

Mail Magazine

CRAZY WINDOW

November 19, 2015

Once a victim of serious sexual assault but not anymore

Thurs 19, 2015

Mail Magazine
Edition 33

C R A Z Y W I N D O W

Editor's Desk

Isn't Paula an incredibly inspiring woman? Do we need to cry and complain about the little challenges life throws at us? If Paula can fight back the biggest nightmares and become successful so can you and I. Let's learn from her the will to survive and fight back with a smile.

I will be adding more action items into each edition from now on and decode the success stories of entrepreneurs who give us a quick high five. This would help you follow their path and avoid the mistakes they made.

Love,
Ruby Shiv

HIGH FIVE



ENTERS PAULA GOSNEY

A Writer, Businesswoman, Warrior, Speaker and Mum. Fiercely honest, a passionate coach, and a woman who knows we are so much more capable than we allow ourselves to believe.

1. I believe that every great initiative thrives because of a strong purpose, what was the one behind belief school?

There is a parable about the good wolf and the bad wolf inside all of us, the boy asks his grandfather, “Which wolf will win?” – and the grandfather says, “The one you feed.”

In my case, I was feeding them both with equal determination. Fortunately, the good wolf ultimately won and now I hold a tender place in my heart for my bad wolf. By facing her and fiercely deciding to survive and then thrive, I celebrate all that I am.

This is one of the foundational principles behind Belief School. I believe when we celebrate our broken bits, we accept all that we are and cherish the authentic, unique value we each bring to the world; this builds our self-belief. With a strong sense of who we are, we are able to contribute more, love more – show up in an entirely different way.

The principles we teach in Belief School healed my head, my heart and my soul. Belief School was created for my sixteen-year-old self – broken and hurt. My 24-year-old self, full of hate and aggression and my 30-year-old self – exhausted and searching.

It is one part of a lifelong journey of self-discovery.

2. How is Belief School transforming lives?

I believe every single person who goes through Belief School intentionally, willing to take the action required in each module, will gain a greater understanding of how special they are. It is impossible to complete Belief School and not feel better about yourself.

3. In your own words "I smashed myself against the walls of life so often I should have died", what was your biggest support system during those tough times?

Knowing deep down inside that I was loved.

In my darkest days, I was rejecting my family, my upbringing – everything about the conservative world I came from. I was deep in addiction, not just injecting drugs; I was addicted to risk, to dangerous behaviors.

In that time when I truly didn't know how to feel love for myself, there was still enough of me that knew I had value, that I had something to give and that I mattered – that was the gift of my family. That is what kept me alive long enough to decide to be present with what it feels like to be human in all its beautiful vulnerability.

If a parent ever asks me now, how they can help someone they care about who is in trouble like this, I always say the same thing: "Love them, unconditionally, broken bits and all – LOVE them."

4. If you had to suggest a non-clinical way to fight depression or addiction, what would it be?

I am not a counsellor or psychologist so what I have to offer is personal experience. There are so many levels of addiction and depression that I have to answer this very generically.

I spent so much time with drug users, most of which happily used drugs, alcohol or sex recreationally without any trouble. There were a select few of us; it was clear to see, whose proclivities were less about fun and more about pain reduction or escapism.

To move past the pain, we must accept it and chose not to let it define us. If I was talking to

my 16-year-old self now, I would grab her by the shoulders and tell her that the rape had nothing to do with her, that it wasn't about her and does not need to define her.

Then I would put her mind to work, filling it with affirmations, ideas and people that allowed no space for victim talk. I would teach her to focus on what she wanted, not what she didn't want. I would help her get involved in the world in a way that reflected back to her that she had value, that she had something to contribute.

It is such a big question, there is so much more to this – your question makes me realise I have lots to offer here, and I need to do something about it.

5. One piece of advice to our readers on how they can become a more confident and compassionate person.

Go through Belief School. There are eight principles we work with, things like understanding the great qualities you already possess, gratitude, contribution, facing our fears. Each of these principals builds your self-confidence.

You can't build that confidence from reading a book, acquiring wealth – nor living a social media life. You must create evidence for yourselves that you matter, that you have value and that you are part of a caring, loving community.

Compassion for others is easy when we have compassion for ourselves.



Heard a lot about the bright side of business?
Check these 4 hard truths now

[Know these 4 hard truths](#)



Meet these 5 money eating monsters you are neglecting every day.

[I am ready to face them](#)

HOW SHE TACKLED TOUGH TIMES



Life threw some pretty nasty curve balls at Paula when she was young, sent to boarding school at a very young age, never to live at home again and the victim of a serious sexual assault as a teenager; a decline into drugs and alcohol plagued much of her twenties.

In her own words - “I lived a double life, one of a successful entrepreneur, the other a woman in deep pain relentlessly trashing my body like the worthless object the rape had taught me it was.”

KNOW THE STARTING POINT

In Paula's pursuit of happiness, she spent hundreds of hours sitting at the feet of personal development masters, participating in, and devouring anything that would help her find her way through her personal pain.

SAVE ON GIFTS

BY RUBY SHIV



WWW.BITSTRIPS.COM