

# THE TRUE NORTH

*Magazine*

Trust The Nudge

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Return To Yourself

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Become Who You're  
Meant To Be

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# Editor's Letter

By Megan North

Some seasons ask you to slow down.  
Season Five asks you to look up and notice  
how far you have already come.

This is not a season about arriving. It is a season about becoming, quietly, consistently, and often in the most ordinary of moments. Across every conversation in this volume, the guests remind us that transformation rarely announces itself. It shows up in a single decision, a returning to self, or the courage to finally stop running on autopilot and ask what is actually true.



From Courtney McCloud's exploration of the hummingbird effect and how small movements create unexpected ripples, to Jenny White's journey from hospital scrubs to medical thrillers, this season reminds us that our stories can take turns we never planned for and be richer for it. Yvette Timmins returns to share that the real work, as always, is an inside job, while Tiffany Cano offers the patient, layered work of peeling back everything we have been told we are to find who we actually are underneath.

We also hear why we were never meant to do this alone from Jennifer T. Donner, and why becoming is not a destination but an ongoing, unfolding process from Jo Brooks. Jay Kattel reminds us that the future still needs deeply human people, while Mitch Toner shows what business looks like when we lead from something beyond the transaction. Beth Lewis brings us home to the inner child waiting to be met, and Shannah Kennedy asks the question that changes everything after a chapter closes: and then what?

Kelly Allison offers a gentle and powerful invitation to return to yourself, while Engy Neville shows what life can look like when we finally step beyond the autopilot we have been living on. And Eli Brackenbury closes the season with a truth every guest this year has quietly embodied: that the ordinary moment, the one you almost missed, is often the one that changes everything.

The common thread through every story this season is this. You do not have to rebuild yourself. You simply have to return to who you were always becoming.

It asks you to notice the moment in front of you.  
It asks you to stop waiting for the dramatic turning point.  
It asks you to trust that the ordinary is already extraordinary.

As you move through these pages, may you feel the quiet permission to stop rushing past your own becoming and recognise that you are already, and have always been, right on time.

Your next step does not need to be a leap.  
It simply needs to be yours.



What if you were never lost?

What if you were simply becoming?

Your True North doesn't ask you to have all the answers. It speaks through the quiet nudges, the unexpected shifts and the moments when something inside says, this way.

The stories in these pages are from people who stopped waiting to feel ready.

They trusted the pull.  
They took the next step.  
They found their way back to themselves.

This magazine isn't here to tell you who to be.

It's here to remind you to listen to what you already know.

Because becoming doesn't happen all at once.

It happens one honest choice at a time.

And perhaps your True North has been guiding you all along.





Courtney McCloud

## The Hummingbird Effect

Courtney McCloud on why the most underestimated force in any organisation is the one quietly holding everything together.

Courtney McCloud spent years knowing she wanted to do many things without being able to say so out loud. It did not feel like an acceptable answer. So she kept it to herself, took the next sensible step, and trusted that the path would eventually make sense in hindsight.

It did. Teaching led to not-for-profit work, which revealed the quiet power of communications to move people toward a shared goal. A Master's Degree followed, then a string of roles across education, construction and energy, each one adding a layer to what she was building before she had a name for it.

That name turned out to be The Hummingbird Effect.

The hummingbird, she explains, is tiny. It is also irreplaceable. Over eight thousand species of flora and fauna in the Americas depend on it, not because it tries to do something grand but simply because it shows up and plays its role. The same logic applies to communications inside an organisation. When it is working well, everything functions. When it is absent or underestimated, things quietly begin to collapse in ways that are not always immediately visible.

That case is one Courtney has had to make more than once. A CFO recently challenged her directly, asking why he should pay for a communications consultant when AI could write an employee email. Her answer went straight to the real question underneath. What are you actually trying to achieve? Because communications at its best is not about sending information, it is about building trust over time, listening as much as speaking and closing the loop consistently so people feel genuinely heard rather than simply notified.

"People don't expect you to agree with them," she says. "They simply want to know they have been heard."

Outside the work, Courtney keeps her foundation simple and non-negotiable: exercise, nature, good food and time with the people who matter. She talks to her vegetable garden when she is overwhelmed, journals when she needs clarity, and has learned slowly to stop trying to prevent train wrecks that were never hers to stop.

Her closing truth is the one she is still practising.

"Do not try to be all things to all people. Not my monkey, not my circus."



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People don't expect  
you to agree with  
them. They simply  
want to know they  
have been heard.

**Courtney McCloud**



**Jenny White**

## From Scrubs to Medical Thriller

Jenny White on waking up from a coma with no memories, a clean slate and an unexpected calling she never saw coming.

Jenny White did not set out to become a novelist. She set out to be a nurse, inspired at the age of six or seven by watching a collision through the back window of her family's car, seeing people wandering in shock and promising herself she would stop and help one day. Thirty years later, she was a Director of Care, retiring from one of the most demanding careers in healthcare.

Then her body handed her a different kind of story entirely.

A brain tumour, discovered during what she thought was a stroke, was wrapped around her carotid artery. The first surgeon she approached refused to operate, believing she would not survive. The second, a younger specialist at the top of his field, was willing to take the risk if she was. She signed the consent the same day. The surgery happened. And then she woke up, tied to the bed, not recognising the man standing at the end of it, her husband of thirty years.

Her memories were gone, her speech was scrambled, she could not walk. The nurse inside her understood the clinical picture immediately. The rest of her had simply gone, as she describes it, on an extended and unannounced vacation.

Over the months that followed, writing became both the tool her speech pathologist suggested and the thing that quietly lit something new inside her. The words she put on paper made sense even when the words she tried to say did not. She began taking online courses in fiction writing. She created a character who was a nurse, gave her a brain tumour, let her return to work in an ICU and then wrapped a thriller around what happened next. The Triggering Scent, book one of a series, is now published across more than forty platforms.

