

I.N.S.P.I.R.E.

THE ILLUMINATE ISSUE

Magazine

Issue 001

Illuminate.

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Nuture.

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Nurturing our youth

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Empower.

Own Your Power,
Ignite the World

“Music didn’t just help me survive. It helped me transform. It tuned my spirit to higher frequencies so I could help others find theirs.”

— Deb Norman

editor's letter



Welcome to the first illuminating issue of I.N.S.P.I.R.E. Magazine. As I reflect on this moment—the birth of a magazine designed to celebrate changemakers, visionaries, and soulful leaders—I'm filled with deep gratitude. INSPIRE is more than a magazine. It's a movement. A space where we shine a light on the incredible gifts we all have to share with the world.

Our theme for this inaugural issue is Illuminate—because now, more than ever, it's time to rise.

To stop hiding.

To allow your story, your voice, and your light to be seen. This issue features stories of those who've done just that.

Our cover star, Deb Norman, shares how music became her lifeline—guiding her from silence to soul-led healing, and empowering her to now help others find their rhythm.

We also celebrate our 2024 Inspire Awards winners—trailblazers who are illuminating their industries and communities with passion, purpose, and heart.

This magazine is your invitation to join them.

To illuminate your gifts.

To share your story unapologetically.

To remember—you are here to make an impact.

The world doesn't need more noise.

It needs your light.

Christine xo

Christine Innes
Editor-in-Chief

I.N.S.P.I.R.E.

At I.N.S.P.I.R.E. Magazine, we shine a light on changemakers, storytellers, and visionaries—illuminating the path for others to rise, lead, and make an impact.



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WHAT'S IN MY BAG

Every changemaker needs her essentials. Here's what our editor, Christine Innes, carries to stay inspired, empowered, and ready for anything.

EDITOR'S EDITION



purse



phone



eyeglasses



red lipstick



Perfume



tumbler



“For me, it’s all about the balance between elegance and essentials—things that elevate my day while keeping me grounded.”

— Christine Innes

From top left, counterclockwise:

Oroton Tote | Oroton Purse | Apple iPhone | Country Road Eyeglasses | Silk Oil of Morocco Red Lipstick | KWEAN & CO Perfume | Frank Green Tumbler

“

Dreams +
Action =
Reality

”

CHRISTINE INNES

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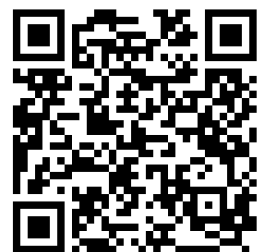
A declaration for changemakers.



8 TRENDS IN 2025 YOU NEED TO BE DOING NOW!

GET AHEAD OF THE GAME
WITH THESE KEY INSIGHTS
IN OUR FREE GUIDE

DOWNLOAD YOUR FREE GUIDE HERE





I didn't know back then, as a 10-year-old girl with my wild auburn hair and chores to do on a farm that the music I played in my head would one day become my anchor, my inspiration, and the very thing I credit with helping me become who I am today.

There wasn't much to do out there—just the hum of nature, the bleating of goats, a lot of chores and the static silence of loneliness. School wasn't a safe place for me, and home was often hard. I spent more time with animals than with people, and sometimes the only friend I had was the voice coming out of the speaker or cassette deck.

But then came *Ballroom Blitz* by The Sweet—electric, rebellious, wild, a bit like me—and suddenly I wasn't alone anymore. Music began to carry me. To keep me sane. It drowned out the silence and the sadness and filled the aching hollowness in my heart.

Between the ages of 10 and 16, I clung to sound like a lifeline. I didn't know the language of psychology yet, or what trauma was. I had no understanding of the nervous system and that mine was pinging. By age 12 I had a gut full of ulcers—I just knew that Van Halen's "Eruption" could spark something alive in me. "Jamie's Crying" somehow understood me when no one else did. That the echo of "You Really Got Me" made me feel like I could punch a hole in the cage I felt trapped in.

"You Ain't Seen Nothing Yet" by Bachman-Turner Overdrive wasn't just a song. It was my prophecy.

Even now, I smile at the thought—how prophetic those lyrics really were.

Those songs didn't just entertain me. They rescued me. They were the scaffolding of my resilience.

"Those songs didn't just entertain me. They rescued me."

DANCING & FREEDOM

Deb Norman is a life coach, psychotherapist, psychological astrologer, and spiritual guide whose healing journey through music is as raw as it is inspiring. In this powerful feature, she reveals how melody became medicine—and how she now helps others tune into their unique rhythm amidst the noise of life, business, and becoming.

Words by Deb Norman
Photography by Louise Williams

Years later, in my early twenties, life handed me another kind of silence. A new kind of isolation.

By my 24th birthday I had carried 6 children, only four survived, 2 of my triplets didn't make it. Later I had a midlife bub, we will save that for another story.

I was living in a tent and a leaky old caravan on 30 acres of land, 36 kilometres from town—no electricity, running water, car, phone, sometimes little food and no real help.

The days were long out there alone while my husband worked in town. The quiet wasn't peaceful—it was deafening.

But still... I had the music.

Paul Kelly, Cold Chisel, Deep Purple, Pink Floyd, and Ted Nugent became my lifeline again. I built fires to cook, carted water by hand, and did the washing in a tub, with music in my head and heart. I sang to the trees, to my children, and to myself.

When no one could hear me, music still could.

I was born into a musical family. My father, an opera singer, once told me I had his voice yet had no time to support me in developing this. My sister played the drums, my brother the trumpet, my mother the banjo mandolin, and my children later picked up electric guitars of their own.

