

DEBORAH JOHNSTON

**ABSOLUTELY
COURAGEOUS**

**10 STEPS TO FINDING COURAGE WHEN
YOU ARE STRETCHED TO YOUR LIMITS**



ABSOLUTELY - E-BOOK SERIES

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ABSOLUTELY COURAGEOUS

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Dedication

This Book is wholeheartedly dedicated to my beautiful Mother Pamela Petterson - Johnston who passed away graciously and peacefully from Breast Cancer in 2003.

Her spirit is ever present and continues to inspire me,
wafting in the breeze,
throughout the seasons as the gardens grow.

Knowingly that I am writing my first Book and
watching me achieve,
an unfulfilled goal that she once had.

As I write this Book and develop as an Author,
creating content that is inspiring,
wise and entertaining,
sharing parts of my life experiences with you,
and many of my pearls of wisdom.

Acknowledgement

Acknowledgements to:

Dr. Vicki Kotsirilos
Associate Professor - GP

&

Dr Helen Georgiou PhD. TCM

For whom this Book
would not have been possible
without thier expertise, support and
encouragement
to go forth and live !

Gratitude

I am eternally and deeply grateful to my closest and most dearest friend
Sonja Sanderson,
whom I have known for over 30 years,
whose love and support
is unwavering and sincere
and deeply felt on many levels.

Finally to my gorgeous cat Leila,
who sits on my lap purring,
while I write at the Laptop!



Introduction

Introduction

My first book - Absolutely Courageous - 10 Steps to Finding Courage When You Are Stretched To Your Limits is the first Book of a series, that is written from my heart to yours, in hope of inspiring you to live your life Courageously!

Here I am and about to be Published in hard copy in April-May 2017, I am beyond joyful at the thought of this goal coming to fruition!

Many hours of uncertainty prevailed as I attempted to write this Book, and find my writing style! Uncertainty of would people read it, would they actually find it interesting and thought provoking? So here it is, raw and confronting at times, and straight to the point, and that's my writing style as it turns out! I have included parts of my own life experiences, and depths of despair, and the many questions I have had over the years about my own life and the negative results I was experiencing. All of which was the recipe and roadmap I was yet to follow, after feeling very lost for many years. Also, I have included my Methods, Models and Makeovers for Transformation, that I include in my Mentoring Programs for Women.

At the time of writing down my goal, of writing a Book someday, oneday: I honestly had NO idea whatsoever what my Book would be about. Except that it would for Women. Until I spent a few years looking at my life with fresh eyes after doing a lot of journaling work and digging deeply into lessons I have had to learn, within myself, on my own, in order to create a more fulfilling life for myself.

We are what we repeatedly do.
Excellence therefore is not an act, but a habit.

Aristotle

My unquenched thirst for a deeper understanding about life came as I looked for answers, I wanted lots of answers, I looked in every possible direction. I had many questions of Why? Why is this happening to me, and why does it keep on happening like this? When both of my parents passed away, from cancer, my questions of "why" were amplified even more than before. I read Books, I bought Books, I borrowed Books that were out of print, I went to regular Meditation Classes twice a week for 4 years, and learned to how to Mediate deeply for a whole hour at a time, I did Yoga Classes 3 times a week, I learned everything I could lay my hands on about human behaviour and nothing in my life was changing, for the better as far as I could see it. Despite my yearning for answers and reading many books. This went on for years. Years of asking myself why? Why is this happening to me?

What was I doing wrong? My "why me" questions were fuelling my negative self-sabotaging thoughts, and making things worse, it became a habit. I was my own worst enemy. I became a Master of putting myself down, because I didn't value myself enough. It wasn't until many years later I was given an opportunity to attend an Event which caused me to feel greatly curious, more than ever before, and it was fun, LOTS of fun and also lots of profound learnings were there for me to absorb, and learn from.

Curiosity for the following 5 years in fact. Curiosity that gave me answers finally. Answers that were all based around self-acceptance. Without knowing yourself at a much deeper level, it is very difficult to fully accept yourself.

It sounded simple to me and I focused heavily on getting to the very core of myself and the revolting bottom of my pit of self pity, that I hated so much.

I was prepared to do whatever it took to release every part of pain I was carrying around with me. Pain that I had carried with me for years, years of not knowing how to shift it – once and for all in totality.

Many hours were spent doing a combination of hand written exercises to unravel my deep hurts, layer after layer of grief, sadness and loss. Combined with lots of laughter, dancing, and fun games that were completely brilliant and hilarious!

I absolutely loved learning all about this, it was deep and it was good, and extremely fascinating all at the same time. I always looked forward to doing more of “the work”. Not to mention meeting so many like-minded people, who also had some unanswered questions about their own life, that wanted to “change too”. I was not alone.

Often I would travel interstate to do more Training from the Facilitators and Teachers, my sheer determination to do “the work” delivered outstanding results for me. Which have propelled me forward to share my knowledge with you write my first Book!