Her memories are returning slowly, and not in order. Recently she attended a family wedding and could not place most of the people she had known for decades. Driving home, she realised she had no memory of her own wedding. Her husband walked her through it gently, what she wore, who was there, what they ate. No memories returned, but they had that conversation together. It is, she says, a little like living inside a real mystery novel where you never quite know what is coming next.

Her closing truth is one that connects directly to the little girl in the back seat of the car, told by her mother that she probably was not clever enough to be a doctor.

"It is okay to challenge the paradigms we are taught," she says. "It is okay to step back and say: I do not care what anyone else thinks. What is going to work for me?"



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I have a clean  
slate. I gave  
myself permission  
to dream like a  
kid again.

**Jenny White**



**Yvette Timmins**

## It's An Inside Job

Yvette Timmins on the eighty-year-old man in Okinawa who reminded her that today is the only garden worth tending.

Yvette Timmins did not go to Japan looking for a lesson, she went on her honeymoon. But on a quiet campground on the island of Okinawa, she met an elderly man named Oidasan who changed the way she has thought about every day since.

Okinawa is one of the world's five Blue Zones, places with the highest concentration of people living to or past one hundred. What makes them different is not one thing but a way of life so quietly woven into daily culture that people like Oidasan do not describe it so much as embody it. He runs his campground on the water, connects genuinely with everyone who passes through, grows and eats what the land offers, moves his body in nature, and does not waste a moment worrying about the future.

"Don't take today for granted," he told Yvette. "Marvel in it."

That single idea, arriving not from a book or a podcast but from a man who has lived it for over eighty years, hit differently. We can read about presence and intellectualise it easily enough. Feeling it from someone vibrating it from every cell is something else entirely.

The lesson Yvette brought home is simple and demanding in equal measure. Focus your energy on today, not by ignoring tomorrow, but by understanding that how you show up right now is actually the most powerful act of planning you can do. Gratitude, joy and genuine presence are not just good feelings, they are seeds. What you plant today shapes what grows next.

For Yvette, it has already changed how she thinks about her work at Bloom College, prompting her to ask what kind of business each student actually needs for a fulfilling life, not just the biggest one possible. It has also sent her straight back to the garden she had been postponing until the right house came along. Her husband reminded her there was no reason to wait. So they started their bonsai garden on the weekend.

Her distilled advice from Oidasan is not to simplify everything, but to mind your energy.

"It's an inside job," she says. "No one else can do it for you. Bringing the best energy you can into the space you're in is the greatest gift you can give to everyone you encounter."



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A full-page background image showing a sunset over a river valley. The sky is filled with vibrant orange, red, and pink clouds. A river winds through a green valley, reflecting the sunset colors. In the distance, there are dark, forested hills.

Don't take  
today for  
granted.  
Marvel in it.

Yvette Timmins





**Tiffany Cano**

## Peeling The Artichoke To Reveal The Heart

Tiffany Cano on why even the healers need healing, and how eleven million subconscious thoughts are quietly running the show.

Tiffany Cano was eight years old when she started getting paid for healing work. She was at her father's barn in Malibu, doing something that looked like massage on one of his clients. Her father, an entrepreneur to his bones, told her to charge a dollar for ten minutes. She said okay, and that was how it started.

What she did not know then was that most people could not do what she was doing. She assumed everyone could see auras, communicate with animals and talk to God. She thought it was simply how people worked.

Thirty years of paid healing sessions and transformation workshops later, Tiffany now runs the Highly Perceptive People Academy, working specifically with empaths, intuitives, coaches and healers who spend their lives holding space for everyone else and often have the least support for themselves. She helps them find and clear the blind spots that are quietly keeping them stuck, not just consciously, but at the subconscious level where, she explains, eleven million thoughts are running for every one hundred conscious ones.

"You might be affirming that you are open to money," she says. "But underneath, there may be a childhood wound still vibrating that money causes conflict, that there is never enough. That inner child's belief is still operating in the adult body."

She uses the artichoke rather than the onion as her metaphor for this work, deliberately. Peel an onion and you end up with nothing. Peel an artichoke and you eventually reach the heart.

Tiffany is careful about how and when she delivers what she senses in a session. Not every piece of information that comes through is meant to be spoken aloud. Some of it is simply for her to work with quietly in the background. She learned that in her twenties, and it has made her more precise and more spacious as a practitioner.

