

Hello and Welcome

Welcome, I AM Elisabeth - Siddhi Ma A Spiritual Wellness Mentor who founded Live By Our Codes, that is a resiliency and wellness portal.

A space that educates and empowers through a framework of exploring and discovering our own inner mastery as we unlock a foundation of resiliency.

7 themes are explored through the 7 keys that connect with our own inner mastery, unlocking and sustaining a foundation of resiliency.



The foundation of resiliency is assembled through engaging in the different educational keys and resources that anchor more resiliency that is transferable into every-day life.

As a qualified and experienced wellness practitioner, communicator and educator, I am extending my natural people skills, my passion to empower others through Live By Our Codes as I build rapport with you.

29 years ago, I began training in diverse fields of wellness, which expanded into completing a Bachelor of Health Science and most recently I became a Jyotish - Vedic Astrologer. Currently, I am training in Qi Gong.

I also spent 7 years in the educational and communication fields teaching English to second language learners in Asia and the Middle East. I have spent the last 7 years coaching and integrating my years of training with focusing on integrative wellness to specialize as a Spiritual Resiliency Mentor and Educator.

This led to me creating 'Live By Our Codes' ©2025

These professional skills combined with resiliency building life experiences have been utilized to create a resiliency hub to focus on enhancing individuals' higher potentials, through investing in resiliency reserves.

I have created a motivational space to facilitate a rewriting of your story that aligns you to self-belief, confidence, self-responsibility and measurable ways to reflect on ongoing achievements.

Live By Our Codes provides soothing ways to respond to vulnerabilities, stressors and obstacles that keep us down in the ashes which can then be reframed and like the phoenix RISE above all perceived limitations while building a new resiliency muscle. The mastery to RISE from the ashes creates deeper trust, that is anchored to respond with more awareness, ease and mastery to transcend limitations.

I share invaluable tools to recognize the amazing asset you are already to yourself, with successful and measurable strategies and untapped resources where a new bridge unfolds and each step across this new bridge re-frames and moves us forward to create the tools and mastery to RISE from the ashes.

Empowering resiliency resources that have life changing results are the theme of Live By
Our Codes an inspiring and transforming hub, giving deeper awareness and new
choices to enhance our potential and quality of life.



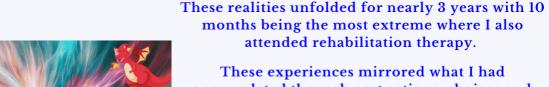


I have walked the sacred path of authentic suffering and transformation. Through my personal journey, I have accessed the divine inner codes and been gifted with the awakened Emerald Presence to access the wisdom of the dharma of my soul through the grace of the Divine Mother within my heart.

Having traversed the depths of inner turmoil and emerged in the light of divine clarity, I offer my guidance to those seeking to reconnect with their true essence. My work is founded on the belief that suffering, when understood and integrated, leads to profound healing and liberation.

I'm here to support you to navigate your own soul's journey, drawing upon your own wisdom while grounding the process of bringing deep insights to honor the beauty within yourself, your strength, resilience, and wisdom that you have already cultivated through every experience in your life. You are already deeply radiant and connected to the divine, a power and presence within you that far surpasses your current awareness of the essence of your untapped mastery.

After enduring two craniotomies and more recently radiation therapy to treat a brain tumor, although diagnosed as a benign brain tumor, its effects and what it drew me into have been nothing but benign. I experienced radical changes and profound shifts within my inner and outer worlds, including my physical appearance. I lived in extremes of inner and outer asymmetry and longed for a more cooperative inner and outer world as I was thrown into a disorientating dark pit due to an extreme brain injury. I percolated in these asymmetrical no man's land realities as some of these images throughout the e-book speak for themselves capturing an untold story in ways words could never convey.



These experiences mirrored what I had accumulated through past actions, choices and experiences and the visible scars during this time brought old, crystallized wounds back to life. I navigated these turbulent waters of 'disorientating reality' slaying the dragons, while overwhelmed by the looming loss of sanity, pushed to the edge of spiraling disorder and chaos.



What I endured took me into a profound healing, embracing each moment in the face of challenges. I honored the despairing reality I was facing and stood ready to just be.

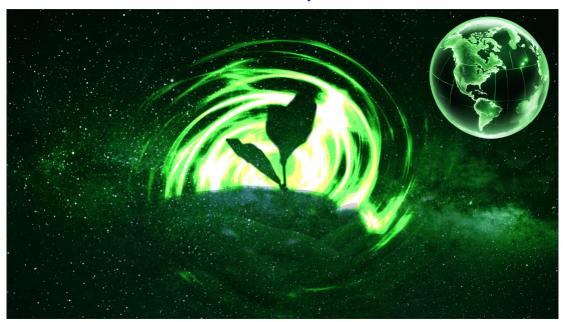
I surrendered into a never ending void as my sense of self was melting away. Amidst these challenges where my mind and sense of self was stripped of their usual grasp on reality, I aligned myself with a transcendent vision, one of being within a tunnel where a presence of emerald light encapsulates each moment of imbalance to restore harmony. Along side this was a mantra of loving kindness to bring back my higher potential into the world to lessen the suffering in the world, in the face of these overwhelming challenges.



This became my intent and focus as the potential of even lessening one person's suffering in the world would give this experience so much more value and meaning and more insights into what feels to be stretched between all I've ever been to what I'm yet to be.

Little did I realize I had been taken through the initiation of the awakening at the level of the higher dharma of my soul that I had been prepared for, to embody what I speak of in the here and now, as I AM being called upon and asked to share these realities.

I created a new way of getting through those grueling years, imagining a new cooperative world that would support the extremes I was living in. What once provided me with only temporary and fleeting glimpses of profound insights, mystical visions and extraordinary experiences, reaching into the divine realms only seemed to kick in during life and death scenarios, where I was being taught to live through life in those extreme dualities whilst being shown how these can coexist in harmony with an unshakable faith.





I would go through cataclysmic trauma-based experiences and somehow RISE like a Phoenix from the ashes refreshed and regenerated to keep anchoring and embodying what my heart led me to. Each time a new roadmap would be provided for with compass points leading to a new starting point from the salvaging of the wisdom beyond the experiences of suffering.

Prior to the brain tumor diagnosis of March 2017 I was of very sound mind, one that could reframe these realities and keep going into the next experience of life where any overwhelm could be hidden away in compartments within the buffer zones of my unconscious reality.

Then the tumor diagnosis turned my world upside down and reshaped my very essence.

As I continue to live with a new brain and way of being, I reflect back to the times where medical specialists have asked me what it is I am doing and could I share these skills with others. Through the years of ongoing medical care and the ten months of attending rehabilitation, my way of being was observable to others and commented on as whatever I was doing, they hadn't met anyone like me before.

My expertise is rooted way beyond formal professional training as I continue to walk both the pathways of a spiritual wellness mentor and that also of living with an acquired brain injury. These dualities are unique, and I bring them into the oneness of the potential we all have, of awakening to the higher dharma of the soul, that opens many gateways.

Many gateways opened for me during the extreme asymmetry I felt within my inner and outer worlds which echoed what had followed me throughout this life. These extremes flung me into the darkness of the pit of a deep soul reckoning where many karmic imbalances were purified and brought to light





Throughout my life I had lived with deep traumas that had become frozen within my body and during this time the crystallization of these frozen memories thawed and melted into this reality and came back to life. These experiences that had been crystallized in time came rushing back.

The most grueling and terrifying part of what I speak of is when I found myself unable to think or feel with any sense of control as I was catapulted into a primal rawness. Instead of having the ability to make choices or direct my thoughts and emotions, these abilities were taken away and I was so out of control that I was thrown into the raw, emotional state of a 2 year old, lost, frightened and in need of being safe.

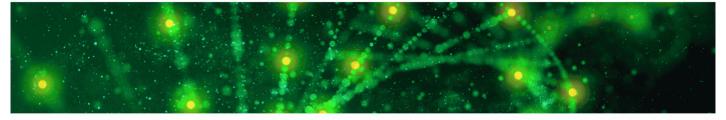
It was as if the very core of my entire being was being broken open to release the deep frozen memories that had nowhere safe to go, through the inner child of the 2 year old. These frozen memories had remained buried within until I was brought here at the precipice edge to relive the cries and anguish a child does in order to break free. What had remained embedded in my body was detangling itself as these fragments of past realities were all flooding back in and began to reassemble themselves through becoming alchemized over the ten months of attending rehabilitation.



My precious inner 2-year-old and any other parts of myself, that still carry echo's of these residues, that feel unheard or unhealed are met with the loving kindness and stability within my heart. These energies are then sent to the part of the body that compartmentalized these memories. What had become trapped, is now becoming freed to re-establish a relationship with those parts of myself, that bring back the source code of what I refer to as the 0.1%

I was shown this within the DNA and genome a blueprint of untainted pure essence that predates any trauma or emotional wounds, as I underwent the deepest reconciliation, of transmutation into the receptivity of the inner divine parental role models, that returned these fragmented parts of myself into the pure essence free of the previous energy schisms.

As the old mind was swiped a new mind represented what I speak of.



