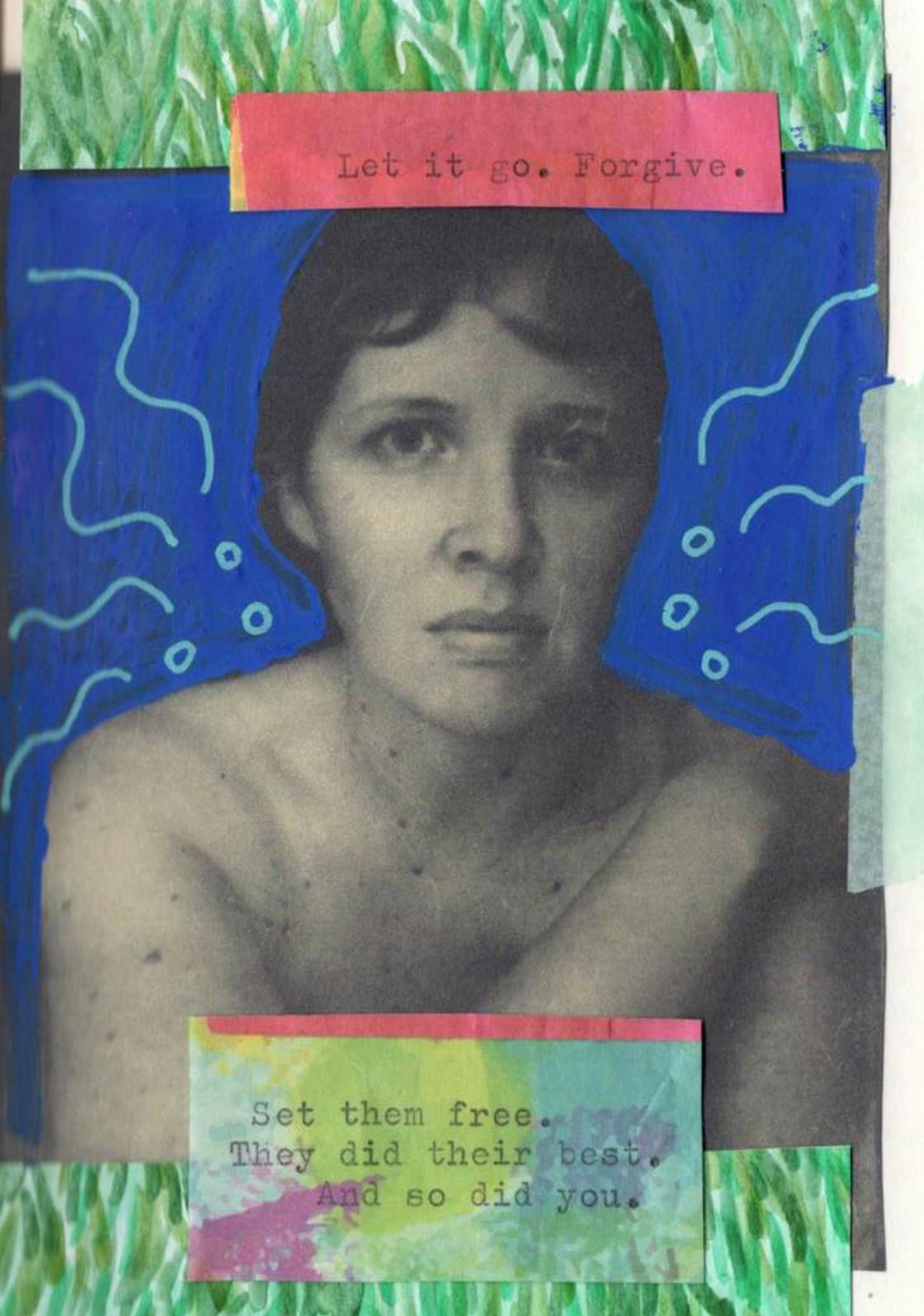
How they closed my   
HEART, not opened.

How they stopped me from  
seeing THE divine truth  
that every SINGLE human was  
doing their Best, even when  
that Best sucked.

 Wrote piles of letters.  FORGIVING OTHERS. Understanding for the first time why they made the decisions they did. Forgiving myself for exactly the same.

Then I lit a small fire  & BURNED them. Watched the PAINS turn to SMOKE & disappear into the sky.

Freeing me, freeing them.  
all of us, fallible humans,  
deserving of grace.



Let it go. Forgive.

Set them free.  
They did their best.  
And so did you.

2.



DISCOVERED



could

EXPAND

MY NERVOUS SYSTEM CAPACITY.

When I was overwhelmed, I thought the only option I had was to CONTRACT.