Sharing my pearls of wisdom so I can help other women understand themselves more, with the Methods, Models and Makeovers I have developed to do deep transformational work.

So my Clients are equipped to reach a place of fulfillment and joy, and Courage!

In later chapters of this Book, I will uncover the following methods that I have tirelessly developed from many of my experiences learning about human development and human potential.

Which are a combination of Teachings from various Masters and Teachers I have learned from, who specialize in the complexities of human behavior and reaching excellence on a personal level including Business success, Entrepreneurship and from a wellness perspective, on leading a happy and healthy fulfilling and meaningful life as a Woman.

Including Bob Proctor, Christopher Howard, Johnnie Cass, Dr. John Demartini, Deepak Chopra, Tony Robbins, Louise Hay, Caroline Myss, Oprah Winfrey and Olivia Newton John.

- ∞ Methods of How To Identify Your Limiting Beliefs & Self-Sabotaging Self Talk
- ∞ Makeover of How To Transform Your Limiting Beliefs Into Powerful Positive Beliefs
- ∞ Method & Makeover for Letting Go
- ∞ Model For Setting Achievable Goals
- ∞ Methods of Action
- ∞ Model of Courage
- ∞ Methods of Reality
- ∞ Model of Achievement
- ∞ Model of Gratitude
- ∞ Makeover of Your Life

So over the course of that 5 years, I delved deeply into my pain and I changed it. I completed my journey of unraveling all of those past hurts and losses, and re-programmed myself with positive meanings and pearls of wisdom, joy and courage!

Wisdom that I share with you, my readers!

Wisdom that I bring to my Book Series, Workshops and Retreats and Speaking Events and BLOG Posts, to guide you along the profound path of learning about yourself at a deeper level.

Getting to know yourself and getting comfortable with who you really are, and finding out why you are here on this planet, experiencing this life, in this lifetime. You are here for a reason! We all have a purpose, a path, a positive reason for being here on this planet.

Guiding you to find your blocks and knots and your exciting passions, ambitions and talents. So you too, can experience deep transformation that is long lasting and completely profound, and most importantly empowering!

Learning the important steps to achieving what you want most in your life. Remaining focussed and "on purpose". Ready to be that powerful woman that you truly are and owning it. You deserve to have happiness and success just like other women can be, do and have.

You know those experiences in your life that keep happening. Your head spins trying to understand what is happening in your life and the "why". You have things you want to achieve, yet you seem to be taken off course, with other things that crop up in life that you realise months or even years later, have given you nothing but unfulfillment, with one step forward and three steps back. Or you are simply living a life of "busy-ness" without ever giving yourself some serious time out for yourself.

Those ambitions and goals that you want so badly. You want to make those changes happen and you get discouraged easily by other peoples opinions of you or your ideas.

Your career and lifestyle isnt as fulfilling as it once was, and you just dont have the same passions and desires in that career path anymore, or your lifestyle is the "same same" year after year.

You yearn for more in life. More fulfilment and meaning on a deeper level. You find yourself asking yourself questions, time and time again unable to make a decision and stick to it and see it through. Month after month, and year after year where are you going in life ? Do you find yourself going in circles?

These are only some of the questions that maybe coming to the surface for you right now, and that is perfectly okay. We all go through times in our lives when we need someone to give us a different perspective and help us.

I certainly would not be here today, writing this Book and Publishing it, without engaging the help of others to help me get to this point. Having a mentor is one of the best investments you can make.

Whatever words and paragraphs speak the loudest to you in this Book, is a signpost for you, a signpost to stay on the roundabout, going in circles and never taking an exit, or to choose an exit and follow that sign for your greatest good and allow yourself to blossom and bloom into the truest most "beautiful you that you are, and can be".

The choice is yours.

My Clients get results by doing the work and committing to it.

My credentials include:

Masters of NLP – Neuro Linguistic Programming & Re-Patterning*

Masters of Eriksonian Hypnosis*

Gestalt Time Line Therapy*

Counselling

Diploma Remedial Massage & Reflexology

Studies in China with many Masters and Doctors of Traditional

Chinese Medicine, Tai Chi, Qigong & Martial Arts

Diploma of Marketing

Certificate IV Small Business Management

With Gratitude and Humility,

Deborah Johnston

www.deborahjohnston.com.au

*References:

NLP - Neuro Linguistic Programming - Richard Bandler & John
Grinder/ Christopher Howard Academy

Eriksonian Hypnosis – Milton Erikson/ Christopher Howard
Academy

Gestalt Time Line Therapy – Fritz Perls /Robert Spitzer /Richard
Bandler/Christopher Howard Academy

“Our deepest fear is not that we are inadequate,
Our deepest fear is that we are powerful beyond measure.
It is our light not our darkness that most frightens us.

We ask ourselves,
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually who are you not to be?
You are a child of God.

Your playing small does not serve the world.
There is nothing enlightened about shrinking
so that other people
won't feel insecure around you.

We are all meant to shine, as children do.
We were born to make and manifest the glory
of God that is within us.

It's not just in some of us, it's in everyone.