Prior to the acquired brain injury I already had 7 major surgeries and spent a lifetime with compromised health. In those times, my mind had been a refuge, a place where I could escape. The acquisition of the brain injury shattered all those escape routes, forcing me to confront a reality far different from what I had ever known. The new bolts of reality fully dismantled those I had been anchored to and uprooted everything I had known which then became the catalyst for many discoveries that were initiated through myself.



Many parts of a fateful destiny were maturing within me and anything that would get in the way of this higher purpose was uprooted and dissolved then lovingly reconnected and reintegrated with the 0.1% (our pure essence) as I was being prepared to meet the Vedic Astrology teacher, I started lessons with in 2021.

These sacred classes provided ways to interpret what had and was continuing to happen as a reflection of my lived reality. The sacred ancient teachings made sense as I would share phenomenal insights with Ksanati each class and he would reflect these as a uniqueness he hadn't seen before in the way I was living out the subtle energies of my chart.

As I neared the completion of my foundational teachings to become a certified Vedic Astrologer, I was bestowed with a sacred name Siddhi-Ma

My deeply cherished teacher, Ksanati through his wisdom, grace, and boundless kindness gave me a deeper understanding of my soul's purpose, and in that sacred name, Ksanati words touched me deeply. The name reflects the divine energies of the mother (Ma) and the mystical, spiritual powers of Siddhi.

He spoke about the name representing how I had been preparing through the devotional kindness within my heart of the divine mother - Ma to walk in these very big shoes, of Siddhi, to serve others through the divinely graced gifts that he saw in me that were rare. He spoke about the ways I am able to connect others with supernatural realms and truths that are often hidden or overlooked and the way in which the energies of Siddhi Ma will inspire people into more expansive phenomenal planes.

I was certified as a JY1 - Ksanati - Jyotish - Graduate in 2023





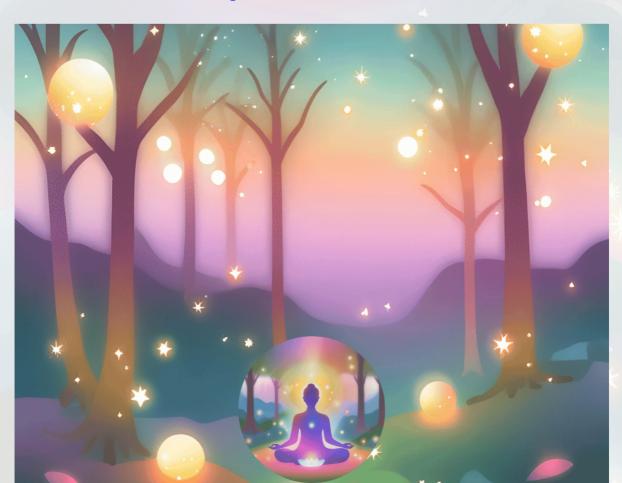
As I continue to live with what has become a stabilized and altered reality, I reflect back to the times where the mantra and transcendent vision drove me and motivated my every step forward into a higher quality of life. As I was embodying Live By Our Codes in a new brain and a new way of being, tapping into Siddhis.

Siddhi's can be understood as extraordinary powers and/or abilities that arise from a deep connection to what gifts them. For me these abilities were not something I sought or consciously cultivated, they emerged naturally as a flow on effect of the intense transformations I have undergone and the way in which I have learnt to abide within my heart.

For me the devotion within my heart has been what has periodically guided me through life and at times connected me to the Siddhis that temporarily safeguarded me.

To fully embrace the awareness of what now sustains this connection with Siddhi,
I consciously bring forth the devotional loving kindness of the
divine mother - Ma within my heart that has now also become my mind and is
currently reorienting into my body, allowing me to live free
from pain and inflammation.

I can now walk in the footprints of heart-centered lightness with a deep dharmic purpose, carrying this presence within my body, regardless of the ongoing chaos of life and live in deep gratitude for the brain tumor diagnosis that is leading to the full embodiment of the Siddhi's. These are divinely gifted to give me, to plant new seeds in this world within the nurturing, kindness and self-compassion through Ma that I have cultivated.



I now honor every step moving forward with these gifts that are serving the higher purpose to lessen the suffering in the world, supporting you to also tap into your own inner wisdom and heal the emotional and spiritual wounds that hold you back.

We are all citizens of the world, each on a journey of learning, growth, and self-discovery. I believe that deep within every one of us lies the wisdom and strength to heal, where we find our purpose and live authentically, in alignment with the divine and align to our own resonance of Siddhi's.

If you feel called to embark on a path of spiritual awakening and self-belief, together we can bridge the gap between the divine and earthly realms, unlocking your inner mastery and opening the doors to extraordinary, life-changing experiences

My own life has shown me and continues to that suffering, when embraced with love and understanding, leads to the most profound transformations.

Live By Our Codes offers pathways to inner clarity, healing, and empowerment to bring forth the divine wisdom, each step forward opens potential gateways from within, your own deeper connection to your soul and the divine.









I am here to walk alongside you in your own awakening and bring your attention to what really matters as your inner master awaits your return to honor your inner wisdom, determination and courage in your capacity to love and grow.

Together, we will walk the path to rewrite your beautiful story

Here it's time to embrace and cherish all you have been, who you currently are, and who you are yet to be. Imagine right now meeting your truly radiant divine essence that already resides within you.

Can you see the shift in my own consciousness serves as a testament to the extraordinary potential of the human spirit to heal and grow?

You too, can access your extraordinary potential through these celestial realms.

Can we all connect with and feel into the nurturing and guidance that is sourced from the presence of the divine mother -Ma

The presence within our hearts that plant seeds of potential that overflow into the world as we honor ourselves and each other in this time as your soul yearns for you to become anchored into more purpose and clarity.

I stand here in unwavering support to honor what you have already begun and to introduce you to the majestic and miraculous potential we all have.

Together, we will tap into your extraordinary potential, bridge the gap between where you are now and where you most desire to be, in both those divine and earthly realms. Here is a newfound unified space of transformation and belonging that is grounded in kindness, peace, and harmonious reciprocated points of navigation.

This is a pathway of mutual respect, and I welcome those who are ready to honor themselves and are aligned to humanitarian principles and are in the healing process and have an openness to engage in this sacred exchange with loving integrity.

I have provided a bridge between the end of the following story and where I am today in 2025



My Story

Let me share a part of my story with you to demonstrate how we can all connect with our inner guidance, access resiliency reserves and connect with a true sense of self, to improve our quality of life despite life changing difficulties.

My life dramatically changed when I was diagnosed with a brain tumor in March 24th 2017.

Today, I know this condition propelled me to foster an even stronger connection with my own sense of self, worth and inner guidance to access stored resiliency reserves.

I refer at times to my heart, for me listening to this inner guidance, inner knowing and what feels right has enhanced my potential with life changing results.



7 years ago, I was diagnosed with a benign, brain tumor known as an En Plaque Sphenoid Orbital - Cavernous Sinus Meningioma.

The tumor contained 2 globoid areas of tumor and more carpet like tumor, known as enplaque, tumor that infiltrates bone.

The main symptoms had been ongoing gradual pressure, discomfort, then swelling of my left eye.

One night my partner approached me and said how he was noticing a more prominent bulging of my eye and asked how I was feeling.

I had downplayed the symptoms and justified to myself that nothing major could be going on as I had already been to two previous doctor visits and an optometrist.

Nine months before this diagnosis, preliminary tests eliminated a possible pituitary brain tumor that I suspected I had. I was also offered diagnostic scanning as a precautionary step which I declined. Nothing else of concern was found at the other medical appointments either.

Although I had been living a really healthy, balanced life to reach optimum inner and outer wellness outcomes, I also started gaining excess weight, with increased sensitivity and poor stress management with strange nervous system irritations.



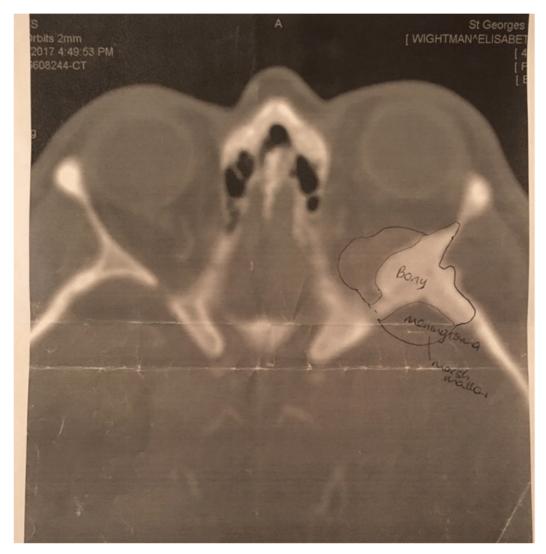
After my partner shared his concern, I visited a beautician to find out if what was happening to me could be old scar tissue behaving strangely as I had had previous incidents in the area that was changing.

I knew something was not quite right, I wondered if these changes could be due to aging, the reality was a very different one.

Feeling drawn to this particular beautician resulted in a diagnosis 5 days later.

The beautician explained her concern to me and asked if she could take these photos to consider possible options.