Music wasn't just something we listened to—it was woven into our bloodline, our healing, our

way of coping. It was our medicine before we had language for medicine. It was how we spoke when words failed us.

And maybe that's why it lives in me so powerfully still.

Today, I walk the path of a life coach, psychotherapist, psychological astrologer, and spiritual catalyst. I hold space for others who feel silenced, rejected, or alone. I help people reclaim their story, reconnect with their soul, and rediscover their rhythm.

And often, I start with one simple truth: You are not alone. Your soul is always singing.

The songs that helped me survive have shaped the healer I've become. They taught me how to listen deeply—not just to music, but to the unspoken songs inside others. The sadness behind the smile. The courage beneath the chaos. The quiet strength beneath the pain for I was an Empath, evolving into the empowered clairsentient.

Music taught me how to see, feel, and reflect the human experience. It gave me the tools I now use to guide others through darkness and into light.

Music is expression in its purest form. It reaches where language can't go. It shifts and moves energy as everything in our environment resonates on its own amplitude of frequency. It opens hearts. It tells the truth that no one wants to hear.

And for those who have experienced silence as suffering—whether it's emotional neglect,

trauma, isolation, or just feeling invisible—music can be the bridge that connects us back to ourselves.

“If you can't speak it, sing it. If you can't sing it, feel it. If you can't feel it, listen to something that moves you until you can.”

Music gives us permission. Permission to grieve. Permission to hope. Permission to be angry, to dream, to dance, to cry, to rise.

When I look back at that lonely farm girl, or the young mother in the tent holding babies and heartache in the same arms, I see now: she was being shaped for something.

The music didn't just help me survive. It helped me transform. It tuned my spirit to higher frequencies so I could one day help others find theirs.

That's impact. That's inspiration.

And now, when I walk into a session with a client, speak on a podcast, or share healing through astrology and coaching, the echo of those songs still plays quietly in the background.

They are my reminder. My rhythm. My reason.

So if you've ever felt like the silence was too loud, or the world didn't understand you—press play. Let music hold you. Let it remind you that you are not broken, you are just becoming.

There is strength in your song.

And maybe, just maybe... you ain't seen nothing yet.

In this soul-stirring conversation, Deb Norman shares the deeper layers of her journey—from surviving the silence to stepping fully into soul-led leadership. Through healing, intuition, and unwavering purpose, she reveals what it truly means to live an inspired, empowered life.

Your journey is powerful. Can you share the moment that sparked it all—the moment you knew you were meant to do this work?

My childhood and early adulthood were defining and often brutal, but I kept rising. At 29, a police medium saw my potential and began training me. That moment changed everything—I realised I wasn't just here to survive, but to help others rise from their own darkness, too.

“
Now, I guide others through the dark, helping them reclaim their light.
”

What challenges have shaped your path, and how have they helped you become the visionary you are today?

From childhood isolation to raising children off-grid, losing two triplets, and facing homelessness with a sick baby each moment could've broken me. Instead, they built unshakable resilience. These experiences didn't just shape my purpose—they ignited it.

Now, I guide others through the dark, helping them reclaim their light.

Tell us about the mission behind your brand. What impact are you here to create, and what drives you forward every day?

I'm deeply passionate about leading in the quantum field. My mission is to elevate human consciousness and empower others for the highest good. Everything I do is fueled by a soul-level purpose — to uplift, awaken, and guide humanity toward greater awareness, healing, and alignment with their true potential.

What does it mean to you to live an inspired life—and how do you want to be remembered?

Experiences are my inspiration. Meeting new people, conversation, and love, which is the most important inspiration. without inspiration we become stagnate which affects our quality of life.

I would like to be remembered for the spiritual work I leave behind as a catalyst and change maker.

What's something most people don't know about you, but has deeply shaped who you are today?

Music saved me. Living in the bush with four kids under five, in a tent and old caravan, revealed a resilience I never knew I had. Those raw years shaped my purpose, my strength, and how I now show up — grounded, authentic, and deeply connected to what truly matters.

What's one powerful lesson or piece of advice you'd share with someone currently navigating the messy middle of building their business?

After 10 years of trying to build a global business solo, my biggest lesson is this: you can't do it alone.

Invest in coaches. Get the right help early. I wasted years and money learning the hard way—most businesses fail in five years because they skip this vital step.

“

"BE THE LIGHT
THAT HELPS
OTHERS SEE."

How I Turned a Side Hustle into a Purpose-Driven
Life—and Help Women Do the Same
By Jeanette Lowry



I I see you. You're a working woman juggling all the things—your job, your family, your health, your home.

You love your people, but let's be honest: you're exhausted. You know there's more out there for you. You dream of building something of your own, from home, with meaning.

Let me tell you: I've been where you are.

Over three decades ago, I got a phone call from a college girlfriend. She was excited about a new product line and invited me to a casual evening with friends—wine, cheese, and wellness products. That night changed the trajectory of my life. I fell in love with the results I experienced—and the compliments I started getting.

I spent seven years building a customer base in the wellness industry, partnering with a brand I believed in, using the products myself, and teaching others to do the same. That one decision gave me 20 years of recurring income. It allowed me to be a full-time mom and become Me 2.0. Unexpectedly, my 16 year marriage came to an end and I found myself a single mom. That recurring income became my safety net while I focused on raising my children.



