



## Fiona's Story

When I think about my life in review it's fascinating to me who I was when I was young, and who I have become. There are things about me that are still very evident... and still make the fundamental fabric of who I am. Yet like all of us, conditioning formed me in a way, some for the better and some (it certainly seemed at the time) for the worse. However, looking back at my life, everything that that has happened has helped formed me as I am today.... and for that I am very grateful.

When young, I was someone who struggled enormously with self confidence and was an incredibly self-conscious child. I felt deeply but did not find expressing easy, and when I did it was quite dramatic. I wanted to be heard, but often went overboard not understanding how to control or express what I felt appropriately, nor was I encouraged to.

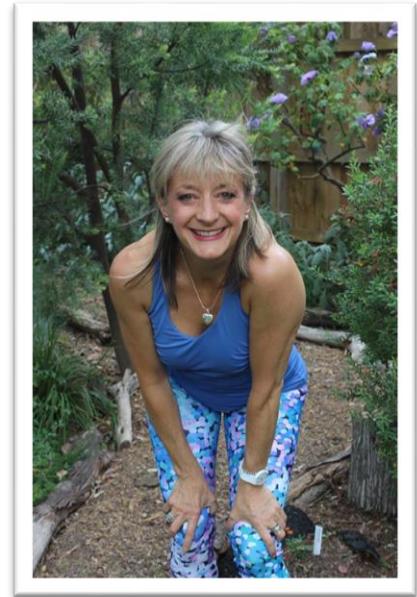
My parents were church goers and brought us up the same. During the lead up to my confirmation I was deeply disturbed that the minister couldn't adequately answer the questions I had about life.

I was fortunate enough to have largely a private school education, but always felt I didn't quite fit the academic fabric. I was also and always very creative (& loved Drama classes!) and often pondered things deeply. For me, bible study at school was intriguing in that it introduced me to concepts such as miracles. My fascination was in the unseen energetic level of these events that allowed dramatic shifts in people and places, such as Egypt, India and Native America. In questioning my religious upbringing, I came to realise there were many things I needed to find the answers for ... the ones that were right for me.

Fundamental question was there's got to be more ...!

My adolescent years and well into my forties was met with considerable difficulty with reproductive health. In my teens my gynaecologist recommended I went on male hormone drugs to help with my condition. This shook me to my core and the repulsion I had to the idea made me determined to look at other options.... And so, the core of my physical, emotional and spiritual healing journey began.

Since then and over the years I have received treatments in a wide variety of alternative modalities as well as main stream medicine, participated in countless personal development groups, explored a wide variety of faiths and traditions, written hundreds of journals, attend many workshops, counselling sessions, mediation groups, yoga practice, dance and Spiritual development groups.



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Some of this has taken me abroad where I studied at Body Mind College in San Diego as an Alternative Healing Practitioner, where I was also introduced to Siddha Yoga which was a significant part of my journey for eight or so years when I returned to Australia. Since then the key one being my spiritual development over the last ten years under the training of Sphinx Spiritual – Ian and Pearl Rogers who are both world class spiritual mediums. I became part of a (Sphinx) Spiritual Development Circle ten years ago, and these were common in the days of ancient Egypt. Over that time, I firmly believe I have grown more in that time than at any other point in my life. With them I am training to also be a spiritual medium and through whom I have been able to learn Hahneman Healing. I am also a qualified Spiritual Yoga teacher.

I have qualifications in Fine Art (Photography major), Interior Decoration and Design, Yoga and Education. This may seem at odds to what I do now, but in many respects my work in that area was about connecting with people, creating environments that brought expression, feeling and ultimately upliftment to people. Despite these many roles over the years, it is apparent to me that effecting change in people was what was important to me.

Fundamentally I believe that we are all connected, there is purpose to our lives, and as individuals we are all responsible for the choices we make and the direction we thus take. At the same time, we are all part of something larger because we all affect it and are affected by it. I believe in a larger humanity and spiritual force that affects our lives in direct and mysterious (and explainable) ways.

I am empathetic and can sense the emotions of those around me - intuitive and caring.

I am a developer, caring in the needs of others and how I can assist, always on the lookout for signs of growth however small is gratifying to me because its meaningful to me to see another overcome their challenges.

I am a learner.... I love to learn am energised by a steady and deliberate journey from ignorance to competence.

I am a realtor – for me a relationship is only valuable if it is genuine.

I would love to help you move forward with positivity in your life, and assist with your healing journey.

Lots of love

*Fiona xx*



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