The beautician called me to explain that she had shown her father these photos. Her father, a recently retired eye specialist advised an urgent eye specialist referral, which was organized. CT Scan: March 24th 2017



I saw an eye specialist who immediately referred me for this urgent computerized tomography (CT) scan.

The day of the CT scan, I followed the prompting of my heart and asked to see the radiographer after the scan. To my amazement the radiographer met with me and explained I had a mass in a complicated and challenging area. He also shared that there were ways this could be treated.

On returning to the eye specialist to discuss the CT scan, an urgent neurosurgical referral was made as the eye specialist explained that the CT scan showed a brain tumor.

The neurosurgeon recommended brain surgery, known as a craniotomy and described what was necessary to both my partner and me. We felt really at ease with what had been planned, so I agreed to go ahead with the surgery on the 11th April 2017.

The diagnosis referred to an area of 2.9 cm of globular tumor with many more centimetres of damaged bone with intraorbital and intracranial components that would need to be removed. The consistency of the tumor was described as brittle honeycomb and a marshmallow texture by the neurosurgeon.

She also highlighted the areas and dimensions of the tumor on a printed CT scan, shown above.

During the 4 1/2 hour craniotomy only a little of the globular tumor was removed and much bone without the need for reconstruction. The discharge notes explained the proptosis (eye swelling and bulging) was reduced resulting in more space now being created and less threat to my sight and the left eye.



When I saw my partner soon after I awoke from the surgery I told him about this inner prompting that something was not quite right as I was feeling that something went wrong during the surgery.

I did not get to see my own neurosurgeon for 4 months. I was finally given an appointment through my own insistence.

Upon meeting the neurosurgeon again, she shared compassion and a genuine apology with a shaky voice for a mistaken choice during surgery.



She explained the complications of the tumor had not been truly revealed until they could see inside. She explained her regret in not removing more tumor and making other surgical decisions.

I was just so grateful to meet with her and have confirmation and explanation of the inner knowing I received soon after the surgery.

I was also so thankful that she had done her best and I still had my eye sight and eye in place. I had scarring and changes with more neurological sensitivity which I managed to adjust to.

I attribute my recovery to choosing to see every unfolding experience in my life as a way to teach me how to gain and live with more equanimity and understanding.

I am such a glass half full person, an optimist and always believe there is so much more going on that takes patience and trust to unfold.

My years of resiliency building life experiences, training as a wellness practitioner and a determination to transfer those skills into my life were also hugely influencing my wellbeing.

A few months before the diagnosis and craniotomy, I had met all the criteria and was just certified in Professional Wellness Coaching. The Wellness Coaching certification supported the other wellness modalities I was already experienced and qualified in.

I had also started a research project before diagnosis as part of the criteria to be certified as a Professional Coach.

The research project focused on what I felt most drawn to: Stress management through adapting to stress and reframing vulnerabilities as a tool for resiliency through coaching.

I had also launched a new coaching business website a month before the diagnosis and had written an article, providing resources about resiliency, as well as having the research project survey available on the website, too.

The website's logo featured a bridge, to represent moving forward from where we are now to where we most want to be.

The new steps forward raise us above currently perceived obstacles and vulnerabilities into a more restorative place of equanimity and certainty.



I believed empowerment and stress management would lead to more resilience when resources are in resonance with our own choice. To gain more resilience it is essential to allow new perspectives to unfold that reframe experiences that wear us down.

When we understand the issues that affect us, both those we are aware of and those we are less aware of, in a new and different way, we can use these issues as a catalyst to provide more self-balance.

I believed if we could discover our own solutions and insights, to what works best in our life and provides a deeper perspective of enhancing our quality of life, we could reach more of our potential.

I followed and utilized resources that felt right to access more of what lies within, to look through a more harmonized lens and to invest in more of my potential. This involved living everyday with the focus of balancing my body, mind and spirit, in taking steps forward as I built more resiliency reserves.

I believe the world of resiliency I was building, was shielding and buffering me from the full intensity of any traumatic experiences including the ongoing experiences of a brain tumor.

I treated these circumstances as a way to build a stress prevention muscle as well. My focus became more attuned on how I thought, felt and my overall intentions in life.

I was applying all I knew to adjust to this new reality after the craniotomy the best I knew how.

Then, a new training course caught my attention.

The course was by the Heart Math Institute. This course facilitated research-based techniques that address the effects and symptoms of stress and psychological challenges.

In particular, strategies for sustainable practices that are integrated through coaching, facilitating energy management and accessing the heart's intelligence strongly which all resonated with me.

I completed the course a few months after the craniotomy and gained the certification as a Heart Math Licensed Coach/Mentor. The course provided me with great support, enhancing my prior beliefs and experiences that the truth is in our heart and when we are heart-centered, we can reach more of our higher potential.

I remained really optimistic and I went back to a new sense of normality.

On further check - ups I was advised through the neurosurgeon and her team nothing more could be done to lessen the ongoing proptosis (bulging and pressure) of the residual tumor. I was again advised by the neurosurgeon, this time in writing, that further orbital decompression (to help the eye sit further back in the socket) was not possible due to where the residual tumor remained.

I had been living in New Zealand while this all happened and was returning to Australia where my partner and I had previously lived.

Five months after the surgery and the second week back in Australia, I started working part-time which I loved. I felt such a sense of gratitude to be living the life I was living.

I had my focus on harmony and well-being always aiming for deeper connections within the stillness. I also maintained working and studying part-time as a wellness practitioner.

I could see and feel improvements, I felt at peace and enjoyed how my eye was under less pressure from the first surgery.

I felt like a phoenix that has risen above what could of kept me down in the ashes.



Seven months after the surgery, my partner and I went to Cyprus to attend a training in Bio resonance and stayed on for treatment in a world leading natural medicine clinic,

The Da Vinci Natural Health Centre.

I was treated at the Da Vinci Natural Health Centre with the latest break-through treatments supporting an individualized protocol for myself after an in-depth diagnostic process. Something remarkable that was noted was the indication that I would always bounce back from whatever illnesses and disease that occurred as they each served as an access point to the spiritual realms where the healing would occur.

These treatments minimized inflammation, detoxed and purified whatever had occurred through the craniotomy, whilst increasing my optimum health and wellness.

I was in strong alignment with the integrated approach of Dr George Georgiou. His long service and experience of over 35 years in wellness modalities is commendable. He also provided training in natural medicine through The Da Vinci Institute of Holistic Medicine.

I decided to enrol in a Doctor of Natural Medicine.

Although the previous magnetic resonance imaging (MRI's) were considered stable and I was feeling great during the trip to Cyprus, 3 months after returning I was re-experiencing swelling around my eye, out of nowhere again.

I organized a 2nd opinion from a different neurosurgeon through a recommendation from a connection I had made. This connection had a similar tumor to me and had already been treated by the neurosurgeon she spoke of and shared her experiences. She was deeply supportive.

I spent many hours within myself in deep consultation.

I knew there are many choices and ways in which we can process stress and use it to actually strengthen our resiliency. So each time we are faced with a similar stress response we already have potential solutions in place to override the overwhelm that can result.

I asked myself, what more could I do?

What if I could improve what I'm doing and the tumor would calm down?

or

What could I do less of to minimize the tumor?

What was echoed back to me from within was the reassurance that I was doing everything that was possible with what I knew how with the resources I had available.

I realized it was time to surrender and let go of the pressure I was putting on myself.

My focus was always on the light at the end of the tunnel no matter how dark the circumstances of the tunnel were.



The 2nd opinion from the newly consulted neurosurgeon was different from the 1st opinion, he looked confused, explaining the combination of my symptoms, medical evidence and scans didn't make full sense of what was occurring.

The evidence of what I provided was extensive and informative from the previous Neurosurgeon and her team. These notes I had requested which anyone legally can in New Zealand.

As a result I had in-depth information about the diagnosis, surgery and options of ongoing treatment, with future planning, which is shared from these medical notes.

Radiotherapy had been offered and also the risks were explained.

It was documented treatment with radiotherapy wouldn't cause any significant shrinkage of the intraorbital tumor where the residual tumor was.

The risks of treatment with radiotherapy were pituitary dysfunction which tends to occur over 12-18 months then in the long run were more risks of early onset dementia and/or new tumor formation either what I have already or malignant cranial tumors.

This treatment I declined.

Another option discussed was more orbital decompression, where more bone is removed so my eye would sit better improving ongoing proptosis. After a referral and discussion, the neurosurgeon had with another specialist this plan didn't go ahead as it was explained no significant improvement would result due to where the residual tumor remained.

The documentation from the first Neurosurgeon also explained that they couldn't do anymore due to the tumor invasion in at risk areas. It was suggested for the wait and see approach with ongoing MRI's.





Based on the new imaging the new neurosurgeon described the tumor as in need of another craniotomy and behaving unusually aggressively.

The neurosurgeon showed genuine intent to help me.

These CT and MRI scans, verified what was happening including being able to explain more growth and the rare presentation of where the tumor was and how it was behaving.