*You are not stuck—
you're being called.
That voice whispering
'there's more'? It's
your future self,
waiting.*

What I didn't know then—but passionately teach today—is this: there are two types of income. Most people exchange time for money. If you don't show up, you don't get paid. But leveraged income, the kind I built, means you earn income whether you're clocked in or not. It's income that continues through systems, consumers, and even others pursuing part-time or full-time goals of their own.

With kids out of the nest, covid hit and businesses closed around me I knew it was time to get out of retirement and share the gift of leveraged income with other women seeking more.

In 2018 I dove headfirst into building a new coaching platform: PIVOT.

I always reference Robert Kiyosaki's Cash Flow Quadrant. (author of Rich Dad, Poor Dad) On the left, you're an employee or self-employed, trading time for money. On the right, you're a business owner or investor, that's

where recurring income and freedom live. Brand Partnerships, Affiliate or Network marketing gives everyday people—like us—a legitimate way to cross over to where wealth lives.

Today, I'm 64, and a "Nana" to two granddaughters. I've been in fitness since childhood—gymnastics, teaching group classes, and always living by health first.

Today, I help other women do the same: Launch an online home-based business that aligns with values, healthy lifestyle, and vision.

Inside my online Academy, I offer 16 weeks of self-directed learning, Zoom sessions, and community support. I teach women my turn-key "Biz in a Box" system—partnering with a trusted global wellness brand to create residual income through affiliate marketing and e-commerce.

Whether you're a young mom missing precious milestones or a burned-out professional ready for a Plan B, I coach women who are sick of feeling stuck and ready to rise. Women who want to direct their future—and be present for the people they love.

YOU. CAN. DO. THIS.

One of my clients told me: "I did not think it was possible to earn income from home in a way that does not feel like work. You gave me a step-by-step system, a community, and a new sense of purpose. I am finally excited about the future again."

If you are like me, you don't need a get-rich-quick scheme. You need something real. Proven. A way to grow your income while you grow yourself.

That's what I teach—wellness, business, leveraged income and mentorship inside a model that works.

You don't need a get-rich-quick scheme. You need something real. Proven. A way to grow your income while you grow yourself



I'm obsessed with helping women break the paradigms, raise the bar, and change their lives.

If you're still reading this, you're hearing a little voice saying,

"OMG, that's me." I want to do this too."

Listen to that voice. It's not random. It's your future self simply tapping you on the shoulder.

You don't have to keep grinding away, waiting for "someday."

You can take control—of your time, your health, and your income—starting now.

Let me show you how.
Let me walk with you.

Life is too short to play small—
and way too long to stay stuck. If
not Now, then When?

Jeanette Lowry
Wellness Coach | Mentor | Founder of PIVOT
Academy
Website: www.JeanetteLowry.com



**NOURISH YOUR SOUL
WITH WHAT MAKES
YOU FEEL ALIVE.**





Betrayals, relationship issues, break ups, divorces, career challenges, illness, financial challenges, and more are part of the Soul's journey.

Over two and a half decades ago, I healed myself of Multiple Sclerosis (MS) warning signs, through inner work (releasing unpleasant emotions) and spiritual growth, (incorporating the spiritual component) without any medication. My Soul created my illness so I would awaken from my spiritual slumber, connect with my inner self, and help other people wanting Soul healing, spiritual healing, energy healing, awareness, knowledge, and transformation of energy.

My physical body failed me even though I had a perfect life at the time being happily married to my then-husband, having beautiful children, a prodigious home, working as a registered nurse (my dream career), and having great friends and family. Why? My inner self (Soul) wanted growth! Instead, I would implode negative emotions and unpleasant situations as I was unaware my Soul wanted inner work to be done. I lived in victim land until I was aware through growth, that things are happening FOR YOU and not TO YOU. Living in victim land and the victim energy is part of the Soul's evolution.

Betrayals, relationship issues, break ups, divorces, career challenges, illness, financial challenges, and more are part of the Soul's journey.

For over two decades, I have been assisting people with breaking through barriers that are keeping them stagnant in perpetuating karmic loops and cycles, health challenges, chronic illness, clearing negative energies and spiritual warfare that are causing blockages and other problems, recovering from broken hearts and relationships wounds, assisting people with clarity about their Soul's purpose, personal situations, and life in general, transforming their limiting beliefs to positive and empowering beliefs, and much more. My professional experiences span over four and a half decades working in the wellness and medical industry.

YOU ARE MORE THAN YOUR NAME, PERSONALITY, RELIGION, and NATIONALITY!

Your inner self-soul is the older, broader, wiser part of you. The total of everything you have been and done in previous lifetimes.

When one does not see or understand the lesson or growth opportunity, the Soul recreates the energies as the inner self wants the growth and energy transformation.

Most of the energy we experience originates from the Soul. The inner beings want growth from YOU! By doing inner work, emotions are transformed freeing the spirit (the physical entity part of you).

Forgiveness of oneself and others is a major component of inner healing.

Throughout the many years of conducting energy and Soul healing, Soulful Forgiveness™ is now my signature work. The Soulful Forgiveness™ and Atonement and Energy Healing (SF & A) work I conduct, is transformational and positively life-changing, freeing emotions from the spirit and the Soul, the inner beings! The inner beings are recreating their lives through the spirit (physical entity part of the person) during this lifetime. The Soul rejoices whenever I conduct the work for clients! The private, non-invasive, gentle, profound, energy transformation transpires whilst one lets go, forgives, and releases energy they are not at peace with. I work on up to three people, male or female, (living or deceased), or one group of people per session.

