

### *Spiritual Boot Camp*

I must say I am amazed at the surprising ways in which my Spirit Guides continually come up with new and exciting ways of teaching me life lessons. As a Medium and Life Coach, I work closely with my guides on a daily basis helping clients to get their lives in order and to help keep them on their spiritual path. I also work with my guides frequently for my own personal growth and guidance. I have come to rely on them for their great advice and wisdom as well as for giving me a glimpse of things they see coming into my life. However, I never in a million years would have guessed that the Spirit World would take such an interest in the fitness aspect of my life!

I have always been interested in the health and fitness world. I am a certified Holistic Health Practitioner and have always kept in shape by working out about three times a week. In January of this year, I mentioned to my trainer that I was going to be turning 45 at the end of May and wanted to be in the best shape I had ever been in. He suggested that I should train for a "Figure" fitness competition which would give me motivation to reach my goal. I thought he was nuts. I hadn't even heard of such a thing. I discovered that a "Figure" competition is a fitness competition for women who are judged on having a nice symmetrical and muscular shape but who aren't big like body builders. Each competitor has to walk onto a stage in front of hundreds of people to pose in a two piece bikini and also a one piece bathing suit, wearing 4 inch heels (I can barely walk in sneakers.) Considering the fact that by nature, I am not competitive and a bit shy, the idea of being on stage, parading around in a bikini and showing off my muscles in front of a huge audience is something I would NEVER think of doing on my own. The Spirit Guides weren't really interested in my lack of enthusiasm for the limelight as they were the ones encouraging me to say yes. They saw a bigger picture in store for me that I couldn't quite yet see for myself. They thought this would be an excellent way to push me out of my comfort zone and take on a challenge that would test my determination, confidence and ability to grow. Before I knew what I was saying, the words "That sounds like a great idea. Let's do the competition" came flying out of my mouth in response to my trainer's suggestion.

After uttering those few seemingly innocent words, my entire life turned upside down. For the next 3 months, this competition became the focal point of my life. The Spirit Guides stepped into their new role as my "Spiritual Fitness Coaches" with great enthusiasm by encouraging me on a daily basis to keep moving forward. Even on those days when my muscles were sore and I wanted nothing more than to eat a big piece of chocolate cake, they persisted in their encouragement telling me to "stick with it."

Before I knew what was happening to me, I had signed up with a nutritionist (there was a particular diet that had to be followed along with the training), hired a swimsuit maker (the bathing suits had to be custom made), got up at 5:00am to train before work, started tanning, and bought all the appropriate supplements. Before I realized it, my whole life had just taken a big turn into unknown territory.

After a grueling 3 months of training, dieting and taking care of the myriad of appointments and details that went along with getting ready for this event, the big day was finally upon me. My Guides assured me that they were behind me 100% on this and that my dad, in particular, would be on stage with me when I got up to do my poses (my dad is one of my Guides). I was actually quite surprised at the ease I felt on stage doing my poses with the other girls. I could feel the butterflies in my stomach before I walked on stage the first time, but all my friends in the audience said I looked very confident up there. I definitely felt some sort of inner energy shift that night. Getting up on stage in front of all those people and not getting the stage fright I anticipated, made me think that I had more confidence in myself than I initially thought. I could feel the Guides' calming energy around me just as they had promised.

Life lessons come in many different forms and my guides proved to be very clever by taking such a unique approach to teaching me some well needed lessons. This adventure taught me things not only about myself but also about how your personal energy can affect the people around you. I learned that I am strong, confident and able to commit fully to challenging goals. I also came away with the realization that I am surrounded by people who really love and support me. The outpouring of encouragement and support I received from family, friends, co-workers and people who seemed to be on the periphery of my life, really came together to help me reach my goal. I also realized that by being so dedicated to attaining this goal, it really affected others around me in a positive way. People at work started coming up to me and asking me for training & dieting tips. They saw the changes my body went through and wanted to start getting in shape themselves. Half the office started seeing my nutritionist and got more serious about their fitness routines. My hairdresser who I hadn't seen in a few months, joined a gym and got a trainer for the first time in her life as she said I was such an inspiration to her. Just by me striving to grow and challenge myself, that energy carried out into the universe and affected many other lives in a positive way.

I am still processing some of the gifts that this experience has bestowed upon me. I definitely walked away from this with a newfound confidence in myself and realized the importance that all of our actions have on each other. I feel like I became a more compassionate and caring person through all of this.

By witnessing the outpouring of love and support that was given to me during this time, I now realize how important it is to let people know how much their kindness means to me. I want to reciprocate those acts of kindness by helping others attain their goals. Each day, I realize another benefit that I came away with from doing this contest. In processing all the lessons I've learned from this experience, I know that I now carry a newfound confidence that will affect all aspects of my life.

Great teachers sometimes use very creative methods to teach us the lessons we need to grow. Through this adventure, I have learned to be more open minded about finding lessons in taking on a challenge that may seem on the surface to be unrelated to my main goals and priorities.

I look forward to sharing these gifts with others and allowing the lessons I've learned to continue to manifest themselves in new and unexpected ways.

*To view pictures from the contest, you can log onto:  
[www.dreamsnmotion.com/competition](http://www.dreamsnmotion.com/competition)*

To book a Mediumship reading or experience a complimentary coaching consultation, contact Jana Hollingsworth at **[jana@dreamsnmotion.com](mailto:jana@dreamsnmotion.com)**.  
Jana is a Life Coach, Medium and Human Design Analyst  
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