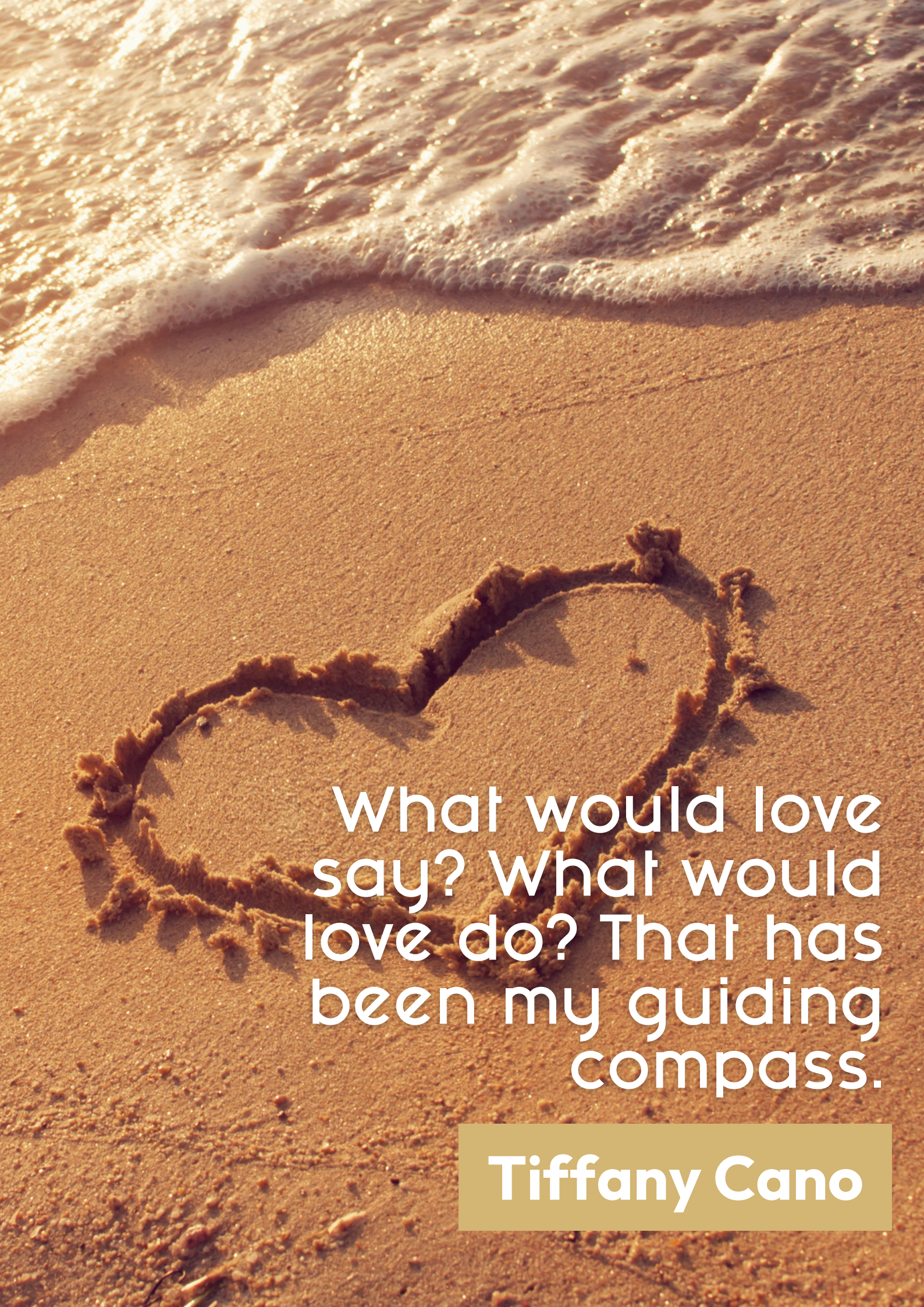
Her own grounding practice is deceptively simple: send energetic roots from the feet down into the earth, deeper and wider, until the core feels solid and supported. It is, she says, the direction most people forget. Everyone connects upward. True manifestation requires connecting below as well.

Her closing guide for every decision is one she wishes she had found far earlier in life. "What would love say?" she asks. "What would love do? When I face a decision or a conflict, I tap into the heart and ask that. It could have saved me a great deal of difficulty had I been asking it earlier."



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What would love  
say? What would  
love do? That has  
been my guiding  
compass.

**Tiffany Cano**





**Jennifer T. Donner**

## You Don't Have To Do It Alone

Jennifer T. Donner on the wake-up call that came from someone who loved her, and why nothing was ever actually wrong.

Jennifer T. Donner had the job, the relationship, the support system and a home. Everything that was supposed to add up to a good life was in place. And she was miserable every single day.

In her twenties, Jenn worked in corporate, competent and reliable, while a relentless second conversation ran in the back of her mind through every meeting. She had never known what she wanted to do. While friends seemed to move through life milestones with direction, she felt left behind, quietly convinced something was fundamentally broken in her. Her evenings and weekends were spent recovering. Her twin sister and husband Miguel pulled her through. And still the thought loop kept circling: is this really it?

The wake-up call, when it came, was not a crisis. It was a quiet, loving conversation. Miguel told her gently that he could not keep pulling her out of the dregs of this unhappiness. He had put his own needs on hold for years. She was caught off guard, but somewhere underneath the shock was gratitude. Within days, she was in her first therapy session as an adult who had chosen it herself.

Within a month, Miguel had moved back home. He had noticed something shift, not because the circumstances had changed, but because she had stopped trying to figure everything out alone.

That was eighteen years ago. What followed was not a quick transformation but a long, layered one, built through therapy, coaching, inner work and slowly dismantling the belief that asking for help was a failure. The belief that there was something wrong with her. The belief that everyone else had somehow figured out the thing she could not.

She now coaches women who are in exactly that place, those who look fine on paper but are quietly asking the same question she once was. Her framework is simple. External life has no relationship with how you feel on your happiness meter, and no amount of the right circumstances will change what is happening internally. Clean the inside first.

Her closing truth is the one she wishes someone had handed her two decades earlier.

"There is nothing wrong," she says. "You are not broken. Every single person on this planet is navigating this confusion. You were never failing. There was nothing wrong. That is the foundation of everything I do."



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A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of deep blues and oranges, with the sun low on the horizon. The person's reflection is visible in the wet sand.

There is nothing  
wrong with you.  
You are a perfectly  
imperfect human  
being. This is what  
it looks like to be  
human.

**Jennifer T. Donner**





**Jo Brooks**

## I'm Still Becoming

Jo Brooks on the seven-year liquidation that became the foundation of everything, and why competition is a much smaller game than collaboration.

Jo Brooks was not allowed to go to university. Her father, old school in the way of his era, told her to get a job instead. So she sat the banking exams, got a job, and enrolled in TAFE two nights a week for seven years, commuting nearly an hour each way, until she had her accounting diploma. The bank promoted her. She learnt that bettering herself through education opened doors, and that lesson never left.

Nearly thirty years later, she completed her MBA at sixty-three. The certificate arrived in the mail and she cried, not for the letters after her name, but because she had finally done the university thing she was never allowed to do as a young woman.

Between those two moments was a career that built something significant, then lost it publicly, then built again. Seventeen times.