You are not required to reveal the identity of the people you are forgiving. Your Soul knows who the people are. It is your choice. Frequently seen results include emotional freedom, inner peace, feeling lighter and happier, improved sleep, confidence, and more. Health challenges are positively impacted and noted as well-being improves! Often seen as a positive ripple effect to others.

If you have had enough of holding onto grudges, hatred, betrayal, sadness, grief, pain, hurt, suffering, unforgiveness, abandonment, rejection, restless nights, insomnia, and more, and you are ready to let go of, forgive and release emotions I will help you!

WHEN YOUR SOUL IS at peace, you have the potential to feel better, have higher energy levels, improved health, confidence increases, better quality of sleep and much more.

If you are ready to shed the old and replace it with new transformed energy, and you feel inspired to experience the transformation of Soulful Forgiveness and Atonement and Energy healing, I encourage you to reach out. I am here to help.

In addition to Energy healing, I offer (by application) exclusive one-to-one Bespoke Programs and packages for people to assist them in living the highest and greatest version of themselves and their lives.

Lisa Ohtaras from Caring Energetic Healing is a Soul healer, Energy healer, Reiki Master, Seichim Master, Intuitive Spiritual Coach and Mentor, Spiritual Educator, Medium, Channel, Soulful Forgiveness Practitioner, and co-author of a series of books

www.caringenergetichealing.com


PRINT, PIN, OR SHARE: QUOTES TO LIVE BY

Don't be afraid
to shine. The
world needs
your light.

Madeline Braun-Marziac
Winner of 2024 Inspire Awards - Youth Inspiration

Model, Actress, Model Coach, and Medical Student.





Madeline Braun-Marziac is a multi-talented model coach, actress, and medical student at Bond University, combining her passions for performance, education, and mentorship. With a background in modeling and acting, she inspires others to shine confidently, whether on stage or in life. Beyond her creative pursuits, Madeline is an advocate for Variety, the children's charity, contributing to initiatives that improve the lives of children in need. Balancing her artistic and academic pursuits with grace, she embodies determination and compassion, striving to leave a meaningful impact in the entertainment industry, healthcare, and her community.

I found my passion for acting and modelling through my love of the arts—playing nine instruments, performing in theatre, singing and dancing. Each allowed me to explore creativity, self-expression, and storytelling, naturally leading to modelling and acting as platforms to inspire confidence and connect with others. My passion for empowering others began with modelling and acting, where I found joy in helping people embrace their confidence. Combining creativity with education, I'm driven to inspire and make a meaningful impact in every aspect of life.

Each year, the Inspire Awards spotlight changemakers who are making a real impact in the world—and this year's winners are no exception. In this exclusive Q&A, we speak with one of our 2024 honourees to dive into the heart of their journey, their mission, and what being recognised at the Inspire Awards truly means to them.

What inspired you to take the path that led to the achievement of winning an Inspire Awards?

Winning an Inspire Award was driven by my passion for empowering others through the arts. My modelling, acting, and mentoring journey has always been about inspiring confidence and showcasing resilience through our own challenges. The award represents the impact of creativity, hard work, and helping others believe in their true, full potential.

Looking back, what pivotal moment in your journey shaped who you are today?

A pivotal moment in my journey was attending Paris and Milan Fashion Weeks 2023. It was a dream come true, not just for the glamour of the runways but for the opportunities to showcase my work and be indulged by the global fashion community. It solidified my passion for modelling and inspired my future goals, leading the path to creating the same opportunities for other aspiring models.

How do you stay true to yourself while navigating challenges in your field?

Staying true to myself means embracing authenticity in every aspect of my work and life. It's easy to get caught up in external pressures in a field like modelling and acting, but I focus on my values, creativity, and purpose. I practice journaling, self-reflection, pilates, and sauna, and I surround myself with supportive, like-minded individuals to help maintain balance and clarity.

What is one piece of advice you would give your younger self?

I would tell my younger self to stay focused on growth. Embrace every

challenge as an opportunity to learn and evolve, and trust that each step, no matter how small, is part of a bigger journey. Stay patient and believe in the power of your own progress; dreams will come true.

In moments of doubt, how do you reconnect with your purpose and passion?

In moments of doubt, I reconnect with my purpose by reflecting on my journey and focusing on what inspires me. Listening to music helps me clear my mind and regain focus. I also organize my next steps, breaking down goals into manageable tasks. Working out at the gym keeps me energized and grounded, allowing me to release stress and maintain a positive mindset. These practices help me realign with my passion, reaffirm my purpose, and stay motivated to keep moving forward with confidence and clarity.

What personal habits or practices have been instrumental in your growth?

The gym has been essential in my growth, not only for physical strength but also for mental clarity and resilience. Creating lists on my whiteboard and in my diary helps me stay organized, track progress, and keep focused on my goals and purpose. My community plays a huge role too, offering support, inspiration, and a sense of accountability. Together, these habits and practices help me stay grounded, motivated, and continuously growing, both personally and professionally.

How has this achievement of winning an Inspire Award changed your perspective on your capabilities or goals?

Winning an Inspire Award has

reinforced my belief in my abilities and reaffirmed my purpose. It's shown me the profound impact that dedication and passion can have. This achievement has motivated me to set even higher goals, continuing to empower others. It serves as a reminder that growth is ongoing, and perseverance always leads to meaningful results. Inspired by this, I've begun creating my academy, where I can help others grow through modelling, acting, and personal development.

What legacy or impact do you hope to leave behind as a changemaker?