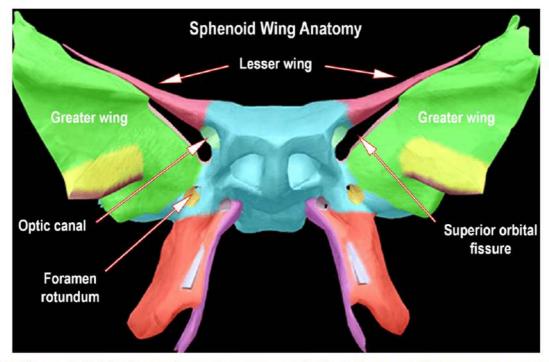
The above CT scan on the left shows the areas where some tumor infiltrated bone had already been removed and the MRI on the right shows more precisely where the residual globular tumor was located and how it had already grown to 3cm and was infiltrating more surrounding bone.

I was in disbelief how this could be happening with a benign tumor as only 6 months ago I had been told everything was stable?

I did my best to maintain resiliency and trust that something more positive was going on that had yet to be revealed. I focused on optimism and believed all would be okay.

The new neurosurgeon explained without surgery the outcome would be paralysis (or freezing) of my left eye. This would then result in the need for the removal and total loss of my left eye, or partial blindness with ongoing neurological deterioration.

The neurosurgeon described with utmost sensitivity the risks involved and how I would need reconstruction of where the tumor was invading and creating hyperostosis (abnormal growth) of the bone.



(https://www.visiblebody.com/en-us/anatomy-and-physiology-apps/human-anatomy-atlas)

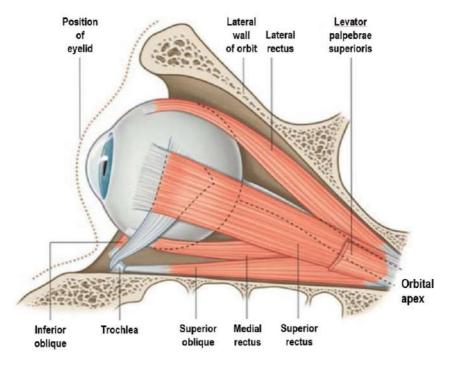
The tumor at the time, although a benign En Plaque Sphenoid Orbital Meningioma, contained 3cm globular tissue which had expanded and invaded surrounding bone that was disproportionate to the size of the globular tissue.

A meningioma brain tumor infiltrates dura mater. Dura mater is a layer of meninges which is like a carpet of protective lining around the brain and spinal cord, where a meningioma can form.

In this upcoming craniotomy, infiltrated bone was going to be removed from the left orbital structure, the left lesser sphenoid wing and the left greater sphenoid wing.

Where the greater and lesser wings meet is the superior orbital fissure which is part of the anatomy of the orbital structure. The greater and lesser sphenoid wings both contribute to creating protection and stability within the skull.

The globular part of the tumor was emerging through the superior orbital fissure into the orbital area entering the orbital apex, where the optic nerve meets the eye. It was encasing the optic nerve, displacing the lateral rectus muscle and the superior rectus muscle.



(sourced from:https://basicmedicalkey.com/the-orbit-and-accessory-visual-apparatus/)

The neurosurgeon's update necessitated me to resign from the job I had been working at in preparation for the second surgery.

The neurosurgeon expanded on how this surgery would change my appearance, due to the amount of bone needing to be removed.

I reflected on the way that this was to save my eye and I prepared myself for unknown changes.

The second surgery was 13 months after the first, on the 3rd May 2018.

The surgeon was the best in the field for what was explained as a complicated presentation of where the tumor was residing and the way it was behaving.



The neurosurgeon
explained this would be a
prolonged procedure due
to the need of
microsurgery which was
later explained how the
tumor had become
embedded and woven into
the back of my eye and
extending into more
threatening areas.

A few days before the surgery, I completed and passed a nationally and internationally recognized Professional Coaching certificate through The Life Coaching Academy (LCA).

This LCA accreditation is also an approved International Coach Federation, (ICF) authorized coach training program, which met the criteria for me to apply for the ICF accreditation also.

This was a goal after the surgery.

I had ongoing support from mentors with expertise in the fields I was passionate about. Their ongoing support reflected back to me how I was transcending potential limitations.

I prepared for the surgery with increased focus on my intentions, thoughts, feelings, behaviors and actions. These choices were planting seeds to influence my current and future well-being to maximize wellness and harmony.

I also combined meditation, my heart, breath and stillness, visualizing the best and most desired outcome, writing out an updated will as I felt I needed to prepare for all possible outcomes.

This was not fear-based it was instead part of a deep letting go process so I could enter the surgery with absolute trust calmness and ease, knowing that no matter what happened all was taken care of.

The surgical team also involved additional specialists, including a neurologist. When I attended a pre-surgery appointment, the neurologist pointed out delayed brain signals indicating a dysfunction in visual pathways on the left-hand side where the tumor was.

I was asked if the neurologist could be present in the surgery to monitor my progress and help prevent any intraoperative visual impairment. I was very grateful for this additional support.



I was admitted for the craniotomy on the 3rd May 2018 and felt I was in the best hands possible

I went deep inside myself and connected with the meditative, mindful-heart-breathpresence process I had been using to prepare myself for the craniotomy. I also visualized a protective heart space which had been building momentum for some time.



Before being prepped for surgery my partner remained with me.

I really felt for him as this was his second time to support me in this pre-surgical craniotomy situation. Having him there was so comforting and the staff let him remain for as long as possible. He left when I was transferred to the pre-surgery room.

In the pre-surgery room adjacent to the operating theater the surgical team including the neurologist went through everything they were doing due to my curiosity.

This kept me engaged and calm which they positively commented on.

When entering the operating theater I was kept busy taking in all the equipment and activity going on before it was time to start anesthetizing me.

As the anesthetic began I felt really connected within myself where I had created a calming, safe space to drift off deep in meditation.

The surgery took about 8 hours. The tumor was removed microscopically, and much bone was removed and then reconstructed with numerous implants.

An additional sliver of tumor was found, which necessitated the dissection of affected areas of the frontal and temporal lobe where the tumor had ventured.

In recovery, I did not wake up from the surgery as expected.

They told my partner they were scanning me for suspected hemorrhaging as a precaution.



Six hours after my partner was first called, he then followed guidance to come to the ward where I'd be, I still hadn't made it to the ward where he was waiting. When I did arrive in the ward and my partner finally saw me for the first time after the surgery, I wasn't able to name him or comprehend much, however I did make loving gestures towards him acknowledging his closeness to me.



It then took 4 days after the surgery for me to become fully conscious of who I was and where I was. In the meantime I was claiming to be in the year 1918 and had been unable to function to get out of bed.

Then I came back fully conscious of where I was, with clarity, fortitude and determination. It was also a very unsettling awareness to wake up in the room I was in.

The room I woke up in included more elderly aged patients, not knowing where they were, confused and disorientated as I had obviously previously been to be sharing this room.

Day 5, post-surgery I was moved to another ward and I was questioning my need to still be in hospital. I soon proved my alertness and full capacity to manage at home with my partner and sons support.

I was discharged earlier than expected.



I personally did my best to remain optimistic and was supported also by in home rehabilitation visits.

I was using equipment at each rehabilitation visit to restore my balance with movement and adjust to the changes post-surgery.

I had facial nerve paralysis, numbness in my face and numerous implants replacing parts of the the left upper forehead, upper cheek bone and some of the orbital bone. My face was asymmetrical, as was my sight, which was only stable with my left eye closed, otherwise, I had non-stop 24/7 double vision

As I maintained optimal recovery, I had reflected back to me to do what I was most passionate about.

For me this passion was empowering and supporting people, including myself, to live our highest potential.

This started a process of me becoming my own client, which I documented.

I began applying invaluable resources that supported me to feel more in balance and adapt more easily to my new reality post 2nd craniotomy.



Six weeks after the surgery, I woke up one day determined to pass the final part of the credentialing process through the International Coach Federation, (ICF).

I had met all the other criteria and was excited about the possibility of passing the final part, which was a coaching knowledge assessment. I had been intensely studying for it and passed.

I had also been working through many different certificates that contributed to the Doctorate in Natural Medicine.

This felt like I had really reached a goal that truly shifted any self-perceptions of limitations, no longer in the ashes and not being held back by the tumor.

I felt like I was able to rise above and reframe whatever could potentially hold me back and limit my potential.

I was also supported to get special prism lenses so I could see more clearly. I began gentle physical exercise and creating a place of serenity and harmony.

Many baby steps became huge leaps forward.

I was regaining my sense of self again, including peace and mastery of the mind. I was buzzing as it felt awesome to be where I was.

It felt like the light at the end of the tunnel. I continued to focus on this light, then started visualizing more of an emerald green hue that shared it's radiance.



The first post-surgery visit to the neurosurgeon took place around 8 weeks after the surgery. It was really encouraging, I felt cognitively sound and able to function in the way I had before apart from a little fatigue that would kick in, as well as dizziness and sight issues.

I understood what I was experiencing were the affects of the surgery and the ongoing process and recovery from brain surgery.

I felt so much gratitude to have my sight and this quality of life remaining despite such major surgery.

My partner accompanied me for this first post-surgery check-up and we were seen by the neurosurgeon's assistant, who was assisting and present in the recent craniotomy.