The liquidation happened fast. A company Jo had built to two hundred students a week, partly by collaborating with the very competitors she was supposed to fight, became unviable. On the day she announced it to her four offices, most of her one hundred and ten staff stayed unpaid to help pack up. Before she left for the last time, a senior team member handed her a card they had bought the day before, sensing something was wrong. It said they supported her, whatever came next. She went home, closed her bedroom door, and sank to the floor. Then she got up.

The lesson from building that fast, she now teaches plainly: pace was the undoing. Two hundred students a week in twenty-four months felt unstoppable until it was not. She tells every client now that eighty percent is perfection, and you can take a course to market once the first module is done. You do not need the whole thing finished.

Her current work through Navig8 on the Gold Coast is built on that same honesty. She helps coaches, founders and subject-matter experts stop delivering everything one-to-one and build it into courses and programs instead. Her first question is never about what they need to create, it is about what they already have, the chapters cut from the book for printing costs, the things there was no time to go deep on in a session, the insights trimmed from a speech for time.

The wisdom is already there. She helps people see it. Her two closing lessons are the ones she says she could have done with thirty years ago. "Pace," she says simply.

"And circle. Surround yourself with people who can support, challenge and guide you. Receive the love from everyone else. Act on the credibility."



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Courage to begin.  
Discipline to build.  
Wisdom to let go.  
Grace to receive.

**Jo Brooks**





Jay Kattel

# The Future Still Needs People

Jay Kattel on why AI is spiking employee relations cases, what young workers are quietly losing, and why the need for human connection will only grow stronger.

Jay Kattel has spent two decades helping organisations get the people side of business right. He grew up across four countries, three languages, and ten schools, and that restless childhood gave him something no MBA could: the ability to read a room quickly, see from multiple angles and connect with almost anyone.

He has carried those instincts into some of Australia's most complex organisational challenges. Now, through his business Lume Partners, he is watching one of the most significant shifts in workplace culture he has ever seen, and it is not the one most people are talking about.

Yes, AI is changing work. But what it is actually changing, Jay argues, is not the tasks, it is the conversations.

Employee relations cases in one of his client organisations are up seventy percent in the past twelve months. The reason, he believes, is not a wave of genuinely serious workplace issues, it is that people have stopped picking up the phone. Someone misreads a situation, opens an AI tool, gets a script, sends it to their manager. The manager runs the same play in reverse. Two AI-generated responses, no human exchange, and something small becomes a formal case. What would once have been resolved in a ten-minute phone call now fills an HR team's week.

"We are over-reliant on electronic communication," he says. "The need to train people to have difficult conversations was always there. Now it is amplified."

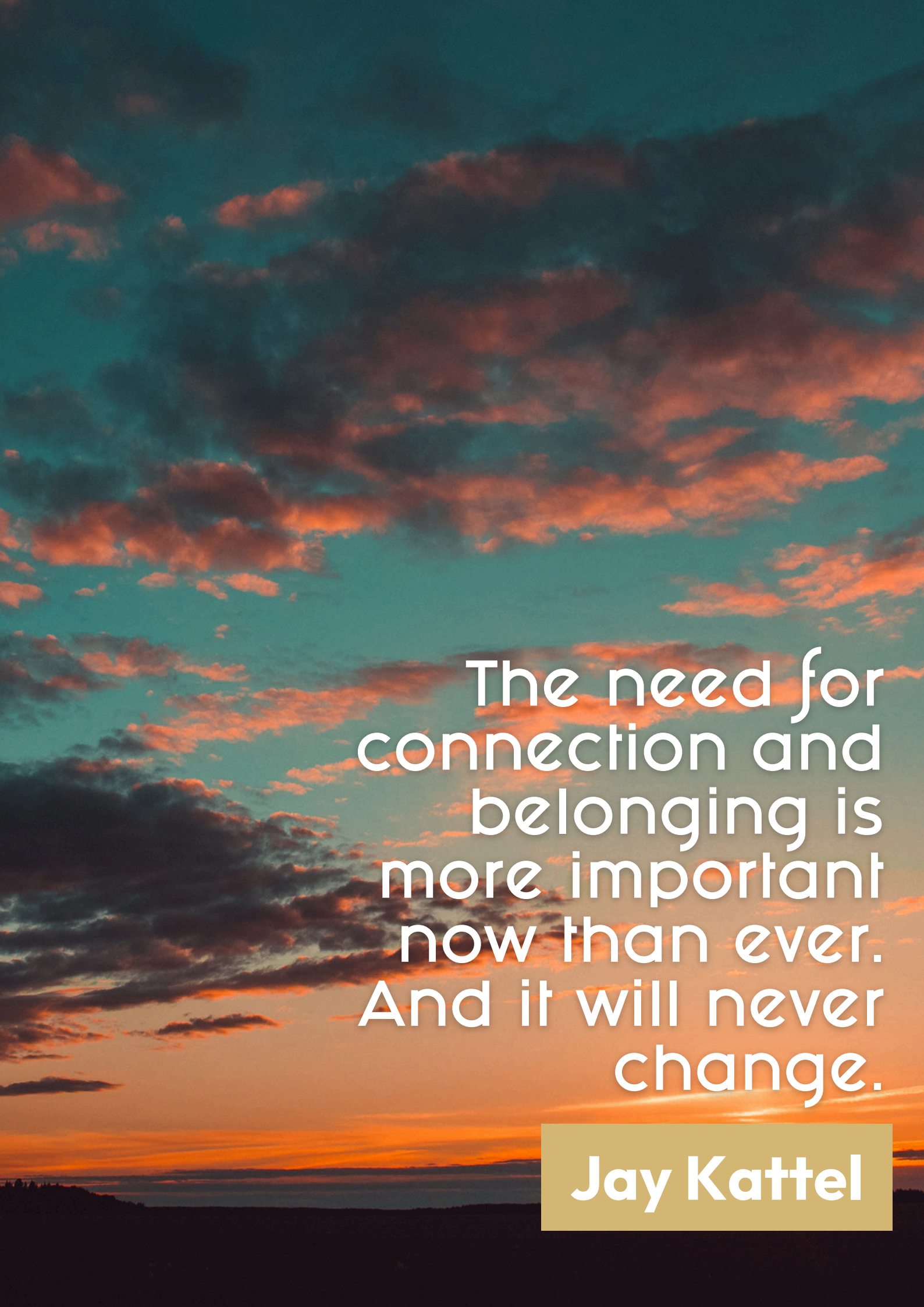
His concern extends to the generation just entering the workforce. The boring entry-level tasks that AI is now automating were never just tasks, they were how people learned how an organisation actually worked: who was who, what to say, how to navigate. As those get removed, Jay believes organisations need to be far more deliberate about designing the onboarding experiences that replace what used to be absorbed by simply being present. None of this makes him anti-AI. He has spent hundreds of hours building tools, including an HR query model that allows lean teams to handle high volumes of employee questions without losing the human oversight that keeps those answers accurate and current. He simply insists that fluency is not the same as dependence, and that you cannot outsource critical thinking.