As a changemaker, I hope to leave a legacy of empowerment and inspiration. My goal is to create spaces where people can discover their true potential, whether through the Arts or personal growth. I want to inspire others to embrace their uniqueness, overcome challenges, and pursue their dreams with confidence and resilience. I want people to reach beyond the stars and achieve their dreams.

As a winner of The Inspire Awards, what inspired you to be part of being a changemakers?


Winning the Inspire Award reinforced my desire to be a changemaker. I've always been passionate about empowering others and creating growth opportunities, starting all the way back when I was captain of over a dozen institutions at school. This recognition inspires me to continue to make a difference, help others embrace their potential and break through barriers. It is my purpose to become an avenue for others to dream big in life and achieve it.

**When you are in
alignment with
your purpose, the
universe conspires
to support you**



Abdul Rababeh
Winner of 2024 Inspire Awards - Educational Excellence

Transformation Coach



Abdul Rababeh is on a mission to change the lives of struggling men, particularly divorced dads, by helping them rebuild their lives with strength, purpose, and resilience.

Founder of The Resilience Project, Abdul has turned his own battles into the blueprint for others to rise, overcome, and thrive. For Abdul, the journey to becoming a coach and mentor wasn't just professional, it was deeply personal. Having faced the heart-wrenching challenges of divorce, battling with low confidence, and feeling lost in his own life, he knows firsthand the pain that so many men silently endure. But rather than letting those struggles define him, Abdul chose to transform them into a source of strength and purpose. It's that very transformation that he now helps other men achieve.

Through The Resilience Project, Abdul offers hope, a fresh start, and a lifeline. He works with men who are stuck in the rut of emotional, mental, and physical struggles, guiding them through powerful mindset shifts (paradigm shifts) that allow them to break free from their past, overcome obstacles, and create new futures for themselves. His approach integrates the mind, body, and spirit, combining fitness, nutrition, and personal growth to help men not just survive, but thrive. Abdul's vision goes beyond individual transformation.

He is passionate about giving a voice to the unheard voices of men, those who are too often overlooked and misunderstood in today's society. Through his podcast, The Resilience Project Podcast, Abdul opens raw, honest conversations around mental resilience, overcoming life's toughest challenges, and rediscovering strength when it feels like all is lost. He's been featured on 2MFM 92.1 FM Sydney Community Radio and participated in a special 90-minute live TV streaming event, where he shared his insights on how men can regain control of their lives and step into their true power. Abdul is leading a movement to ensure that no man feels alone, unheard, or unable to overcome the obstacles in his life.

Each year, the Inspire Awards spotlight changemakers who are making a real impact in the world—and this year's winners are no exception. In this exclusive Q&A, we speak with one of our 2024 honourees to dive into the heart of their journey, their mission, and what being recognised at the Inspire Awards truly means to them.

Connect with Abdul here:
Facebook : Abdul Rababeh
Instagram: Abdul Rababeh
Spotify: The Resilience Project Podcast

What inspired you to take the path that led to the achievement of winning an Inspire Awards?

My own battle through hardship and transformation fueled my mission. As a divorced dad, I faced rock bottom, but I refused to stay there. The Resilience Project was born from my journey, empowering men to rebuild and rise. This award isn't mine alone—it's for every man who refuses to break.

Looking back, what pivotal moment in your journey shaped who you are today?

The turning point was hitting rock bottom after my divorce. I had spent years putting others first, feeling lost, and stuck in a cycle of self-doubt. The day I chose to rebuild myself, mentally and physically, was the day The Resilience Project was born. That decision changed everything.

How do you stay true to yourself while navigating challenges in your field?

I stay true by owning my story, every struggle, every breakthrough. I've already faced my darkest battles and refused to break. My mission isn't just words; it's who I am. Challenges don't shake me—they fuel me. I lead with resilience because I've lived it, and I refuse to stop.

What is one piece of advice you would give your younger self?

Stop waiting for permission to be great. The pain, the struggles, they're not breaking you, they're building you. Own your story, trust your strength, and never shrink to fit someone else's expectations. One day, you'll realize the fire that tried to destroy you was actually forging your power.

In moments of doubt, how do you reconnect with your purpose and passion?

In moments of doubt, I remember the wise words of my mother: 'Stick your mind to it, and you will achieve anything.' and life is our greatest teacher. What we resist is often what we need most. Ease comes after hardship. The struggle isn't breaking me, it's building me

What personal habits or practices have been instrumental in your growth?

Consistency, self-reflection, and embracing discomfort have been key. I commit to daily habits, whether it's mindset work, physical training, or prayer because growth doesn't happen in comfort zones. I remind myself of the wise words 'The strong one is not the one who overcomes others, but the one who controls himself.' Discipline is my foundation, resilience my driving force.

How has this achievement of winning an Inspire Award changed your perspective on your capabilities or goals?

Winning the Inspire Award reinforced that I'm on the right path. It's a reminder that my struggles weren't in vain and that my mission to help others is impactful. This achievement has expanded my vision, it's not just about me anymore. It's about reaching more men, inspiring deeper transformation, and showing that no one's journey is too broken to rebuild.

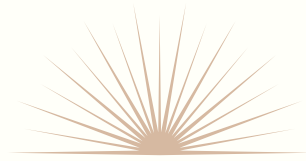
What legacy or impact do you hope to leave behind as a changemaker?

My vision is to impact and transform the lives of 5,000+ men

within the next 5 years, and far beyond, on a global scale. My legacy will be one where no man, especially a struggling dad, feels powerless or alone. I want to ignite a worldwide impact of resilience, where men rise above their deepest challenges and reclaim their strength. Through pain, purpose is forged. I'm here to prove that with the right mindset, nothing is impossible. That's the legacy I will leave, unbreakable, unstoppable, and transformative.