DO LESS. Socialise LESS.

CONTROL MORE.

And then ~~we~~ discovered there was another option.. I could EXPAND my nervous system capacity.

 could use tools like BREATHWORK to help my nervous system regulate + expand.

 also discovered the **Life-changing IMPORTANCE** of healing my unresolved PRIMITIVE REFLEXES.

Reflexes that hadn't integrated when I was a **BABY**, causing enormous amounts of daily nervous system dysregulation. (THIS IS ESPECIALLY COMMON FOR NEURODIVERGENT PEOPLE.)

I went to a chiropractor to resolve mine but many practitioners can help - Occupational therapists, osteopaths etc.



It has BEEN

life-changing.

ASTONISHINGLY SO.

I'm able to DO some much MORE,  
HOLD SO much MORE. The things  
which used to be hugely  
challenging for me are now  
completely manageable.

I want to **shout** about it  
from the ROOFTOPS.

THIS HAS BEEN A

healing  
MIRACLE

3

THE GREAT

Re-remembering

a long long time ago...  
👁️ was deeply in touch  
with the

HEALER

Wise  
WOMAN

intuitive

seer

ORACLE

Parts of me. It's how my business

**BEGAN** ... Running Retreats

& ♥ WOMEN'S CIRCLES ♥ +

@ GODDESS WORKSHOPS @

It was as easy as

☉ breathing ☉

OVER  time 

STARTED BUILDING NEW SKILLS

Business

STRATEGY

MARKETING

& eventually STARTED **TEACHING**  
about them because I was  
asked about it so much.

And little by little, year by year,  
 DEVELOPED a kind of

soul amnesia

ABOUT MY OLDER GIFTS...  
UNTIL I FORGOT THEM ENTIRELY.



Until now.

UNTIL  **RE-REMEMBERED** WHO  AM + claimed all of me ONCE MORE.

This last year of Reclamation & Re-Discovery Has Felt INCREDIBLY  **MAGICAL.**   
And  BEEN ABLE to Be a CONDUIT for healing Miracles FOR OTHERS. I feel like I'm weaving all the PARTS OF ME together in my WORK NOW.



ancient  
one

born  
wise &  
knowing

remember  
the  
seer  
in  
you.

unfold your wings  
show the way  
part no



this  
earthly  
world  
birth  
the  
brother  
of  
the  
Divine



MOTHERS  
UNITE.

4

## COMBINING THE INNER + OUTER WORK.

FOR years as a Business Coach  was **PERPLEXED** when this would happen.

CLIENT:

I want to do  
XYZ...

GREAT! Here's exactly  
what to do for XYZ...

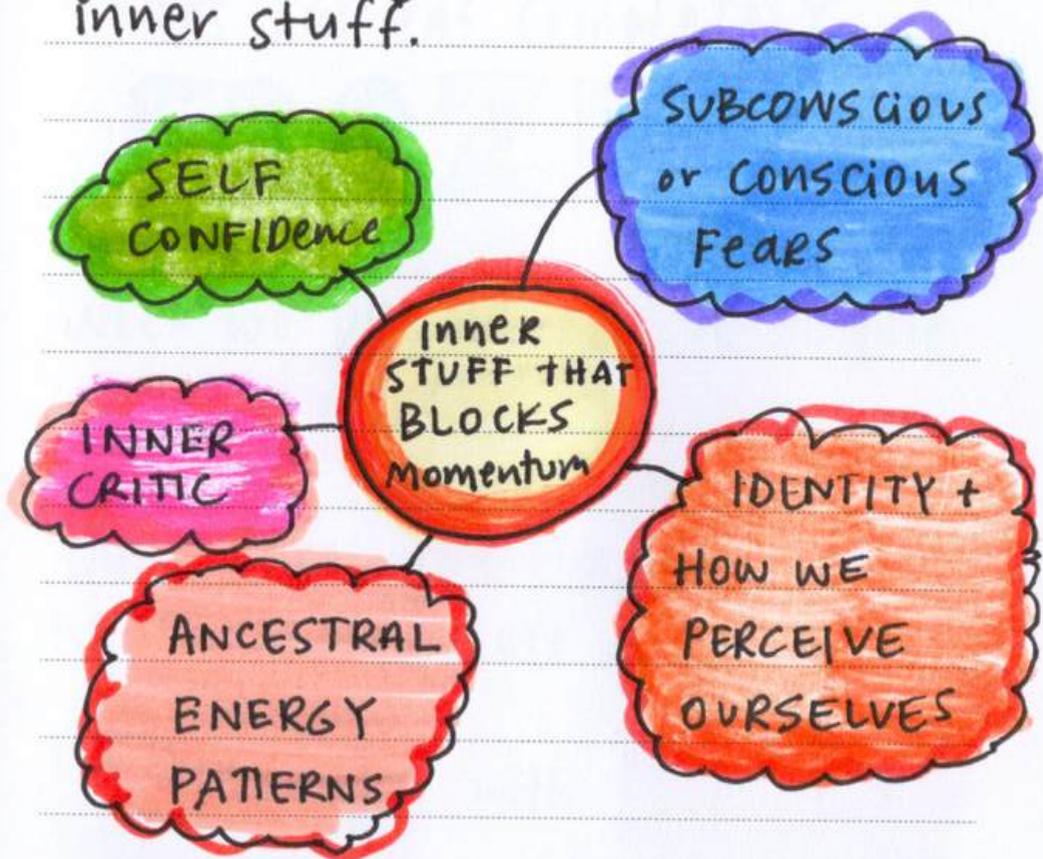
ME:

