

Esther Austin Global Communications
Transforming Lives and Businesses
www.estheraustinglobal.com

Celebrity Artist Interviews
www.estheraustinglobal.com/podcast

TurningPoint: Your Lifestyle, Your Well-Being Magazine June 2018 Issue

PUBLISHED BY ESTHER AUSTIN GLOBAL PUBLISHING
<http://estheraustinglobal.com/turningpoint-magazine-your-lifestyle-your-well-being/>

Theme: Champions of Change/Championing Change

Who is Karen Burke?

A woman, a wife, a mother, a sister, a daughter, an aunty, a friend, a life coach, a business woman...but mostly contented. I'm content but still pushing, still dreaming, still putting goals into action but enjoying the benefits and outcomes of previous thoughts and actions, appearing in my life right now. At peace with the past, present, future.

You are involved in the health and wellness/holistic industry what does this entail and why this particular industry?

Hard work and determination! Along with all the soft skills such as listening to clients (and therapists) ensuring that when they come into the centre, with the essential oil and incense scents, sounds, energy, that they immediately want to breathe out...and feel safe enough to let go. Just for a moment we try to allow people to feel held, protected, to cry if they want to or just receive the physical treatment of massage or acupuncture or whatever treatment they've chosen.

On my journey to coaching and seeking to work for myself doing accounts, I met Devon, who already had his business MindBody Therapy, so it was a catalyst for both of us to conceive the next step; incorporate and expand this business into a full complementary health centre. Besides, I had already put in my goal plan before I met him that I would like a massage once a week or at least once a month, so it had to come in somehow! Usually from the other therapists rather than Mr.Busy Devon!

I see the work you do, along with your husband Devon and your team as being life changing for individuals, why have you dedicated yourself in supporting individuals into experiencing the best version of themselves?

I have always, sometimes without knowing it, helped people to be the best they can be, starting from wherever they are at. Even in my corporate career, I was one to speak out for the people, sometimes to my detriment! I have always wanted to give back and leave a legacy, not just a physical place for people to come to but to be an inspiration, even if, for that moment someone was able to change their thought process for the better. Just like a ripple in a lake effect, if I can affect one person positively then they can do the same with someone else as well. I love people to, not just survive but to thrive in their lives, if they want to. I couldn't do it all without Devon, plus a great team of people, past and present as well as the support of family and friends.

Your life's journey has been an eclectic and often challenging journey can you share briefly a situation that pushed your back against the wall and yet you discovered something quite profound about who you were, on the other side of that experience.

My family was brought up with a strict 'church of god' style, so we were all supposed to get married off and live happily ever after. Pick a good boy from church, court, get engaged, then shortly afterwards get married for life. We were so green! We were 'in love' (beautiful feeling by the way), we played together, prayed together, had a band together, we were creating history together. Seven years and a beautiful daughter later, it was over. He no longer wanted the white picket fence and two children.

I not only had a broken 'still beating together' heart but it broke everybody, broke my trust in what I knew, broke my faith, created enough whispering and gossip for a lifetime. It broke both families, it broke other couples, it rocked everyone's world as we were 'meant to be'. That's what I describe when I say 'the carpet being ripped from under your feet', though on this occasion it was my heart being ripped out.

So, I started all over again, had to go back to live with Mum and Dad, child in tow, not admitting for years that I was a 'single mother' and taking years to uproot any love, energy, reminiscing from the whole 'what God has joined together...'. However, I continued working, studying and moving forward, deciding to put bitterness to bed as soon as I could because I had to make a new life for me and my daughter. I had to heal well.

I discovered more strength than I ever imagined I had, more courage to face everybody, more love and support from real family and friends than I had ever known. I learnt that I am ultimately human and could not control all the events in my life, what says control other people. I learnt that I am just a woman and can go through what other woman go through as there is no protective bubble just around me but that I am equipped to deal with it all, if I choose to. I also learnt that, with the 'breath of Creator in me', that I am powerful, strong, beautiful...I am a diamond and you are too.

What are some of the most fundamental tenants you feel humanity should be equipped with to deal with life?

Forgiveness, Love, Hope and Determination. This then can lead to peace, compromise, friendships, great relationships, great communities, great cities, great countries and hopefully a great world!

In order to transform, to heal our past, trauma, emotional and physical pain can you share a few tips, tools and guidance on how to even recognise initially where you are within yourself and then the initial steps on how to move forward from that place.

To recognise where you are within yourself, sit still enough, long enough, to be honest with yourself. Ask yourself (and write down as it's good to read afterwards) - 'Where am I right now?' 'Am I happy with that?' 'Is there anything about me or my lifestyle I need to change right now?'. Journey within yourself, with yourself or get help from a friend, a counsellor, a coach, anyone you feel safe with, who will be honest to you.

Sit in that uncomfortable spot within yourself and forgive yourself and forgive others. Always easier said than done but fundamentally for your own energy to transform, this uncomfortable time needs to take place. Write it down. Burn it up. Release it, along with old hurts and pain. Memory doesn't just go but the energy surrounding the thought reduces as you release it every time it comes up and determine to move forward, free from your own restriction. It takes time but we CAN retrain ourselves.

What are the benefits or rather what can someone expect to find on the other side of dealing with their pain or challenges?

Liberation! In our mind, body and soul. Freedom from the power of the pain, hurt or someone else, plus the power to move forward and recreate your life.

You've written a book. Tell us more about it.

It's called 'Power Up for the Year – I Can Do It!' It's a tool book, full of practical exercises to help people move forward in their lives and stop procrastinating! It can help you to...

- Examine where you are and tune into You (INTUITION)

- Get clearer about your passions, goals and who you want to be (**CLARITY**)
- What you can start doing to reach there (**ACTION**)
- Make sure you follow through taking daily steps (**NOW**)

I **CAN** Do it!

What inspired you to write your book?

I've been writing poetry and coaching newsletters for years now but the time came to pull together all the words; common experiences and questions from myself and people I met, with the view to answer or rather for people to answer their own question about their life, which is what coaching is all about. However, I also wanted to provide a tool book to practically help people to move forward. It is an ebook and the idea is to add more ebooks at a later date and then maybe pull those together into one revised book version.

Share details of where it can be purchased

It can be purchased online <https://amzn.eu/d/3MDwwij>

A few hard copies (more ££) can also be found in our shop, MindBody Therapy Centre, [120 Stanstead Road, Forest Hill, London, SE23 1BX](#)

What does being a champion of change mean to you and what words of encouragement can you leave with others who may want to make a change in their life but who are fearful?

To me it means, being an influencer, being a person who impacts people's lives in a great way, to enable and empower them to live their best life and also impact and enable others.

Changing your life can take some people a day and others a decade, so it's okay to be afraid of change as it can mean all you know, no longer makes sense and you need to re-learn or it can mean people in your life begin to move away or great friendships and relationships change. Those feelings are real. However to let it paralyse you to not move forward or do what you know you should be doing or being in life, means the world misses out on your energy, your power, the impact you could make to more people than you can imagine. It doesn't mean you throw everything or anyone out but it may mean you need to declutter your mind, your space, your world.

I always ask people 'What is the worst that can happen?'. Once you answer that, it takes the power out of the fear. Then look at how to move forward e.g. Who do you need to contact? What do you need to study? Where do you need to be? Who do you need to be? Then start working on it, one hour at a time, one day at a time. Start planting seeds and watch/experience the growth, so be patient within it all. Sometimes it doesn't go how you imagined but use those experiences to learn fast, then move forward again with grace and power.