His answer to every complexity he has named in a year of conversations is still the same one it has always been. "The need for connection and belonging," he says. "That is more important now than ever. And it will never change."



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The background of the image is a full-page photograph of a sky at sunset or sunrise. The sky is filled with large, billowing clouds that are illuminated from below, giving them a warm, orange and red glow. The upper portions of the sky are a deep teal or blue. The overall mood is serene and contemplative.

The need for  
connection and  
belonging is  
more important  
now than ever.  
And it will never  
change.

**Jay Kattel**



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**Mitch Toner**

# The Man Who Turned Around In The Doorway

Mitch Toner on the stranger who changed his life in three seconds, and why business was never really about the transaction.

Mitch Toner almost walked out of the first networking event he ever attended. He had not wanted to be there. He was a technician sent along to a breakfast. He got his name tag, was pointed through a door, and walked into a horseshoe of seats with nobody looking his way. He froze. He was three seconds from leaving.

Then a man across the room turned around, caught his eye, and gestured with his hands: come join us. He opened the circle, included Mitch in the conversation, and asked him two questions. What is your name, and what brings you here today?

That man was Phil Moore, a graphic designer from Newcastle, who has no idea he changed the direction of someone else's life simply by being the first to look up.

Mitch has told that story dozens of times since. He still lets Phil know every time he does.

What makes the story matter is what came before it. Mitch had spent his twenties as a highly capable IT specialist, technically brilliant, pouring everything into work because it gave him a sense of purpose when the rest of his life felt empty. He was depressed, sleeping on the floor of a flat, with no social life and weekends that stretched out bleak. When the spark at work finally disappeared too, he had nothing left to hold onto. That was when he finally called a psychologist.

He walked into that first appointment convinced the therapist could not tell him anything he did not already know. He walked out more frustrated than he had walked in. But he went back. The psychologist used a local lake as his metaphor: no one can see the whole thing in a day, but if we keep coming, we will walk the whole way around it. Three years of fortnightly appointments later, Mitch felt genuinely ready to take the wheel himself.

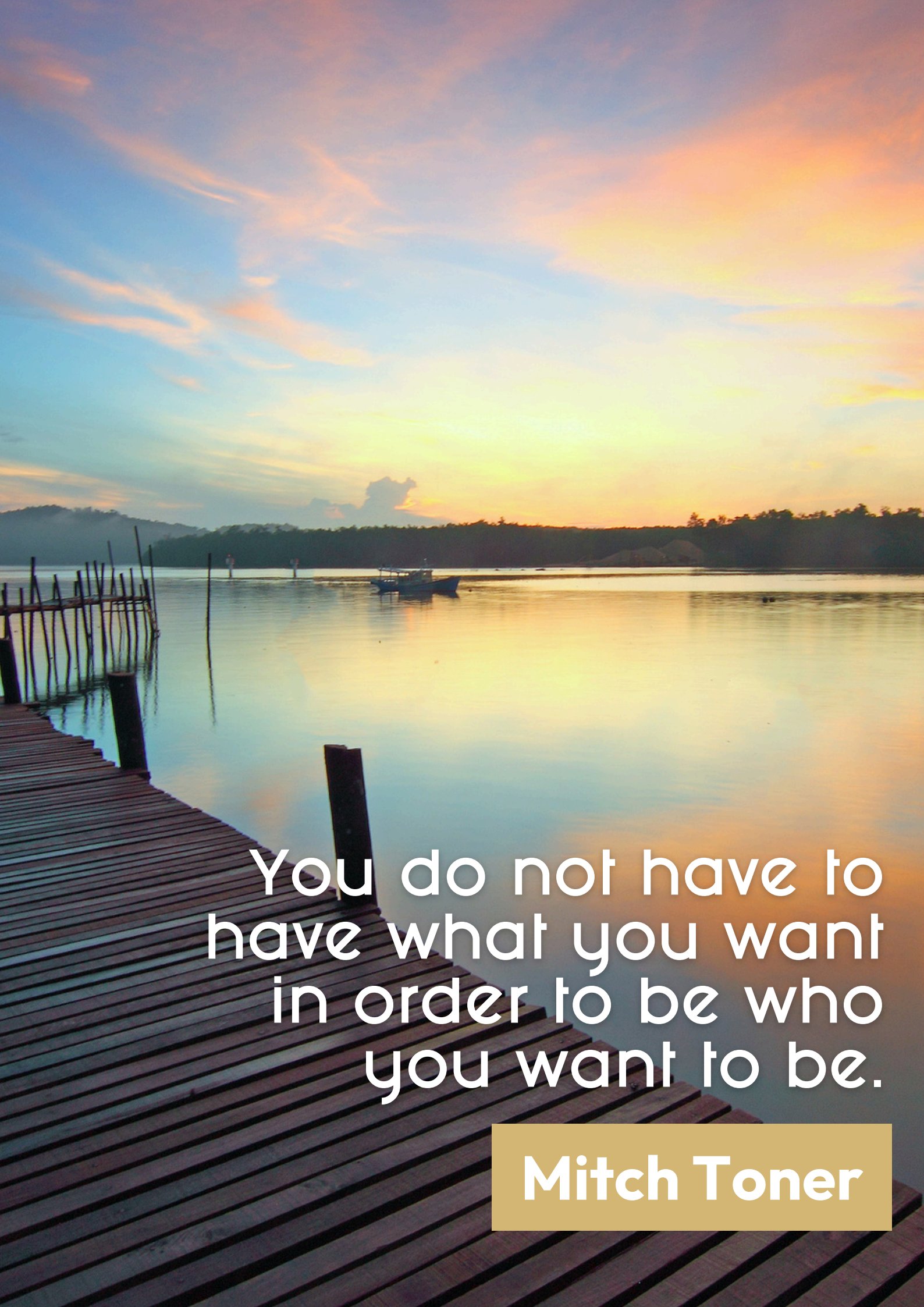
By then he had started his own IT company and discovered, through networking, that the relationships built around a business were often more valuable than the business itself. Today he runs free networking events across Newcastle, a Wednesday night online session open to anyone globally, and works with business owners on their LinkedIn presence, because he kept watching people succeed in one place and disappear in the other.