As a winner of The Inspire Awards, what inspired you to be part of being a changemakers?

Winning the Inspire Award solidified my belief in the power of transformation. I became a changemaker because I've lived the struggles I now help others overcome. My journey fuels my passion to inspire and empower men, especially fathers, to rebuild their lives. Being part of this movement means showing others that no matter how broken you feel, you can rise, reclaim your strength, and create lasting change. The world needs men who are willing to embrace their purpose, and I'm here to lead the way.



TO INSPIRE IS TO
BREATHE LIFE INTO
ANOTHER.

Nina Sackprasith

**Winner of 2024 Inspire Awards - Influential Business Leader
& Community Champion**

Wellness & Holistic Health





Nina is the founder of Vivre Wellness, a purpose-driven space dedicated to empowering individuals through mind-body-spirit practices. At Vivre, she facilitates holistic programs that blend breathwork, somatic therapy, movement, and creative expression to support emotional well-being, personal growth, and community connection. Through both Vivre Wellness and the Tiyende Women's Collective under Vivre Co, Nina also leads initiatives that equip youth and women—locally and globally—with life skills, self-leadership tools, and pathways to economic empowerment. Her work is rooted in warmth, authenticity, and a deep belief in everyone's potential to rise, reconnect, and rewrite their story.

Each year, the Inspire Awards spotlight changemakers who are making a real impact in the world—and this year's winners are no exception. In this exclusive Q&A, we speak with one of our 2024 honorees to dive into the heart of their journey, their mission, and what being recognised at the Inspire Awards truly means to them.

Connect with Nina here:
Instagram: [Vivre Wellness](#)
Website: [vivrewellness.com.au](#)
Website: [vivreco.com.au](#)
Website: [africainnovate.org](#).

What inspired you to take the path that led to the achievement of winning an Inspire Awards?

I was inspired by my own healing journey—moving through burnout, heartbreak, and pain cracked me open and led me to discover the power of breathwork, movement, and creative expression. That transformation changed everything. Now, I'm devoted to helping other women rise too. The Inspire Award affirms this heart-led path, not just for me, but for every human reclaiming their power.

Looking back, what pivotal moment in your journey shaped who you are today?

One of the biggest turning points was hitting rock bottom, navigating depression, anxiety, burnout, heartbreak, and deep emotional pain. It cracked me open, but also led me into breathwork, thrust into a deep spiritual & personal development journey. That's when I truly met myself. Everything I do now is rooted in that moment of choosing to rise.

How do you stay true to yourself while navigating challenges in your field?

I stay grounded in my purpose, to help others rise and create meaningful change. Gratitude keeps me centred, especially during tough moments. I remind myself why I started, stay connected to the impact I'm making, and trust that every challenge is part of something bigger unfolding.

What is one piece of advice you would give your younger self?

I'd tell my younger self—you're never alone. Keep coming back to you, your inner best friend. In the darkest times, you'll find strength, softness, and courage within. Everything you need is already inside you, you're more powerful and more loved than you can imagine. You've always had you, and that's enough.

In moments of doubt, how do you reconnect with your purpose and passion?

In moments of doubt, I remember the women I serve in my programs, their strength, courage, and growth ground me. They remind me why I started. My purpose lives in every woman I walk beside as she rises, reconnects with herself, and rewrites her story with power and heart.

What personal habits or practices have been instrumental in your growth?

Dancing helps me express and release, while painting gives me a creative outlet to reflect. Walks in nature, swims, time with loved ones, and deep breathing all keep me grounded. These simple but powerful habits have been key to my growth, regulation, and staying connected to who I truly am.

How has this achievement of winning an Inspire Award changed your perspective on your capabilities or goals?

Winning the Inspire Award affirmed that I'm capable of turning vision into impact. Launching the Tiyende Women's Collective was just the beginning. Since then, I've expanded my skillset, embraced my creative and purposeful pursuits, and deepened my commitment to building meaningful programs that uplift communities and create lasting, heart-led change.

What legacy or impact do you hope to leave behind as a changemaker?

I want every person to feel truly loved, safe, and supported, and to have the most beautiful relationship with their inner self. My impact is a ripple. If I can inspire someone to rise, feel empowered, and create change in their own life, then I know I've done my part.

As a winner of The Inspire Awards, what inspired you to be part of being a changemakers?

Being part of The Inspire Awards felt like a full circle moment. It was inspired by the heart-led path I've been walking for years—through Vivre Wellness, where I hold space for others to reconnect with themselves, and the Tiyende Women's Collective, which grew from a deep desire to create lasting change for women living in poverty. These weren't just projects—they were planted from real lived experiences, passion, and purpose. I never set out to be a "changemaker," I just followed what felt true to me. And in doing that, I've watched others rise with me—and that's the most inspiring part.

... do you need help telling your story ?





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2025

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ARE YOU THE NEXT CHANGE MAKER?

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YOUR GLOW
TRANSCENDS
SEASONS



GREATER AWARENESS BEGINS WITHIN

BY: LARISSA BEATTIE/SARAMATU

In the vast expanse of human consciousness, we are at a pivotal moment, a threshold of awakening, where the energetic tides of the cosmos align with our inner evolution. The sun's potent solar flares, the moon's gravitational pull on our emotional bodies, and the fluctuating frequencies of the Schumann Resonance (Earth's frequency) are not mere celestial occurrences; they are divine orchestrations nudging us toward deeper self-inquiry and transformation.