The neurosurgeon's assistant firstly explained details about the first craniotomy in 2017, explaining how only a biopsy type resection (tumor removal) had occurred, although the medical notes had claimed a much larger resection was the result, which was misleading.



I spoke of the ongoing changes since the recent surgery which resulted in numbness on the left-hand side forehead, the side of my left cheek and upper lip area.

It was explained that the facial nerve issues creating the numbness were referred to as nerve palsy. The direct cause and the extent of the nerve palsy that had occurred was unknown until a certain amount of time had passed to give the nerves time to grow and/or regenerate.

I also had what is known as ptosis, a drooping of the upper eyelid due to the nerve paralysis, which contributed to double vision and a very asymmetrical face.

This surgery had involved far more than they previously realized it would, which again, like the first craniotomy, was not known until they could see the tumor for themselves.

The MRI had not revealed some of what they found during the surgery, including an additional sliver of tumor in the areas of the frontal and temporal lobe that necessitated dissection of the tumor from these areas.

It was also explained that in the recent surgery the muscles and nerves were exposed behind my eye where the tumor was and all the tumor that was seen was removed bit by bit with such delicacy.

I was told how great I was recovering, despite obvious eye, nerve and facial issues that would take time to reveal their true impact. The next step was going for an MRI.

I reflected on what the neurosurgeon's assistant had shared about the 1st craniotomy, where the amount of tumor that had been claimed to be removed had been much less. This had led me to believe the tumor was more stable and less of a threat than it truly was. Again I was so grateful to now be where I was.



Then, at 9 weeks post-surgery, I had some sort of seizure and black out that radically changed everything resulting in an acquired brain injury. This injury created a split between two extreme realities and rendered me less functional. I was catapulted into a symbolic "pit" of despair, in the ashes of no-man's land.

The more stable reality I had been experiencing for the first 9 weeks after surgery then became split with a tearful, distressed, frantic, anxious lost child that emerged after the incident. I knew I somehow needed to integrate these extremes to be able to free myself as I lay in this symbolic world of "a pit" with no clarity about the way out. I somehow believed my life had more purpose.

I asked myself,

How could this possibly have a higher purpose, lying here being split between these 2 realities and hardly able to function the way I did?



I was overcome with anxiety, although I didn't use this terminology to describe the way I felt and actually asked the rehabilitation team to use different terminology.

I had memory lapses of hours at a time and no energy.

I attended rehabilitation 8 hours a week for the first 5 weeks then 6 for several months after, all up 10 months of attending rehabilitation.

This support was such a safety net, as well as the loving support of my partner friends and family giving me a sense of hope.

My previous flow was nowhere to be found, the tools and resources that had supported my previous recovery no longer worked.

I spent many hours focusing on believing I deserved a better quality of life.

Although I was shell shocked and felt like the walls were closing in on me, I again focused on the light at the end of the tunnel. I focused with the intent for this light to sooth and replace the torment and ongoing extremes I was experiencing.



I only lived a 5-minute walk to the rehabilitation center that I attended in person. The first 5 weeks of my rehabilitation time would take me 15 minutes to walk there and it was an intense journey of anxiety and triggers of fight/flight. On seeing the rehabilitation center I would still need to cross a road where 4 other roads joined. I would freeze with fear. I could not see properly as had no peripheral vision on the left-hand side and could only use the right eye for sight as now had a more misaligned eye, with extreme 24/7 double vision and dizziness. I kept the left misaligned eye closed most of the time, otherwise I couldn't walk properly as my sight was misaligned. It was also most comfortable to keep this eye closed.





Somehow I had to find the belief in myself and make this a priority.

I believed there must be a higher purpose of walking this fine line of such polar extremes. I worked through these extremes over months to accept, surrender and minimize the struggle.

I believed I would master and somehow love myself through this reality.

The acquired brain injury had detrimentally affected my ability to organize, interpret and respond to any incoming stimuli for months. My body would carry the charge, however any conscious awareness of the charge wouldn't register and my emotions and inner reality would be triggered into unregulated extremes of vulnerability. Each time I would move out of the calm compassionate stable adult consciousness into the despairing traumatized vulnerable lost child, it felt like I was losing my mind and sanity. I knew all I had to do, was just hang in there on this edge and as a pendulum swings, I went with that same experience. Flying off the handle not with anger and rage, but with extreme despair, grief and vulnerability which became a common occurrence.



I now understand what had been happening to me through reading an amazing book.

The Body Keeps The Score by Dr Bessel Van Der Kolk.

This book helped me regain more stability and self regulation, which I still refer to regularly. When the amygdala which is part of the limbic system also known as the emotional part of the brain senses a threat it triggers the stress response in defense to the perceived threat.

Another part of the brain, the medial prefrontal cortex (MPFC), considered the more rational part of the brain also receives the incoming stimuli and has a more refined way of interpreting a potential threat.

When there are changes in the functioning of these parts of the brain then the signals and interpretations can be misinterpreted as can the way to respond. I followed and practiced the suggestions in the book, including gaining support from a psychologist, who also helped me to understand and adjust to the changes. If you can imagine the part of the brain called the amygdala, being the smoke detector that once smells smoke, triggers the stress response in defense which activates the fight and flight.

The other part of the brain the MPFC, which is found above the eyes is the watch tower. The watch tower gives a clearer and more expansive view of any potential threats.

The amygdala's triggering of the defense can already be way underway before the watch tower has an opportunity to full interpret the scale and understanding of any threat.

As long as there is enough calmness the messages from the watch tower can be shared.

I focused on restoring the balance between the way the smoke was detected and responded to. The functioning of the watchtower was debilitated and unable to regulate the amygdala's threat perception which like a pendulum was swinging to extremes. I learnt ways to self regulate and manage these changes, which I now refer to this as checking in with the wise me in the watch tower.

I went for the first MRI at just under 6 months after the craniotomy. I had an appointment earlier yet I was coming to terms with the changes that were happening so I delayed it.

Ten minutes into the MRI, I could feel a heat building up. When they checked on me as they do periodically throughout the MRI process, I explained that I felt hot. They asked if I would like to stop the MRI and I asked them to continue as it was only another few minutes.

I could feel more heat and then the MRI was complete. For me the MRI results were so important to be able to understand and see for myself what was going on with this tumor.

I came out hot, glowing and flushed. I was asked to stay behind after the procedure to ensure I was ok. My partner was called in to sit with me while the staff decided what to do.

My face looked sun burnt and the staff were concerned as they had never had an experience like this. They were unsure what to suggest and do.

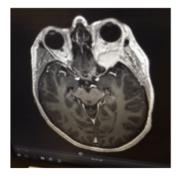
I was given the list of implants that had been used in the craniotomy, with the manufacturer's explanation of how this happening although highly unlikely, posed a threat and danger of the implants overheating.

I felt like a canary in the mine especially when new information revealed that these implants were recalled and should never of being used for any surgery.

The hospital called a few days later to see how I was. I told them I was ok, still really flushed and red. I also explained that the area was different with more prominently visible implants than they were before as whatever was underneath had melted..



When I explained to the neurosurgeon what had happened at the MRI check up appointment he was in disbelief of the MRI overheating the implants, until I showed him the photos I had taken. From then on, I have used less powerful types of MRI machine for further scanning.

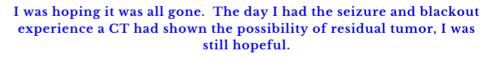


This was the MRI before the surgery 6 months prior.

The tumor was measuring 3 cms as far as they could see on this MRI.

Once they could see it for themselves during surgery there was more tumor including a sliver with parts making up to 8cm.

The neurosurgeon's assistant had explained all the tumor that could be seen was removed in the surgery.



These results were going to show if any tumor was still there and what the ongoing prognosis was.

The MRI report showed an enhancing lesion at the left orbital apex, keeping with a residual meningioma measuring 1.5cm.

Other changes were also noted which the neurosurgeon wanted to investigate further.



In addition to the neurosurgeon, the rehabilitation team and what I personally did, I had another inspiring empowering team including a neuro-ophthalmologist and other eye specialists at a different hospital.

The 3 teams were in 3 different locations.

I began teaching myself to adapt to the reality of these new limitations, find solutions and ways to challenge myself safely with the support of the team at the rehabilitation center, mentors and other specialists.

The rehabilitation team were amazing and seemed to speak my disorientated language where I could fall apart and still they would explain how well I was doing.

When I was not at rehabilitation, I would connect and surrender into this new place, to be more accepting of this disorientated reality I went in and out of.

I visualized and focused on the light at the end of the tunnel with the light expanding it's radiance into a more emerald, green hue again. It took months to regain its vibrancy as the extremes I felt continued.

As the light at the end of the tunnel transitioned more into a vibrant green, emerald hue I also found a way to go into a deeper center within, where the more conscious stable part of me accessed support to give the distressed part of me additional comfort, balance and stability to see the way out.



The emerald, green hue radiated a soothing calming radiance which began to temper the extremes into increased balance.

No longer did I feels so embedded in a distressed turmoil.

The presence of the Emerald taught me to bring my focus to what would bring more balance and symmetry to my misaligned inner and outer worlds that reframed my whole way of being.



