

ENDORPHIN HIGH



THE TRUTH – For nearly 27 years of my life, I believed my Mother had died from heart failure or cancer when I was young. She did not die from cancer; she actually killed herself by jumping from the Gap at Watson’s Bay in Sydney at the age of 29.

DISCOVERING FAMILY LIFE – My Father remarries and settles us in a house in Sydney’s Mount Druitt and we begin our upbringing as proud but impoverished ‘westies’. We spent most of our early childhood in a variety of “Wesley Mission Homes”.

EXERCISE ADDICTION – In this photo I was training around 40 hours a week. While I win competitions I am dangerously thin and unhealthy. My periods stop, my body frightens my friends, and yet I think I look great. I experience a nervous breakdown and attempt suicide.

RECOVERY – My journey of self-discovery and healing... from an obsessed and depressed little girl lost, to a healthy Mother with a blossoming and balanced life. Today I run a small home based business coaching people to live a sustainable healthy lifestyle.

AN ENLIGHTENED LIFE



- What I thought was my greatest tragedy was when my sight began to fail eighteen years ago.
- My eyes have been opened to a world I'd never known; I don't see people as I once did.
- I feel warmth in their voice or a smile on their lips; yes, my world has changed.
- Then an experience occurred that I thought I would never survive - Post Traumatic Stress.
- I have adapted, also embraced, the wisdom along with compassion; a way that has enriched my life.
- I do not just stop to smell the roses; I feel their soft petals too.

Thinking Happy Thoughts ~ A Fairy Tale ~



- ✓ A crisis of faith – growing up Gay
- ✓ The long breath - waiting to exhale
- ✓ University - a new start, new friends and new opportunities
- ✓ Coming out – a family affair
- ✓ My first Mardi Gras Parade - embracing myself and community
- ✓ Giving back - finding my place & being the Foundation Fellow of the Phenomenally Furtive Fellowship of Freely Flirtatious Frolicking Safe Sex Fairies

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