As we navigate these shifting energies, we are called to turn inward. The path to greater awareness does not begin outside of us, it begins within. True clarity, wisdom, and expansion come from an unwavering commitment to self-reflection. In this moment of collective awakening, the most radical and necessary act is to embark on the journey of understanding the self.

THE COSMIC ENERGIES AND THEIR INFLUENCE ON CONSCIOUSNESS

Right now, the sun's solar activity is intensifying, sending bursts of electromagnetic energy toward Earth. These solar storms influence our nervous system, activating dormant energy within us, often resulting in heightened intuition, emotional purging, or even physical symptoms like fatigue or restlessness. Rather than seeing these as disturbances, we can view them as catalysts, clearing away outdated beliefs and stagnant energy.

Similarly, the moon, our celestial guide of the subconscious, continues its rhythmic dance, illuminating aspects of ourselves that we may have ignored. Whether in the depth of a new moon's introspection or the illumination of a full moon's revelations, our emotions and inner truths are magnified. The moon invites us to embrace our inner tides, to honor the waves of self-discovery, and to release what no longer serves our higher path.

The Schumann Resonance, the Earth's heartbeat, fluctuates as human consciousness shifts. When spikes in this resonance occur, many experience heightened states of awareness, a sense of time acceleration, or moments of deep introspection.



These energetic frequencies mirror our own transformation, signaling that the planet itself is evolving alongside us. This resonance is not merely an external phenomenon but a reflection of our collective energetic field, responding to our vibrational shifts as individuals.

THE IMPORTANCE OF INNER REFLECTION

In the midst of these cosmic influences, we must ask ourselves:

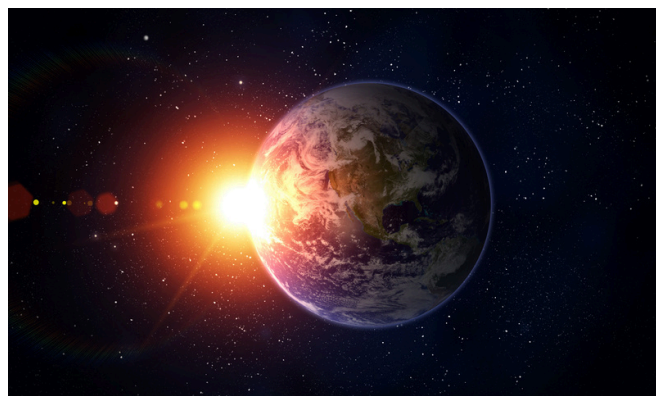
Who am I beneath the layers of conditioning?

What stories have I inherited that no longer resonate with my truth?

Where am I resisting my own expansion?

Inner reflection is the doorway to self-mastery. It requires a willingness to sit in stillness, to observe our thoughts without attachment, and to acknowledge our fears without judgment. It is in this space of introspection that the veil of illusion begins to lift, revealing the deeper essence of who we truly are, beyond ego, beyond identity, beyond external expectations.

The identity we have constructed through societal conditioning is being challenged by the greater forces at play. The more we surrender to this process of inner work, the more we develop an expanded awareness, one that allows us to witness our experiences without attachment. Beyond this, there exists a state of pure consciousness, a level of being that transcends the fluctuations of thought, emotion, and identity.



PRACTICAL STEPS FOR ALIGNING WITH THE SHIFTS

Daily Stillness & Observation

Begin each day with a moment of silence. Observe the thoughts that arise without engaging with them. This practice strengthens your ability to witness rather than react.

Energetic Grounding

With heightened solar and planetary activity, grounding is essential. Spend time in nature, walk barefoot on the earth, or engage in breathwork to anchor your energy.

Journaling for Awareness

Write down any emotions, dreams, or realisations that surface. The act of writing externalises the internal and offers clarity.

Mindful Detachment

Recognise that not every emotion or thought is yours to own. Some are collective energies moving through you. Breathe through them rather than resisting.

Conscious Connection

Surround yourself with those who are also walking the path of self-awareness. Authentic conversations and shared reflections amplify growth.

THE RIPPLE EFFECT OF PERSONAL AWAKENING

As we deepen our inner work, we naturally become conduits for greater consciousness. Our individual shifts contribute to the collective awakening. When we heal, we raise the vibrational frequency of the planet. When we embody self-awareness, we inspire others to do the same. This is how transformation spreads, not through force or persuasion, but through the silent power of embodied truth.


The current energies are not here to overwhelm us but to support our elevation. The solar flares cleanse, the moon reveals, the Schumann Resonance pulses with the rhythm of change. We are not separate from these forces, we are intrinsically connected to the cosmic dance of evolution.

And so, in this moment, we are being called, not to seek answers outside of ourselves, but to turn inward, to reflect, to dissolve illusions, and to awaken to the truth that has always been within us.


The path to greater awareness begins with you. Are you ready to walk it?

Much Love
[Saramatu](#)

Connect with
Larissa Beattie here:

 | [SaramatuAwaken](#)


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SCENTS OF AWAKENING

Essential Oils to Spark Inner Light

By Kay Hamilton



Young Living essential oils, offers a powerful way to connect with your intuition and foster personal transformation. Let's explore the best essential oils for spiritual awakening, their benefits, and a morning ritual to elevate and inspire your energy.