A long-time therapy I have used for 29 years also played a huge part in my recovery, known as Aura Soma.

Aura-Soma is a system of color, plant and crystal energies that enhance happiness and vitality.

Every aspect of the process to create Aura-Soma products is infused with love and beneficial intention. Created using the highest quality organic and bio-dynamic ingredients.



Despite the set-back I was experiencing, I was planning to attend an Aura Soma course in Taiwan. My heart was set on re-connecting and being certified as a practitioner with Aura Soma which I loved so much.

I had decided to attend this Practitioner course on the 7th October 2018.

I had booked in for an earlier course in 2017 with the same goal, then I needed to withdraw due the first craniotomy. I was determined to attend the training this time.

As my partner decided to join me to travel to Taiwan we were planning to explore Taiwan together after the course too.

A special preparatory program at the rehabilitation center was implemented in the lead up to me attending the Aura Soma course in Taiwan.

I kept reaching deeper within myself and became more capable, competent, stable and more in tune, slowly nurturing the split back into one integrated sense of self.

It became much easier to integrate this experience through focusing on the emerald, green hue which began shifting into an emerald shape more within my heart, as I regularly checked in with the wise me in the watch tower.



A situation triggered a sense of desperation, extreme uncertainty and panic before leaving for Taiwan. I became extremely distressed and disorientated at a large market.

I had already spent episodes of being like a lost child, I felt I had improved to be able to do things myself and a visit to the market was planned as I arrived panic set in due to what I came to understand was the effects of the acquired brain injury.

My son and I were going to meet at this market later after he had finished work. I had suggested for me to go earlier as a way to test the waters, to go somewhere familiar and start doing some of the shopping.

The sense of disorientation that kicked in created a feeling of being trapped. I breathed into it doing everything I could to calm myself down and then the feeling of growing anxiety stopped me in my tracks.

I was so overwhelmed doing my best to maintain stability, tears streamed down my face (only from my right eye as my left no longer cries) as I froze on the spot.

I called my son at work, and he left early to pick me up. In the meantime, I called my partner who guided me out of the market where I could calm down. When my son arrived, he was calm and reassured me that I was doing amazing, and this was a little set back.

This disorientation continued over the next few days with hours of memory loss also. Although it was difficult to go through what I was, my focus remained on going and preparing for the Aura Soma course in Taiwan.

My other focus was to bring a more calming space through focusing on the emerald light at the end of the tunnel. This emerald, green light was forming more into an emerald shape.

Some members of the team at the rehabilitation center spoke to me of the possible consideration of early dementia in relation to the area of the brain changes in the MRI and what I was experiencing.

I stated to myself and out loud that there was no way I was giving consent to early dementia.

I was assessed and seen by a neuropsychologist who found and acknowledged changes in attention span, executive functioning organization, processing speed and inefficient encoding of the memory process.

I now had more understanding that what I was experiencing was genuine. I was not just imagining this strange new world I was in.

The more I focused on the light forming as an emerald the more the distressed part of me calmed down. then the messages from the watch tower were more clearly heard.



I continued focusing on the emerald, it was creating a new space of soothing energy. I invited this soothing energy to share it's radiance with all the difficulties that were happening.

I felt that a new bridge was being created, bringing healing, freshness, vitality and a sense of calm to the two extremes of reality I was experiencing.

I came to understand that some of the reactivity had been the brain's way to ensure protection and minimal stress. The extreme fatigue I had also been experiencing was preventing me from overdoing things.

I now understood that this was an ongoing process of re-conditioning myself to be able to function and manage in the best way. Like a compass I was resetting the direction.

At the next neurosurgical check-up my partner and I asked for more information to understand what had been happening. This was followed up by the Neurosurgeon making referrals to other professionals to gain a clearer picture.

Another MRI was requested, which I planned to do on my return from Taiwan.

Each time I encountered a perceived limitation, I continued as best I could to reframe the limitation into a renewed focus of imagining and taking action to create only the best possible life.



My partner and I got to experience many parts of Taiwan, as we felt on holiday where we could enjoy ourselves being tourists.

My partner walked with me to the course venue everyday and met me afterwards. We were staying in a place with natural hot springs which was a real luxury.

(view from our window below)

It was incredible for me that the course was in English, then translated into Taiwanese. The time in-between the translation of materials and content was perfectly suited for the slower cognitive processing speed I was functioning at. I was able to process and assimilate the materials and felt a new sense of stability returning.

The course was life-changing and was complimented by socialising with some of the participants which gave my partner and I additional support, hospitality and insight into Taiwanese life.

Taiwanese people are so lovely, we thoroughly enjoyed their company and country.





I had enrolled in another course before going to Taiwan and on returning home I completed the course.

I was just getting to the stage where I could assimilate information with more competency and begin to write again.

The Aura Soma course and holiday in Taiwan had been amazing,

The course I was now completing was with Dr Sarah McKay and was a certificate on applied neuroscience and brain health through The Neuroscience Academy (TNA).

I added to my understanding and brain health toolkit which made more sense of my situation at the time.

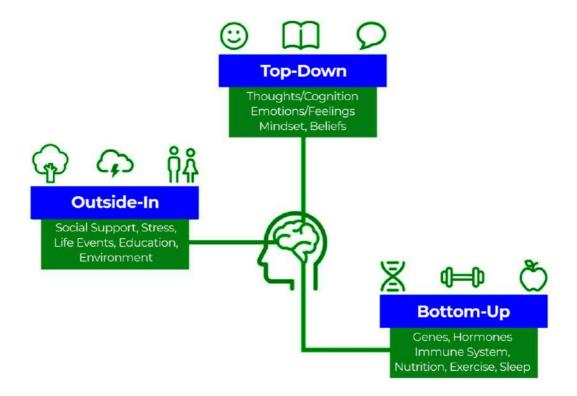
This learning gave me a new sense of reality, as what I had previously learnt over my 20 plus years as a wellness practitioner was not fully accessible to me at this time due to the cognitive changes I was experiencing through the acquired brain injury.

I kept doing my best to put the pieces together.

The Neuroscience Academy shared knowledge and ways to facilitate a better understanding of the different multi-dimensional points of wellness and brain health.

The Neuroscience Academy uses a model to understand the determinants of brain health, which I learnt to utilize during the course and still use now.

The 'Bottom-Up Top-Down Outside-In' Model.



- The Bottom-up contains biological or physiological determinants of brain health and include genes, hormones, the immune system, nutrition, exercise and other life-style choices.
- Outside-in includes social and environmental factors such as stress, life events, education, current circumstances and family background.
- Top-down elements involve thoughts, emotions, mind set and belief systems.

(The Neuroscience Academy https://drsarahmckay.com/)

The ongoing progression and improvement in my quality of life was exciting.

I continued to improve and follow my passion with ongoing professional development, too.

I completed two more certified courses, the first in Positive Neuroplasticity, then the second a Professional Positive Neuroplasticity course. Both of these provided me with more resources in taking many more steps forwards, transcending limitations and investing in more resiliency reserves.

The Positive Neuroplasticity and Professional Positive Neuroplasticity courses were run by Dr Rick Hanson, who mentored and modeled about the hardwiring of our brain through authentic opportunities to invest in our well-being.

I learnt new ways to hardwire opportunities by using my own positive experiences, remembering them, and anchoring the related positive feelings in my body.

By using the mind and making sense of its signals, meanings, data and our conscious experience, then those that correlate to the data coming from the nervous system result in our awareness growing, these fundamentals were supporting all the ongoing changes occurring.

With this growing awareness we build on our inner strengths, capabilities, selfunderstandings, positive emotions, attitudes, motivations and virtues.

I could see the place positive neuroplasticity was having in my own life and I understood more deeply how I had already explored so many of these challenges and vulnerabilities in the world and now had more ways to enrich my life.

I gained more understanding and terminology to relate to positive brain changes and health through Positive Neuroplasity.



Positive Neuroplasticity shared this tool:

HEAL

Thought, perception, emotions, desire & action

- Have a beneficial experience enjoy it and indulge in the feel good, involving yourself in a situation creating gratitude.
- Enrich the experience, bring more awareness to the feel-good experience.
- Absorb the experience by inviting into your body and nervous system the feel good experience and be as open as possible.
- Link positive and negative together by being aware of a not so good experience in a detached way and connect it to a really feel good experience.

Gaining The Neuroscience Academy (TNA) Certificate with Dr Sarah McKay and The Positive Neuroplasticity and Professional Positive Neuroplasticity certification with Dr Rick Hanson opened many doors for me.

The foundations of these courses, bit by bit became more assimilated into my life and improved my recovery, becoming filed away for future use when needed.

As did another certified course, The Havening Techniques which I completed.

The Havening Techniques are described as a healing modality that uses sensory input to alter thought, mood, and behavior where trauma has been encoded.

I found the healing modality of Havening to be really beneficial and noticed more new information starting to connect with older foundational knowledge that had been filed away.

(https://www.havening.org/)

Then a certified Brain Health Coaching Course by Dr Amen came to my attention.

Dr Amen is one of the leading psychiatrists in the USA, optimizing brain health.