CLIENT - doesn't do XYZ

ME, pondering:

WHY???

Now 🙌 am seeing that so often, the OUTER WORK of **PRACTICALS** + **STRATEGY** gets blocked by the inner stuff.



• When 🙌 can help people clear these things, momentum + progress towards goals becomes inevitable.

FOR example: I WORKED with a beautiful soul who had been trying to WORK on their BUSINESS for 5+ YEARS but was completely

**FROZEN.**

When we DUG DEEPER, it became obvious **WHY.**

Due to REAL trauma, she had begun to CORRELATE

**VISIBILITY + SUCCESS**

with

**DEATH.**

We DID some profound energy

WORK to help UNTIE these two things,  
& RECONNECT her BODY with her  
SPIRIT.

Then ~~she~~ GAVE her homework which  
had nothing to DO with her  
BUSINESS ~ instead she had to  
FILL her JOY + SELF CARE  
well which was parched  
DRY. And in the space of mere  
WEEKS, her TRANSFORMATION  
was ASTONISHING. ☆ ☆ ☆



A DARK CLOUD had LIFTED...  
she began to RADIATE  
JOY & her progress was  
extraordinary.

She said:

I feel like I have my Life Back.  
I wish I'd found you 20 years ago.

And she began to do things in her Business at last that were crucial to move it forward. The IMPOSSIBLE became INEVITABLE.

Her healing miracle was A HUGE AWAKENING FOR ME + everyone who witnessed it.

The perfect embodiment of



hand in hand.

(Thank you,  
LS♥)

5

IM NOT ALONE IN  
MY EXPERIENCE OF BEING  
**TROLLED.**

I think at a CERTAIN POINT  
I decided to DON an



INVISIBILITY  
CLOAK

to deal with the

**SHADOW SIDES** of FAME.

I FELT SO  HEART  
BROKEN BY the WAYS STRANGERS  
BEHAVED ONLINE.

① I'd BEEN featured in a hate FORUM dedicated to DISSECTING women Bloggers.

② I'd had people call me some outlandish things in the heat of an internet fire including

paedophile

MOLEY  
BIPOLAR BITCH

↑  
SUPER  
ABLEIST

+ things ABOUT MY beloved husband that I still wince when I think about.

## WHY DID I GET TROLLED?

Because I'd achieved a level of success

FOR innocuous + Benign social media posts that went VIRAL.

FOR daring to RAISE my prices

FOR existing

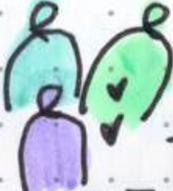
FOR having a POLITICAL OPINION (I'm a proud LEFTie!)

I think I carried the PAIN,  
SHAME + INVISIBILITY CLOAK of  
those experiences FOR SO LONG.

AND in my 7 Year of inner  
GROWTH ~~it~~ was ABLE TO  
lay down the heaviness of  
it & Heal.

## WHAT HELPED?

✓ I joined a mastermind of  
other High Achiever women  
in online spaces... + realised  
~~it~~ wasn't the ONLY ONE this  
had happened to.

 It was hugely  
healing to hear  
THEIR STORIES OF  
what they went THROUGH  
& what they did to  
heal FROM IT & KEEP  
TURNING UP ANYWAY.

☑️ 👁️ realised 👁️ have a  
**MAGNETIC** personality.



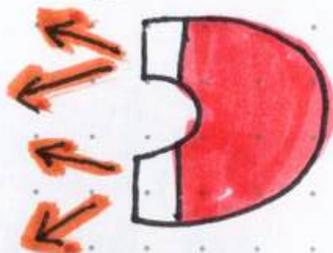
Some people  
are deeply

**ATTRACTED**

to me (they have  
great  
taste)

**AND**

Just like a  
STRONG  
MAGNET,  
some people  
are **REPULSED**



by it. My job is **NOT** to  
weaken my force so people  
are LESS REPULSED BY ME.