His closing truth arrives from Jim Fortin and is the one he wishes he had found far sooner. "You do not have to have what you want to have in order to be who you want to be," he says. "Be the person you want to be right now. That shapes what you do. And what you do produces what you want to have."



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A serene sunset scene over a body of water. In the foreground, a wooden dock made of dark planks extends from the bottom left towards the center. The water is calm, reflecting the vibrant colors of the sky. In the distance, a small blue boat is visible on the water. The horizon is lined with dark silhouettes of trees and hills. The sky is a mix of soft pinks, oranges, and blues, with wispy clouds catching the low light of the setting sun.

You do not have to  
have what you want  
in order to be who  
you want to be.

**Mitch Toner**





**Beth Lewis**

## Have You Met Your Inner Child?

Beth Lewis on the patterns we carry from childhood, the courage it takes to stop wallowing alone, and why the answer never comes from the same place as the question.

Beth Lewis is a returning guest on this show, and also something more than that. She is my business partner, closest friend, and a fellow architect of the retreat work we have been building together. This episode was never going to follow a conventional format!

Fresh from hosting eight women at a retreat, we decided to sit down and share what surfaced across that weekend: what we are seeing women struggle with, what we learned about ourselves and each other, and why the inner child keeps showing up as the thread running through almost everything.

For anyone unfamiliar with the term, Beth offers a disarmingly simple explanation. We were all children once. We are still that person in many ways. And for every child whose needs were not fully met, whether through significant trauma or something as ordinary as being consistently talked over at the dinner table, those experiences get stored in the body. They shape how we set boundaries, how we handle conflict, how we respond when someone interrupts us mid-sentence. They surface in the patterns we cannot seem to shake no matter how much we understand them consciously.

The first step, Beth says, is simply noticing. When something lands harder than you expected, or triggers a physical response that seems disproportionate, the question worth asking is: where did that come from? Because the origin is rarely where you expect. She has worked with clients convinced their self-sabotage traces to significant adult events, only to find a seven-year-old girl in a playground who was told repeatedly she did not belong.

One of the most powerful tools she shares, borrowed from Brene Brown, is a single phrase to reach for before reacting: the story I am telling myself right now is this, it does not mean your truth is wrong, it means multiple truths can sit in the same room, shaped by different filters, different histories, different versions of the same moment.

Her own journey to finding her voice, as the youngest of three sisters in a loud and emotionally complex household, taught her both the pain of not being heard and the deep empathy that makes her extraordinary at ensuring her clients feel the opposite.

