

Paula Kawal : Bio

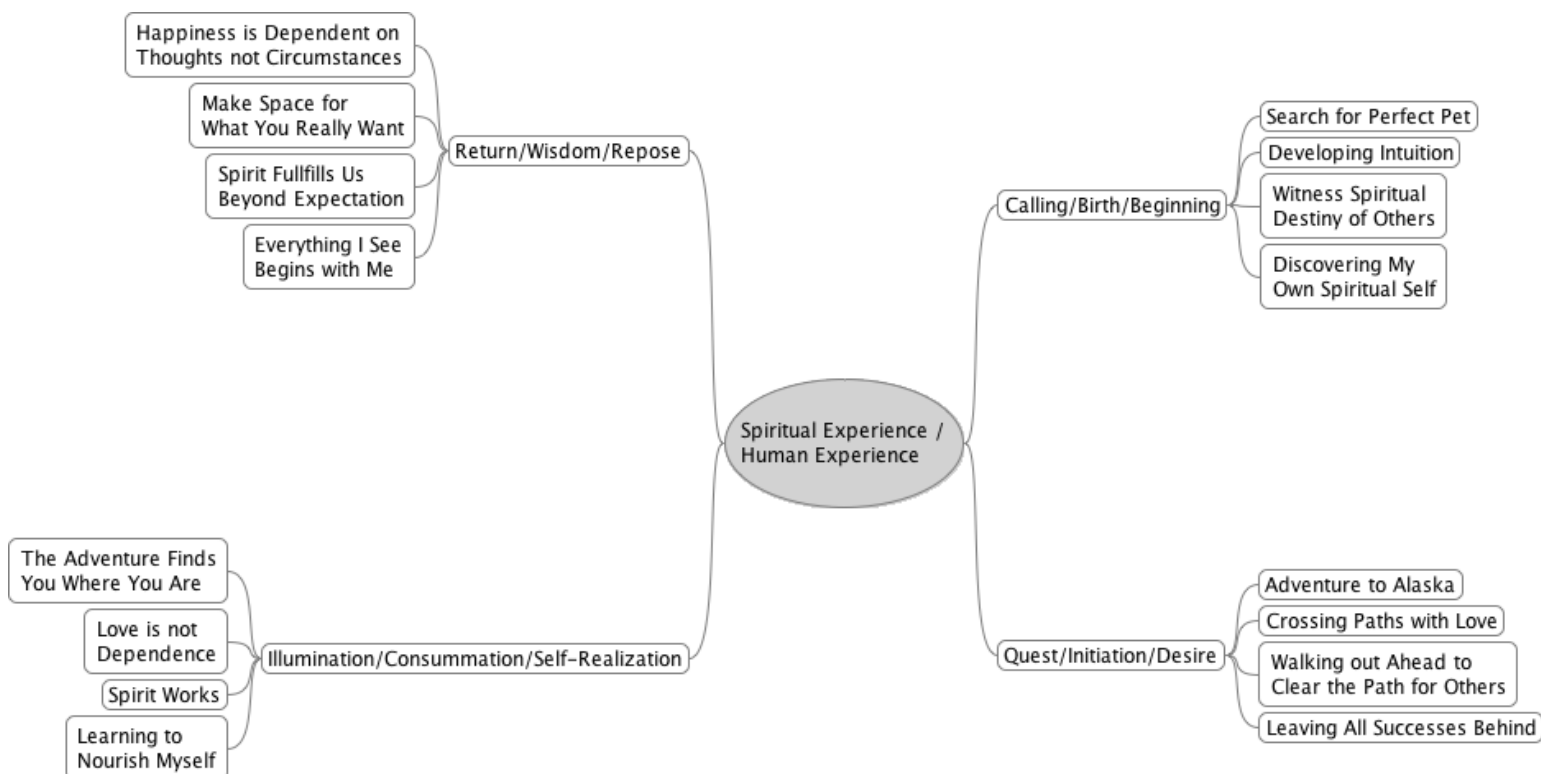
Why write a bio? Typically, bio's are written in a format that lists qualifications in an attempt to make a connection with the reader. Finding the usual format rather limiting I chose an alternative way of presenting this information to you.

I want you to find your own meaning and sense of what is useful while at the same time challenge the mindset that assumes that others know what you want to hear or how you need to hear it in order to make it meaningful to you in some way.

I think you are the best judge of your own experience and the expert of your life, so instead I decided to lead you through my qualifications by playing with the paradoxical roles we take upon ourselves and ask you which aspect of myself would you like to hear more about? Which could you learn from? Whom do you identify with? Allowing you to draw your own conclusion...

Who Am I?

Hero's Journey/Wheel of Life. The following mindmap represents a typical hero's journey structure coupled with a simplistic season-based wheel of life. Represented here are some of my most life impacting experiences with this process.



Archetypes of Life

I am the **child** that endured abuse and the **young girl** that did her best to break up her mother's second marriage.

I am the **empath** who desired to increase her developing intuition and the **teenager** who fell madly in love with a man who was already involved with someone else.

I am the depressed **lover** who nearly killed herself with drink and the **young woman** who transcended all of this to become **wife** to the man of her dreams.

I am the **woman** suffocating under the burden of raising her children and the **mother** that found salvation through their love.

I am the **administrative assistant** who was catalyst to the manifestation of a spiritual destiny and the **artist manager** that oversaw the consummation of a dream.

I am the **spirit** that moved through all of the pain and walked away from all of the successes in search of connection with something beyond what lies on the surface of experience.

All that and More...

I am all that and more... As spiritual beings having human experiences we are many things - connecting with the different parts of ourselves is what we are here to do and an integral part of how we grow. We all have a mission, a purpose and a reason for being and discovering that - is what we are here to do.

What are my qualifications? I've been through this process on many levels and continue to move through it even now, as we speak. I have experienced the changes that leading a life in this manner creates. I have learned to see, hear, feel, know and accept myself..it is through this acceptance & simplicity, that I know, accept and assist others.

What Can I Do for You? I can hold the space you need to grow. I can ask powerful questions that bring insight to your life. I can help you hear yourself and get in touch with what you really want. I can help you access your strengths, wisdom and spirit and I can guarantee that you will learn something you've never heard before.