I completed this Brain Health Coaching course in 2019 and certified as a Brain Health Coach. By this stage I was gaining invaluable insights into what had happened within the acquired brain injury.

The completion of the course gives me continued access to amazing brain health research and integrative health and wellness program tools, information and resources.

I also learnt so much about my own brain health and brain type.

Knowing our brain is involved in all parts of our life and greatly influences how we think, feel, act and interact, requires more investment to optimize our own brain health and quality of life.

The brain is also known as the organ of judgement, personality, intelligence and decisions we involve ourselves in.

The brain has 100 billion neurons with trillions of supporting cells, more connections than stars in the universe.

Our choices of behavior either prevent increased brain aging or accelerate it

To experience the best life possible, brain health needs to be prioritized and equally valued as other aspects of health.

(https://brainmd.com)

The Brain Health Coaching Course provided the most up to date information about the best way to live and integrate optimum brain health.

I was already following many of the brain health steps introduced in the course and learnt many more to support integrating deeper understandings to expand the current standard of brain health I was living.

I learnt about the parts of the brain that affect us in subtle ways that contribute to our overall well-being.

My training, understanding and use of brain nourishment and supplementation expanded to be able to address different brain types and support individuals, including myself to live with an optimally healthier brain.

Newly gained skills and resources to enhance the brains functioning were greatly appreciated and I noticed great improvements.

The life I was now living was so gratifying despite the ongoing incidents that occurred.

I had bouts of seizures that are still currently undiagnosed, however they seem to lean towards pseudo seizures.

These seizures could of been occurring due to a build up of being overloaded, and overstimulated as unknown and/or unresolved fears and stressors were being triggered.

The conscious awareness something was going on within the dynamics of my own life only occurred to me after a bout of extreme reactions, such as these ongoing seizures.

The Body Keeps The Score by Dr Bessel Van Der Kolk, explains that when an individual has a comfortable connection with their inner sensations and trusts them to give accurate information, the individual will then feel in charge of their body, feelings and self.

This wasn't my current reality and brought me to a place of understanding that I did have an increased tolerance to the difficulties in life. I was a born optimist and when experiences of trauma occurred they were quickly neutralized and would rarely alter my happy perspective in life.

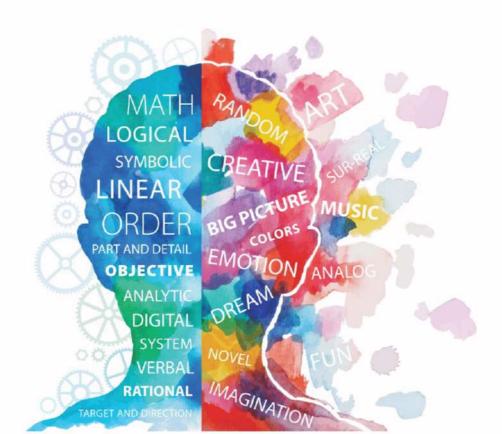
The book also shared, suppressing our inner cries for help does not stop our stress hormones from mobilizing the body.

This gave me insight into the way my body was setting off the alarm to what remained unregistered to me and it was only through these episodes that got my attention to go deeper into what could be going on.

My default setting had been to keep my focus on the positive and all that is good in life and here in this book was many steps that also became part of my ongoing recovery, to learn more to honor the parts of myself that shut down as a defense mechanism.

(Dr Bessel Van Der Kolk, (2015) The Body Keeps The Score)

I learnt to bring more balance to the conscious recognition of what needed to be responded to while building more balance and optimal brain health in the process.



Earlier in 2020 I had 4 seizures in one day and numerous before this lot.

The first one was at a dentist appointment and 2 more in succession after leaving the appointment and my partner driving me to the hospital then another one at the hospital.

The surgical changes amplified the nerve sensitivity in my jaw and through the nerve palsy there was either extreme numbness or exaggerated pain at times. This had put me off a dentist visit as well as an anxiety type impending doom I kept feeling every time I contemplated a dentist appointment.

The dentist I went to was very aware of my condition and did their best to complete the appointment after the first seizure by calling in my partner from the waiting room to sit with me.

My partner described me as clinging onto the dentists chair with both hands as he came into the room, with such a look of relief as the tension was being released on my face as his presence reassured me that somehow I'll get through this.

The seizures I had experienced felt separate from the current reality I was experiencing, with an out of body haziness, like hanging on to a thread of consciousness. Then after short bursts of convulsions I would come round and be back to being interactive, although not fully coherent.

The on duty doctor at the emergency room I was treated at, ran tests and comforted me with the knowledge and understanding that I hadn't shown the immediate result indicative of more serious epilepsy. A previous test had also shown this result.

He asked me about fears, trauma and potential phobias I may possibly have.

He asked did any of them have anything to do with dentist visits by any chance?

I shared about when I was 9 years old, when I had started ongoing orthodontic treatment over 7 years, which begun at this age with numerous surgical extractions of teeth as my jaw was undersized.

I was left with disturbing conscious memories waking up to the dentists face before my mother would then turn up.

What's so interesting, is although my inner reality was a foreboding fear at each orthodontic appointment my Mum remembers it very differently.

She shared how she saw me as did others, who shared their astonishment about my acceptance and ability to see any difficulties from a more contained viewpoint and behave in this way.

I was described as holding my head up high with confidence assuring her and others I was more than okay in these circumstances.

After the 2nd craniotomy and the resulting brain changes, I was much more hyper sensitive and what was easy to manage in the past now required extreme self regulation skills.

The first seizure, I have already discussed about happened on the 27th July 2018 was radically different than these suspected pseudo seizures. The first seizure resulted in major brain changes with parts of my cognitive abilities minimized and changed permanently resulting in the acquired brain injury.

The suspected pseudo seizures began in 2019 and continued into early 2020 and seem to be more of a result of extreme hyper-sensitivity through unknown triggers.

The pseudo seizures only left me dazed and slower for a few hours then I would reconnect easily.

The first seizure, 9 weeks after the 2nd craniotomy disconnected me with no return to that previous flow of me-ness.

It was like a part of my brain became inaccessible and went to sleep.

This extreme ongoing hypersensitivity was also expressed through brain shut downs, which are really bizarre. On these days my brain was not up to cognitively firing as it usually did. It went into minimal functioning mode due to unexplained fatigue which could last up to 3 days.

This was so alarming to start with and now there are more warning signs to prevent overload and I have learnt to just go with this flow and have timeout days.

The seizures and brain shut downs have been minimized through the way I deeply honor and listen to the inner guidance of my body, the unified intelligence, it's consciousness and support system I am connected with.

I now listen and have created a more comfortable connection with the inner sensations of what my body communicates and I trust this and as a result I am much more at ease with my body, feelings and self.

I continue to balance my inner and external responses to life's stimuli.

These resources continue to sooth me and I have reached a sustainable balance between the smoke detector that perceives threats and the watch tower that also delivers it messages about the perceived threat.

I continue through daily practices to fine-tune, reprogram and regenerate my body, mind and spirit.

Through following this inner guidance, I have been seizure-free for 5 years now and treat the brain shut downs as retreat days.

When we listen to our inner guidance, we then master the right relationship for ourselves which then extends to others and the wider world.

14 months after the surgery, the eye misalignment and the facial palsy which had been affecting me the whole time had reached a place of needing to be treated.

The time given for full nerve growth and regeneration had been reached. I was only getting 4 hours stable sight a day then the rest was with double vision and dizziness.

I knew it was time to search for a new specialist to give me more options than I currently had.

Although I was already going beyond expectations with this condition and so grateful to the medical specialists. I had also learnt these different medical specialists are experts in their own fields, whereas my own inner expertise aligns me to the highest and most resonant way forward that is needing to take priority.



As my recovery had progressed it became my own self created process and I sought specialists and/or remained with some I felt were the best fit for where I intended going.

By choosing stimuli to focus on, through listening, filtering out and identifying only with what aligns with us, this frees up precious space to invest in our higher potential. My focus was on the emerald green light that had revealed an emerald. The emerald became my prime focus reframing and transcending all limitations I perceived.

As I reframed the misaligned eye and facial palsy, I used the emeralds radiance. I spent hours on this focus within the emerald light through visualization, mindful, breath, heart work, stillness and presence to absorb the nurturing and nourishment into my everyday life.

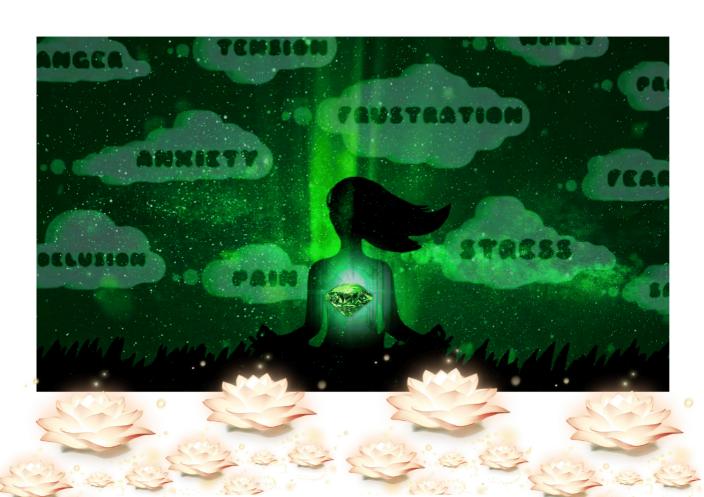
I believe if we apply tools that have already worked for a similar experience, reapplying the same tools offer great potential through it's growing momentum.