They aren't my right  
people & I'm not meant to  
**CATER TO THEM!**

✓ A coach said some life-changing words to me.

Leonie, you say you feel HEART BROKEN by this, but a HEART is NOT A BONE. It is a MUSCLE. MUSCLES don't BREAK. MUSCLES TEAR & GROW STRONGER from it. The same is TRUE for YOUR HEART.



My heart can grow bigger FROM ALL OF THIS.

☑️ 👁️ think of all  
SUCCESSFUL, VISIBLE PEOPLE,  
especially women.

KAMALA  
HARRIS

TAYLOR  
SWIFT

JACINDA  
ARDERN

GRETA  
THUNBERG

MILEY  
CYRUS

MALALA  
YOUSAFZAI

What if they had all DON  
INVISIBILITY CLOAKS +

💡 DIMMED THEIR LIGHTS  
A LITTLE MORE SO  
THEY DIDN'T RECEIVE SO  
MUCH TROLLING

PROJECTIONS CRITICISM ???

THE WORLD WOULD BE WITHOUT  
THEIR GIFTS, CONTRIBUTIONS,  
CHANGE MAKING WAYS.

THERE WOULD BE NO CREATIVITY,  
INNOVATION, CULTURAL PROGRESS.

Instead of BACKING AWAY,  
DIMMING THEIR LIGHT,  
they've Learned how to

HOLD the DUALITY  
of FAME +  
SUCCESS



They've GROWN + EXPANDED  
their

IDENTITY

NERVOUS  
SYSTEMS

BOUNDARIES

SUPPORT

To hold it all...

and so can I.

You are big enough

wide enough

deep enough

to hold all

of this.



## 6

THE IMPORTANCE OF EXPERIMENTS

I started my business with the energy of

PLAY

CURIOSITY

TRYING IT OUT

Then over decades of running a business I discovered I'd gotten stuck in the energy of

Wanting to make sure everything I did was a success

OVERTHINKING IT

BEING RISK ADVERSE

TRYING TO COME UP WITH THE PERFECT STRATEGY/PLAN

This energy is common for mature businesses, but it can lead to

↙  
STAGNATION

↓  
LESS CREATIVITY

↘ NOT BEING AN INDUSTRY LEADER

↳ WAITING TO SEE IF OTHERS HAVE DONE IT

OVER THINKING 

INSTEAD OF

TRYING + DOING 

- ↓
- ✗ BORING
  - ✗ OVER STUDYING
  - ✗ KEEPS YOU STUCK IN INERTIA

- ↓
- ✓ FUN
  - ✓ LEARNING
  - ✓ GROWTH ♡
  - ✓ MOMENTUM →

IT'S BEEN HELPFUL FOR ME TO GET IN THE ENERGY OF

EXPERIMENTS! 

👁️ can THINK OF MY Business  
as a SCIENCE  
LABORATORY.

MY **JOB** as a ~~WF~~ ~~WORK~~  
SCIENTIST is to

1. Think of something i'd  
LIKE TO **TEST**
2. Test it. SEE what the  
**RESULTS** ARE.
3. see if I want to Run the  
TEST again slightly differently  
+ see how the RESULTS **CHANGE.**

As a SCIENTIST, 👁️ don't  
have to treat it as a

PERSONAL FAILING  
if the experiment doesn't  
give me the Results 👁️  
want.

The **IMPORTANCE** is in th

trying

learning

experimenting



It took THOMAS EDISON OVER

**10,000**

**EXPERIMENTS** TO CREATE THE LIGHTBULB

I haven't failed. I've just found 10,000 ways it didn't work.

The energy of  
**EXPERIMENTS**

has given me so much  
more **FREEDOM +**

**Momentum.**

 CAN EXPAND MY

BLACK | WHITE

THINKING.

Like many humans - especially  
NEURODIVERGENT ones - I can  
fall into very regimented  
THINKING.