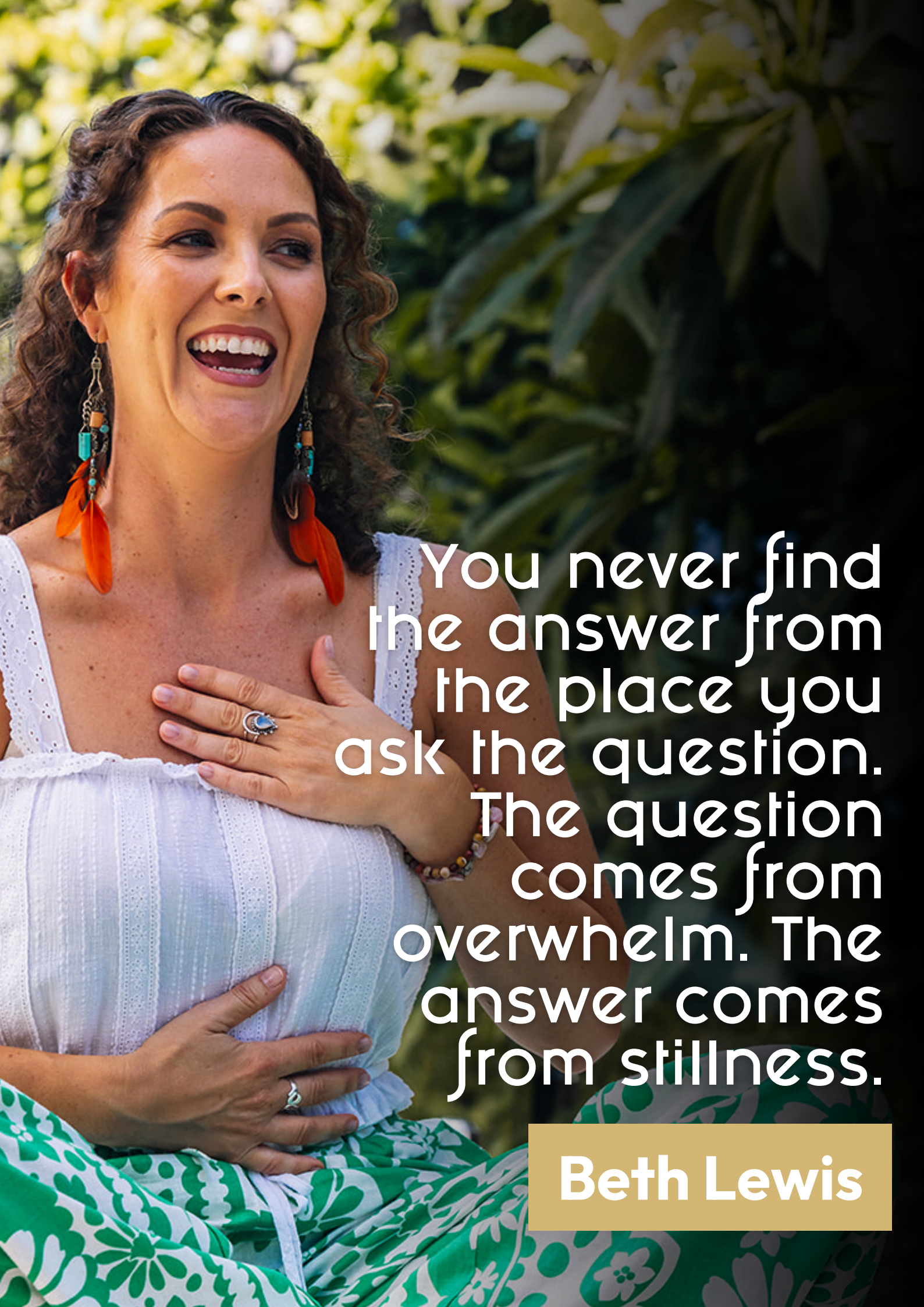
Her closing words carry both the warmth and the directness that define her.

"It is never too late to go back and meet that little version of yourself with kindness," she says. "You are not alone, and it starts with just one question: where did that pattern come from?"



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You never find  
the answer from  
the place you  
ask the question.  
The question  
comes from  
overwhelm. The  
answer comes  
from stillness.

**Beth Lewis**





**Shannah Kennedy**

## And Then What?

Shannah Kennedy on walking 800 kilometres, swimming with whales, and why the second half of life is the best creative project you will ever design.

Shannah Kennedy has spent more than two decades helping people design their lives with intention. Eight bestselling books, more than a thousand clients coached, a methodology used by leaders and organisations around the world and in 2026, she stopped, picked up her walking poles and put all of it into practice.

The year began at the Winter Olympics in Italy, where her husband closed a twenty-three year career as CEO of his sport at the exact moment they had always planned for. Then came the Camino de Santiago, 800 kilometres across Spain on foot, just the two of them. Then Tonga, swimming with humpback whales as part of a self-leadership course built around the hero's journey. Then Greece, where her husband will graduate from study and they will live on Crete for a month.

All of it was planned. All of it was part of the life plan.

That, she says, is precisely the point.

The question driving her next body of work is one she has been sitting with for years, watching it arrive in her clients and in herself as the checklist society provides runs out around fifty-five. Finish school. Study. Career. House. Family. Holidays. And then, somewhere in midlife, the list simply stops. And into that empty space, without design, comes panic.

Shannah's answer is a blank piece of paper and a genuinely open question: if I could do anything, what would I create?

Her own answer has included walking forty days across Spain in near silence. On the flat Meseta, she and her husband would walk for an hour and a half without speaking. Memories surfaced that had not visited in years. Conversations happened that had never quite found their way into ordinary days at home. The silence was, she says, not empty but euphoric.

The whales taught her patience. You hover still in the water and you wait, you do not chase them, they come to you. She came home knowing her next body of work was forming, but trusting it needed to arrive in its own time. The butterfly cannot be forced.

Her insight for anyone standing at that same threshold is quietly radical.

"There is no should," she says. "There is only could. If you have figured it out, you are finished. We are ever evolving. And the best is genuinely yet to come."



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**Give yourself  
permission to sit still.  
Something big is  
always brewing.  
And when it arrives,  
be ready to jump.**

**Shannah Kennedy**





**Kelly Allison**

## Returning To You

Kelly Allison on the fire next door, the dark night that followed, and why it is utterly exhausting to be someone you are not.

In December 2024, while Kelly Allison was overseas, the building next door to her clinic burnt to the ground. She knew from the moment she got the call that it was done. What followed was a slow unravelling that took most of the following year.

The clinic closed in May 2025. For the months after, Kelly describes dying a thousand deaths. She was parking her car down the side of the house so people would not think she was home. Taking her daughters to school, coming home, going back to bed. Running out of the energy she had spent a decade giving to everyone else.

What cracked open in that stillness was something she had never quite faced before: how exhausting it had been to be someone she was not.

Kelly's path into healing began much earlier, at twenty-five, when a kinesiology session for an autoimmune condition gave her the first real language for what she had always been feeling. She had grown up being told, lovingly, that the depth of the way she saw the world was something her family simply could not meet her at. The result was that she learned to experience her feelings as an inconvenience, and eventually shoved them down. The psoriasis followed.

She trained as a kinesiologist, then as a medical intuitive. She opened a clinic, built a client base, taught. And then the fire happened, and the ground disappeared, and what she found in the aftermath was a download: enough. No more trying to show up differently for different people. No more preempting everyone else's needs while quietly abandoning her own.

Out of that came her current body of work, the Unbecoming, and within it the RETURN method. Recognise, Explore, Tune in, Uncover, Release, Navigate your liberated truth. Each step mirrors what she moved through herself. The process is not about becoming someone new. It is about shedding everything that was never genuinely yours to carry, and choosing, consciously, what you want to keep.