The built up momentum of the emerald light's radiance overflowed and saturated my eyes, with it's soothing consciousness, opening up a new healing space and pathway for me to believe I now lived with open fresh and healed eyes.

What I desired to happen through trusting my inner guidance, continuing to follow my heart and connecting with the inner sensations of what my body communicated opened many new doors to the right connections in finding the right eye specialist.

I was building and connecting with an inner expertise that contains the compass points, information, codes, solutions, and resources to provide sustained resiliency, to live from. An inner intelligence and support system became foundational as I believed in this potential to emanate a radiantly beautiful emerald.

I believe each of us have many choices to move into the right relationship with ourselves, it's a process of self belief, patience, trust and being able to sense, feel, listen and know the source of the inner communication we receive.



The Eye Surgeon I found in 2019 was a leader in his field and specialized in what is normally considered a cosmetic procedure with a few adjustments in my situation which was life changing.

I could now keep my eye open as there was more stability to the brow and I no longer needed special prism glasses for the double vision to see properly.

I had steady sight, my face became more symmetrical with less cognitive problems. This surgery also affected my state of being as the brain no longer received so many disorientating messages.

The surgeon asked me to look at this surgery as a way to enjoy and appreciate myself more!!

He genuinely honored where I was at with asking me what was right for me which I shared.

The results were amazing and way beyond expectations, both his and mine.

I believe the intent and momentum I built up to feel deserving, reframed things so I could believe in the best for myself, this created synchronicities to address the sight abnormalities through the radiance of the emerald's light. I continued to deeply trust that more wonderful things would unfold as I now lived through a new lens.

I was in such deep gratitude to have such a quality of sight, focus, concentration, clarity and well-being and sent this in writing to the surgeon about the amazing results.

He responded with a message of thanking me for trusting him with my face.

My life continued to improve with so many ongoing experiences of integrating into the reality of a very different brain and the world that unfolds from it.

I was referred to as a miracle by the Ophthalmologist with the team explaining how my sight was incredible with the way the residual tumor was encasing the optic nerve and rectus muscle, I kept on improving in ways that surprised them.

The emerald that formed from the light at the end of the tunnel is lighting the way for me to maintain and sustain an interconnection between my mind-body-spirit and live in the most coherent space through my heart.

The emerald at the end of the tunnel drew more of it's radiance to me and a life I truly dreamed of is of that quality now.







The photo on the left was before the eye and brow surgery and the photo on the right is after the surgery.

All of a sudden 2 weeks before I was to get married at the end of 2022, I woke up a bit less coherent, with a swollen upper left side of my face and unable to open my eye and with right sided weakness. I was told after being admitted in hospital that the tumor had grown and expanded into a really dangerous area and was already 3.9 cm again.

It was behaving unusually aggressive again and the only way I was able to open my left eye was while I was on steroids. I took these for 6 weeks and felt like a bull in a China shop. By the time of the wedding I was hardly able to recite our dance moves and was swelling up.

It was a beautiful wedding with the theme of emerald.

I deteriorated rapidly as I started weaning myself off
the steroids.



I was admitted into hospital 2 more times with excruciating pain and pressure from the inflammation of the tumor and after weeks of weighing up the possibilities of what lay ahead, I decided to have radiation therapy.

I was told it was too dangerous for anymore surgery unless I was terminal, and I would slowly be turned into a vegetable as the tumor grew and I would loose the nerve ability in the left side of my face. There were also more immediate threats one was already known which was a threat to my sight with the tumor around the optic nerve. A new complication was explained about the tumor now encasing the internal carotid artery as well.



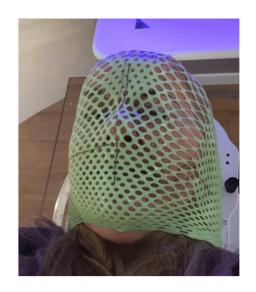
I greeted 2023 with the start of radiation therapy and had been told that due to the behavior of the tumor it was unknown what the result would be as it wasn't behaving like it's diagnosis.

On the 2nd of the 5 weeks of radiation treatment my left eye opened spontaneously, and the radiographers had no explanation how this could of occurred, I was just so grateful as I could see more again and open my eye.

They began to give me feedback about the way I was so uplifting each time I attended the treatments and how I always arrived and left looking happy. I was oblivious to much going on during these 5 weeks. I went into the depths of my heart each treatment and felt really cocooned within the divine love, deepening this connection within myself, during any challenges in life and this was definitely one of those.

One day when I had the plastic mask fastened to the treatment table, that was a preliminary step each day, as soon as I felt the tightly molded fitted mask, all of a sudden I was taken over with these waves of fear, panic, and flashes of reliving moments of being trapped.

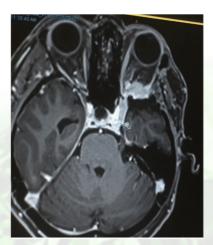
I literally clung on to the edge the whole treatment and then commanded during it that these energies be transmuted from the bed I lay on so that each person following including myself would feel a gentle peace and soothing equanimity each treatment and the fear would be melted away. Each treatment following this there was no fear.





I was unable to really function for 6 months of the year as the swelling intensified and my brain ached and swelled up. I managed to get through these months better than anyone expected and once I saw the scans below and saw the tumor had become the shape of a dragon, I felt such a deep reflection that the symbology pf everything happening was more of an unfolding pathway into where I am today.

I spent months connecting to the tumor and brought into the emerald presence and asked it to reveal its purpose and to communicate in a gentler way to get my attention and this stated a new cycle of becoming aware of the way my body needed more nurturing, after the last few years of recovery all over again.





Although I am still living with this residual tumor the radiation has frozen it.

These changes from 2017 since the tumor diagnosis have made possible what was previously unattainable and out of reach as the way I chose to view it not as an obstacle, instead as a catalyst, that would serve a higher purpose and lessen the suffering in the world. It became less threatening and more of a vehicle to reach my higher potential. I now live in a inner world of self sustained serenity and wellbeing and are currently mastery the embodiment of so much of what I have shared that has become my mind and is now becoming full integrated into my body.

The tumor is a constant reminder of a potential ongoing vulnerability which has lead to more investment in my own wellbeing a natural part of resiliency and an honored life I live where what I have created brings me great joy, fulfillment and satisfaction.

I continue to choose to focus and give attention to the light at the end of the tunnel, the emerald presence and all that supports the continuing unfoldment of what I have written about. I never deny the reality of having the brain tumor; I make choices to focus on the good that could come out of these experiences and as a result so many phenomenal occurrences and miracles continue to happen.

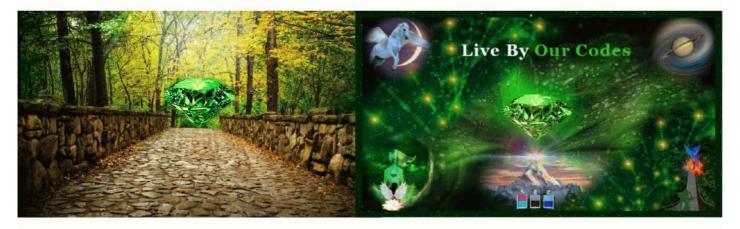
I always believe another new experience and lesson is approaching for me the dragon is the guardian of more inner treasures to discover and embody as I continue to view the tumor not as a threat as a deeper level of integration. I continue to surrender into letting go of whatever has outlived it's purpose to make space for other unique qualites of being that the dragon will share as I live from the inside out through new additions within the transcendent vision



I wait for these new teachings to begin and live in the deepest gratitude for the entrusted spiritual pathway I walk along knowing that the divines foots prints walk alongside me.



Let this story be a living testament, a beacon of what is possible when the human spirit is called to RISE above even the greatest challenges, I intend to anchor a legacy that demonstrates how we, can become our own best friend that unlocks the power to transform our lives, becoming our own best asset in the process.



Living in deep gratitude and fulfillment, I honor every living being, recognizing that we all can access our divine inner codes — 0.1% this is what Live By Our Codes was founded for.

Once discovered and decoded, these codes unlock our true life's potential. These codes become an inner guidebook, brought to life to teach us pathways to Live By Our Own Codes. A new foundation of spiritual resiliency is anchored, guiding each of us through a soulful tailored purpose of higher dharma.

As your codes come to life, you, too come to life and become deeply radiant and connected to the divine. The power and presence within you surpass anything you may currently be aware of, as you step into the light of your own truth, your path, like mine, is one of remembering and reconnecting with sacred codes that lie within all of us and guide us home. You can now connect with the life that has always been waiting for you.

As you step back into the driver's seat, co-creating a more harmonized life, planting new seeds with loving purpose, self-compassion, strength, and grounding equanimity, you heal mother nature too as it all overflows into the wider world.