Something either

WORKS OR DOESN'T  
WORK

A person is either

GOOD OR BAD

ALWAYS  
RIGHT OR ALWAYS  
WRONG

This kind of BLACK/WHITE thinking  
has helped me **SIMPLIFY** the  
WORLD when it was felt  
**OVERWHELMING.**

**AHD**  am now **ABLE**  
to **EXPAND MY CAPACITY**  
& **HOLD MORE NUANCE**

when something <sup>or someone</sup> **ISN'T**  
**100% RIGHT...**

and is **ONLY**

**80% CORRECT**

**20% INCORRECT**

 **don't have to** **THROW**  
**THE WHOLE THING out.**

 can use my  
**discernment.**

SEE ALL  
OF THE



THE COLOURS  
RAINBOW **NOT**

**JUST THE**

BLACK

WHITE

grandmother tree

found you  
held you



## 8

RIGHT Relationship  
WITH CLIENTS

SOMETIMES WE GET SHOWN  
WHAT TO DO BY SEEING A TEACHER  
DO THE OPPOSITE.

SOMETIMES IT IS IN CONTRAST  
THAT WE FIND OUR OWN CLARITY.

👁️ BECAME SO MUCH CLEARER  
IN HOW 👁️ WISH TO BE IN  
RIGHT RELATIONSHIP WITH  
THE PEOPLE 👁️ TEACH + MENTOR.

1. I don't want to hold any  
GURU ENERGY.
2. I want people to know  
any breakthrough OR  
healing OR goal they  
RECEIVE IS BECAUSE OF THEM.  
THEY AREN'T RELIANT ON  
ME TO EXPERIENCE IT.  
THE GOLD IS IN THEM. ★★

- ③ However, <sup>LONG</sup> people work with me is perfect.

Merry Meet + Merry Part

THEY ARE NOT BEHOLDEN TO ME. THEY ARE FULLY FREE TO CHOOSE WHAT IS RIGHT FOR THEM. AND I CAN DELIGHT IN THAT!

- ④  NEVER WANT TO GIVE THE ILLUSION THAT I AM

PERFECT OR

HAVE EVERYTHING TOGETHER.

THAT IS UNREALISTIC & NOT TRUE. INSTEAD  WANT TO SHOW MY FULL HUMAN-NESS

HUMAN + DIVINE

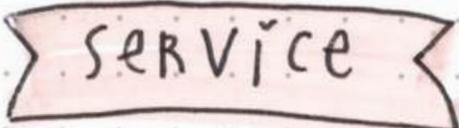


ALL AT ONCE

just like all of us.

5. All  WISH TO DO  
IS HUMBLY

OFFER UP

What  KNOW  
in the hope that it is of  
 SERVICE to others.

IF the LESSONS ive  
learned FROM MY  
 Journey CAN AID  
OTHERS on theirs,  
that FEELS good + TRUE to me.

OFFERING



## 9

RIGHT RELATIONSHIP  
WITH MENTORS

In my year of **WINNER GROWTH** I saw the ways I need to grow even more into **RIGHT RELATIONSHIP** when **WORKING** with my **OWN** coaches + mentors.

 see the ways I CAN:

★ become submissive

@ **ABDICATE** my **OWN** **POWER**, **KNOWLEDGE** + **EXPERIENCE**

♥ DON'T FULLY CLAIM MY OWN GENIUS 

↑ can energetically get **ENMESHED** + **UNGROUND**ED if I am NOT careful.



 still FEEL like  
I'M IN **PROCESS** of  
Healing this one.

It seems to me the  
**NOTICING**  
of what needs to  
**heal**



is the  **FIRST**  
**STEP**

of the healing  
journey.

# 10. WISDOM gems

Sometimes the  
WISDOM is  
found in the **MUD**.  
GEMS that are REVEALED  
as you  **DIG  
DEEPER.**



all of this year of  
♀ Inner growth ♀  
has had me  
digging in the  
soil  
bare-handed...  
only to REVEAL →



My  
BEJE-

soul  
WELLED

It's a Year on  
since I began this  
**QUEST**

of **RENEWAL**

& I'm so glad I did.



SO MUCH

baggage

UNPACKED + LET  
go OF



THE

barnacles of

my soul

sloughed

AWAY.



THE  
Reclamation  
OF THE WISE INTUITIVE  
HEALER PARTS OF ME

Letting my HEART  
grow wings  
OF compassion +  
forgiveness.



THE Courage TO  
birth new WORK  
INTO THE WORLD.

Witnessing so many  
healing miracles



Expanding my  
NERVOUS SYSTEM CAPACITY  
+ Resolving my  
PRIMITIVE REFLEXES

Blessings Challenges

DEVELOPING the DEPTH &  
BREADTH to  
hold it all

THE DUALITY THE GOOD THE HARD  
THE FUCKED THE MIRACULOUS.



And most of all... discarding  
the INVISIBILITY cloak.  
It's time to SHINE my LIGHT

★ BRIGHT & Be the POTENT  
MAGNET   
I AM.

FOR all this +  
more...

 am so deeply

grateful.

Open your eyes  
my darling.

The beauty is all  
around you.

It never left.