She is careful to say that what liberation looks like for one woman will look entirely different for another. Her job is not to make anyone louder or quieter or more like her. It is to help each woman come back to the parts of herself she has spent years denying.

Her closing truth arrives from a Maya Angelou thread she has been following lately, and from the year that taught her firsthand what it means.

"It is just so exhausting to try and be someone else," she says. "Ninety-nine percent of what you are trying to hide from the world, everyone else already sees."



**Watch YouTube Episode**





**Good mental  
health is not  
about feeling  
better. It is  
about being  
better at feeling.**

**Kelly Allison**





**Engy Neville**

## Beyond Auto Pilot

Engy Neville on the life that looks exactly right from the outside, and why confusion is never a failure.

Engy Neville had built a life that, from the outside, was exactly as it should have been. Career, marriage, children, stability. And from the inside, there was a persistent flatness she could not quite name.

She was not in crisis, she was not depressed, she was just not quite there. Going through the motions of a life she had not fully chosen, doing the next thing because it was the next thing, performing multiple roles simultaneously and somewhere in the middle of all that performing, slowly losing the thread back to herself.

It was only when she heard herself say it out loud, in a moment of genuine honesty with someone she trusted, that something shifted. She heard her own voice describe a life designed for who she was supposed to be rather than who she actually was. And once she had said it, she could not rationalise it back into the box.

That moment sent her into training. She is now a conscious leadership mentor, emotional intelligence expert, NLP practitioner, ThetaHealing instructor, yoga and meditation teacher, and quantum energy healing practitioner, bringing thirty years of corporate marketing and brand strategy alongside deep inner work to a practice built on one question she asks everyone who comes to her: are you actually living your life, or are you just moving through it?

The autopilot, she explains, is the brain doing precisely what it was designed to do. The brain catalogues patterns, automates familiar responses, and runs them without asking for conscious input. The problem is not the mechanism, the problem is when the patterns being automated were installed decades ago, in circumstances that no longer exist, by beliefs that were never consciously chosen.

You cannot think your way off autopilot. Understanding a pattern and shifting it are entirely different things. The nervous system updates through experience, not through argument. And it needs to feel safe at each stage before it will take the next step.

The early signs that someone is beginning to step off it are, she says, both subtle and unmistakable. Genuine curiosity about their own patterns rather than frustration with them. A return of preference: this coffee, not that one; this kind of morning, not that. And a quality of tenderness toward themselves that was simply not there before.

Her closing truth is the one she wishes she had found much sooner.

"Not knowing who you are is not a failure," she says. "It is a starting point. The confusion is not a problem, it is an invitation. And the willingness to sit with it, to be curious about it rather than try to outrun it, that is the beginning of everything."



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A woman with long brown hair, smiling, is sitting on a white rectangular box. She is wearing a bright red, short-sleeved, knee-length dress and brown high-heeled shoes. To her left is a tall, light-colored vase filled with dried wheat stalks. The background is a bright, minimalist interior with white walls and a window with sheer curtains on the right.

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**Engy Neville**



**Eli Brackenbury**

# The Ordinary Moment That Changed Everything

Eli Brackenbury on the morning after his second divorce, a cup of coffee, and the peace that should not have been possible.

Eli Brackenbury was fifty years old, standing in his kitchen the morning after his ex-wife had moved out, watching a Keurig brew a cup of coffee. He had spent the previous night cleaning the entire house, mopping floors, wiping walls, washing sheets, moving through the rooms for hours. Then he had gone to social media to escape the reality in front of him.

What came across his feed were two Bible verses in a row. Be still and know that I am God. Then: I will fight your battles for you. All you need to do is be still.

He put his phone down. In the kitchen the next morning, looking out the window, he felt a peace that had no right to be there. He was facing a second divorce, a house to maintain alone, responsibilities he had not planned for. And instead of the panic he expected, there was stillness.

That was the moment, ordinary to look at, completely transformative from the inside. For Eli, the years before that morning were marked by what he calls spiritual dryness. Not a dramatic falling away, just a slow accumulation of going through the motions of a life that was not quite his, carrying things he was never meant to carry, swimming upstream out of habit. He had heard the phrase let go and let God his entire life and never understood what it meant until the morning it became unavoidable.

What changed was not the circumstances. What changed was the surrender. He stopped insisting he could manage it alone. He stopped filling every space with noise and strategy and the performance of having things under control. And in the quiet that was left, something he had been too busy to hear finally got through.

His debut book, *Finding God at 50*, is written the way he talks: no performance, no formula, no churchiness. It is simply his story, shared in the hope that someone else will read it and recognise themselves. He has given away more copies than he has sold and says he does not much mind, because the message matters more than the marketplace.

His morning practice is as simple as the moment that cracked him open. Before his feet touch the floor, he says thank you for another day and asks to be shown what is needed. That is all. No elaborate ritual. Just the acknowledgment that he woke up, and that means something is not finished yet.

His closing truth is the one that runs beneath all of it. "You are not too far gone," he says. "You are not too old, you are not too broken. Step aside for a second and ask: what is the plan for you? It cannot be any worse than what you have got going on. That is what I did. And my gosh, what a gift."



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I felt a peace  
that transcends  
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**Eli Brackenbury**

Your True North isn't somewhere you need to find.

It's already within you.

It's the quiet knowing beneath the noise.

The gentle pull you can't quite explain.

The whisper that says, trust this. Go here. Begin again.

The stories and voices in these pages aren't here to tell  
you who to be.

They're here to awaken something you may have  
forgotten.

A knowing.

A possibility.

A deeper connection to yourself and the path unfolding  
before you.

So pause. Listen. Feel.

Trust the nudge.

Follow what feels true.

And let your own True North guide the way.