

My name is Carolyn Shannon and my favourite song is "Faith of the Heart" by Rod Stewart. It is from the Patch Adams movie and little did I know that I would be playing a role similar to the main character and loving it as much as he did. This faith (spiritual rather than religious) has kept me alive, safe and transformed my life on more occasions than I can tell you about here. It has led to me working my mission to empower others in 5 different areas of life via my main website [www.Empowermentstartshere.com](http://www.Empowermentstartshere.com)

My journey to awakening and personal expansion started very early in my life. I was a child who tried to leave this earth twice when I was under the age of 7 and once again at the age of 19. At first it was because the man I loved most (my father) couldn't love without physically hurting the ones he loved and I wanted out. Later, it was because I felt I couldn't truly let myself love anyone without hurting them (emotionally) before they had the chance to hurt me.

It was during the latter that I realized I would only be hurting the person who had to find me and live with that memory for the rest of their lives that I first stepped onto the path of consciousness change...it was a longer path than first expected with the universe sending me a number of opportunities some might call obstacles to move through to get to where I am today.

One of those opportunities led to me becoming a Hairstylist, then High School Teacher who taught Hairstyling to young adults and adults. Most of the students I had to work with had or still lived in turbulent home lives much like mine once was. This began to bring back both memories and old feelings I had to either deal with or escape from with one of the various addictions some of the other staff members had chosen to instead. Alcohol was out of the question, drugs weren't my thing so my first escape choice was food, mainly chocolate and this addiction became so strong it even led to financial problems. After all, I couldn't use my credit card to buy one chocolate bar for my daily fix...I had to buy things I didn't need so others wouldn't know it was the chocolate I needed most.

Once I started counseling it soon became clear why chocolate was my "drug" of choice. Once a month my mother went shopping and brought home a huge chunk of chocolate. She would guard this very well and only when she felt we deserved a piece or she felt like sharing did she give us a small square of her stash. Chocolate equalled love to me from that moment on. The realization of this along with an colouring technique I felt guided to create gave me back my power over chocolate...that began my journey to self-love through then unconditional love learned through the love of an angel in the form of a cat.

This journey to "love " was mirrored back to me in my job as a Hairstyling Teacher. Having to deal with ALL kinds of negativity on a daily basis both from students, staff and clients, I quickly learned that when working in the service and educational industries it was not okay to "Lose It" in fact doing so could mean job loss. To prevent this, I often had to rely on my sense of humor, clearing processes and creativity to make it through the day. Later, I taught my techniques and new ones I picked up along the way to my students, with positive results. *(No more hair pulling in class).*

Since then my life has benefitted in so many ways: I have since retired and turned many of these coping skills into workshops (books, ebooks & audios) . I offer business building empowerment and In my spare time I created and empower women through inspirational, healing WOW Gal Stories on a monthly basis via **Women of Worth (online) Magazine**

My next steps as an Evolving Being include my newest LOVE and sums up what I meant by feeling like Patch Adams. I need an exercise class I could truly enjoy so I became a Laughter Yoga Leader. Now being the facilitator of Laugh YOURSELF Healthy Niagara.com and running 2 classes per week and doing monthly Laugh Classes with local seniors residences not only gives me a workout, it fills my heart with unconditional love for all and more joy than I have ever known. I am amazed by how much the truly happy, spontaneous part of me I lost when I was a child has brought back to me.

Tune into the frequency of YOUR Own laughter, ALLOW YOUR God Given Inner Voice (Intuition) to guide YOU and ACTIVATE YOUR God Given Logic to make it Happen. Anything YOU create out of LOVE WILL be LOVED by Others. Oh...don't forget to wear comfortable shoes! *(taken from Carolyn's workshop, The LIGHTer Side of Venting Your Anger & Frustrations Away)*