



Louise K. Shaw **The Body Whisperer**

Have you ever woken up in pain? Excruciating pain that took your breathe away? That's what happened to me in June 2006, when I was living in Los Angeles. If you were there, you'd see me falling out of bed that morning as a sharp, stabbing pain shot down my back and through my right leg. Little did I know then, the pain would be the catalyst that helped me to discover my passion. My Dad always told me I was headstrong, never taking anyone's word just because they were in a position of authority. And now was no exception. You see, I declined the Specialist's advice to have the disc removed from my spine to stop the pain. Instead, I went on a journey to discover an alternative solution. I found it in Emotional Freedom Technique (EFT) and after my first session, I committed to 'tapping' every day (not even knowing if I was doing it right or wrong). I'll never forget waking up on that sunny morning. It was five days after my first session and I'd been tapping every day like a possessed woman. For the first time in over two years, the pain was gone, painkillers were in the bin, and I was standing upright. As I was a little skeptical that tapping could REALLY heal me, I decided to "test" my body to see if the pain would come back. And what better way than to train for a marathon! 10 months later I was running my first marathon without any pain, and I haven't had any since.

In 2011, it seemed like the Universe had further plans for me to experience more pain. This time it was emotional pain that crippled me. My world was turned upside down when I had to return to the UK, and I sank into a debilitating depression. Even though I had a BA Major in Psychology (I knew how powerful the mind was), I couldn't seem to get out of the funk I was in. So I began to search for answers. That's when my journey of self-discovery started and I entered the fascinating world of Quantum Healing and Energy Psychology. I sought out Karl Dawson to train me to Teacher Level in EFT, and became a Matrix Reimprinting Practitioner. Soon after, I qualified as a Certified Coach, NLP Practitioner, Colour Mirrors Practitioner and Teacher, Reiki Master, and studied Meta-Health to Master Level.

It wasn't long before I started to work with clients, and be invited to present at other people's events.



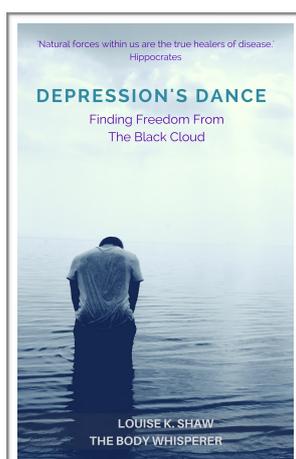
Bruce Lipton, Ph.D, Author of The Biology of Belief & Karl Dawson, creator of Matrix Reimprinting

If you were with me in October 2016, you'd find me on stage in Orlando in front of 1500 Entrepreneurs and Business Owners from 61 Countries. I was delighted to share my insights into the Intelligence of the body to heal itself, and how to tap into this wisdom to create more abundance and tranquility in life.



My vision is to build a global business specialising in recovery strategies for consciously motivated professionals feeling floored (or flawed) by the impact of a major life event, transitioning them from turmoil to tranquility. Quite often people are so keen to 'get over' these events, to 'put it behind' them, they don't allow themselves to emotionally recover. In doing so, they later find they experience the symptoms of depression, anxiety, or even Post Traumatic Stress. It's my mission to prevent this from happening by educating people about the impact of trauma on the body, and how it bio-logically responds. To inspire and empower people to feel in control and emotionally strong, whilst living through (and after) a traumatic event. I'm driven to deliver a range of coaching programmes, workshops, online courses and books on this vital subject, both for individuals and organisations. It's my hope that this will positively influence the perception of depression, and end the damaging stigma of speaking up and asking for help.

Quite honestly, the best day of my life was the day I woke up in pain in 2006.



Because without that, I wouldn't be in a position to support clients from around the world doing what I love. I wouldn't have created the Awaken Your Mojo® Series, including Discovery Days and the Digital Coaching Programme. I wouldn't be an international speaker on the 'Intelligence of the Body to Heal Itself'. And I wouldn't be the author of the forthcoming book: *Depression's Dance: Finding Freedom From The Black Cloud*.

Every cloud really does have a silver lining.

For more information, please visit:

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