The Power of Scent in Spiritual Awakening

Your sense of smell is a gateway to memory, emotion, and intuition. A single whiff of an essential oil can anchor you in the present, rekindle forgotten dreams, or shift your mindset. When used intentionally, aromatherapy transforms from a simple fragrance into a tool for spiritual connection, emotional clarity, and energetic awakening. By incorporating Young Living essential oils into your daily routine, you can unlock deeper self-awareness and personal empowerment.

Best Essential Oils for Spiritual Clarity

Here are four Young Living essential oils and blends renowned for their uplifting and enlightening properties:

Frankincense: Known as the "Oil of Truth," frankincense essential oil quiets the mind, deepens meditation, and enhances spiritual awareness. Apply it during journaling or meditation to connect with your inner wisdom.

Lemon: This vibrant citrus essential oil promotes mental clarity and joy. Diffuse lemon essential oil in the morning to boost your mood and sharpen focus.

Myrrh: A sacred oil used in ancient rituals, myrrh essential oil fosters inner stillness and connection to divine wisdom. Perfect for grounding during spiritual practices.

Sacred Mountain: This exclusive Young Living blend combines grounding and uplifting notes, making it ideal for centering yourself before important decisions or moments of reflection.

Light Your Path with Aromatherapy

Transformation doesn't always require grand gestures. Sometimes, it's the subtle flicker of a candle, the fresh scent of lemon essential oil, or a quiet moment with frankincense that sparks change. By incorporating Young Living essential oils into intentional aromatherapy rituals, you can illuminate your path—one breath, one drop, one empowered moment at a time.

Embrace the power of essential oils for spiritual growth and start your journey toward awakening today.

SCAN QR CODE
TO CONNECT



“ILLUMINATE YOUR PATH—ONE BREATH, ONE DROP, ONE EMPOWERED MOMENT AT A TIME.”

— KAY HAMILTON

MORNING RITUAL TO RISE & RADIATE

A powerful aromatherapy ritual to awaken your inner light.

Set Your Intention: Upon waking, place a hand on your heart and affirm, “Today, I choose to shine my light.”

Diffuse Blend: Combine 3 drops lemon, 2 drops frankincense, and 1 drop myrrh in a diffuser to create an uplifting, grounding atmosphere.

Awakening Affirmation: Repeat, “I see clearly. I trust my path. I am guided by light.”

Journaling Prompt: Reflect on, “What truth is ready to be seen within me today?”

This morning ritual harnesses the power of essential oils for mindfulness and sets a positive tone for your day.

DIY ILLUMINATE BLEND ROLLER

Create a portable essential oil roller blend to carry your awakening practice with you.

Ingredients:

5 drops frankincense essential oil

4 drops lemon essential oil

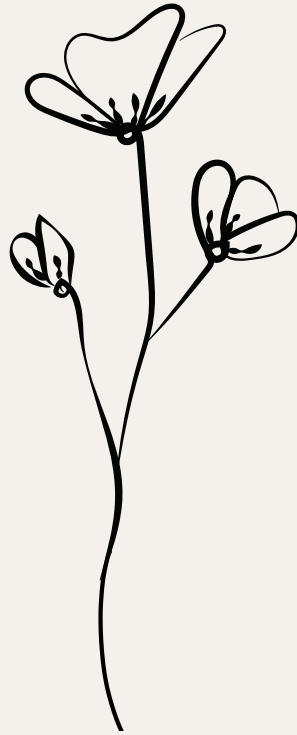
3 drops Sacred Mountain blend

Top with a carrier oil (like jojoba or sweet almond oil) in a 10ml roller bottle.

How to Use:

Apply to your third eye, heart center, and wrists daily to stay connected to your inner light and intuition.





*Each time you rise you
become stronger.*



the manifesto of **I.N.S.P.I.R.E.**

At the heart of every changemaker lies a set of values that guide their journey, shape their actions, and illuminate their path. The **I.N.S.P.I.R.E.** Principles embody the essence of what it means to lead with courage, rise with purpose, and create ripples of transformation that reach far beyond ourselves. These are more than words—they are a call to live boldly, nurture deeply, and shine unapologetically.

ILLUMINATE: Shining a light on truth—bringing clarity and visibility where there was once darkness.

NURTURE: Nourishing the soul, the vision, and the community—knowing that lasting growth begins from within.

SHINE: Owning brilliance unapologetically—standing tall, being seen, and inspiring others to do the same.



PURPOSE: Led by mission, grounded in integrity, and intentional in every action—knowing the ‘why’ behind the work.

INSPIRE: Sparking change through story, leadership, and heart—uplifting others to step fully into their potential.

RISE: Rising from every challenge, every fall—stronger, wiser, and aligned with the highest self.

EMPOWER: Creating space for others to believe in themselves, take action, and step into their own light.



*DEFINED BY COURAGE, DRIVEN BY PURPOSE.
AN **I.N.S.P.I.R.E.** CHANGEMAKER DOESN'T JUST
DREAM—THEY ILLUMINATE, NURTURE, AND RISE,
CREATING RIPPLES OF TRANSFORMATION WHEREVER
THEY GO. THEY EMBODY RESILIENCE, LEAD WITH
HEART, AND EMPOWER OTHERS TO SHINE.*



Believe in
your own magic

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Celebrate the visionaries, the changemakers, the leaders who illuminate the world around them. Do you know someone who deserves the spotlight—or is it time to step into yours?

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3. A GRATEFUL LIFE BECOME A CO-AUTHOR

Your story has the power to inspire, uplift, and create lasting impact. Join an exclusive collective of changemakers sharing their journeys of gratitude, resilience, and transformation in our next anthology. This is more than a book—it's your legacy in print.

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