And as we let our own light shine,
we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence
automatically liberates others”

Author
Marianne Williamson
A Return To Love:
Reflections On The Principles of A Course In Miracles

C H A P T E R

One

October
Afternoon

Chapter One

It was an afternoon in October in 2005, I had knots in my stomach and a headache from an extremely restless night's sleep, when I received a phone call from the Hospital.

A phone call from an Oncology Surgeon/Specialist who told me that the day procedure I had had 3 days ago, revealed I had cancer, and it was a terminal diagnosis.

I was numb.

Two days later a visit to another Oncology Specialist told me he had booked me in for a rigorous course of Chemotherapy & Radiation treatment in combination, that would begin within 5 days, and that I needed to "get my things in order, as I only had 6 months to live".

When I got home, I remember feeling even more numb and I vomited after hearing those words.

I couldn't eat, I couldn't sleep.

All I could do was sit on the sofa and cry, it was debilitating.

And I certainly couldn't concentrate and get my head around what all of that actually really meant, except dying.

That phone call and hearing the words "terminal cancer", and "you only have 6 months to live", changed me - forever.

I felt like I was living in a nightmare.

My life would never ever be the same after that phone call.

You are allowed to scream,
You are allowed to cry,
You are not allowed to give up

Anonymous

On reflection, I had no understanding on how, or more importantly IF, I would get through every challenge that came my way, I honestly had no idea at all. I was numb. I was totally on my own in this, no parents to give me support as they had both died from cancer, my only sibling, my sister who is Bi-Polar, was not, and to this day is not close to me at all, and of course was of no support to me whatsoever then either. I was single, alone, and felt very scared, and shattered, and worse than that, I had no energy to keep on going, none whatsoever.

I had no will to live, no capacity or desire to live, or go on anymore, it was ALL too hard. I simply wanted to give up. I had nothing to live for. No family, no partner, no children, no direction in life, no-one except 4 close girlfriends, who all had their own life and drama's to contend with My wonderful and compassionate GP. Dr. Vicki Kotsirilos – now an Associate Professor at Monash University – Melbourne, Australia – Faculty of Medicine, was my closest support system and confidante who encouraged me tenfold to do what was right for me. Dr.Vicki absolutely supported every decision I made thereafter and to this day.

So the only choice I had was to find out what all of my options were and to choose very carefully, and to quote Dr.Vicki – “whatever you choose to do, I will support your decision”. Those were her words. I became very withdrawn and more depressed knowing that I had to choose “what to do” and time was against me, I had 5 days to make a choice, a choice that would become my destiny.

I had seen every nasty toxic part of Chemotherapy and Radiation as both of my parents had chosen that, and the resulting effect was that they had both died within a 2 year period after having treatments.

After hearing the horror diagnosis from the Oncologist, I remember walking out of the Hospital with one of my dearest girlfriends (at the time). With unstoppable tears streaming down my face and dripping onto the letter that confirmed my diagnosis.

Arm in arm – to steady my stooping walk and dragging feet, my body felt heavy, heavy as concrete, and I remember thinking to myself and saying it out loud to her – “so this is it, this is why my life to this day has been so full of shit and so bloody hard - I am just not meant to be here, take me to the heavens up there in the sky, as I pointed up into the bright blue sky, and I meant it, I meant it with conviction”. I wanted to give up once and for all.

It was a howling windy hot day, that day in October in 2005, an unprecedented high temperature for that time of the year and the air conditioning in my girlfriends car wasn't working and I didn't even notice it.

That's how numb I was from the shock. The sensitivity of my body had changed intensely and I was a ticking time bomb, according to the 3 designated Oncologists that were assigned to my File.

You are allowed to scream,
You are allowed to cry.
You are not allowed to give up

Anonymous

That was 11 years ago, as I sit here right now at my Laptop writing this paragraph today, reflecting on how so many things have changed in my life since then.

Mostly because I made the decision to “change” my thinking, my negative self-sabotaging thoughts were responsible for the results I was getting in my life and those belief systems and patterns of thinking were definitely getting me nowhere fast. To the point of creating a toxic tumour in my body. A tumour that was literally killing me on the inside. Knowing what I know now, when it comes to mindset and one’s own beliefs about themselves, all of my negative thoughts, of sadness, grief, loss, and “why me” syndrome, was a direct effect of where my life was at the time.

So, a turning point in the disguise of a health crisis, had come to push me forward to either “sink or swim”.

Within that 5 days I chose to embark on a path less traveled by most who receive a terminal diagnosis of cancer.

I chose very carefully and engaged another wonderful Dr of Traditional Chinese Medicine to assist with my healing and guidance to optimal health. Dr Helen Georgiou – PhD. TCM. With potent plant based TCM - Traditional Chinese Medicine and Herbs, combined with Acupuncture, Meditation, Massage, Reflexology and a Nutritious diet of home-made meals from organic ingredients. Which consisted mostly of Juices, Soups and Salads. Dr Helen was completely fabulous, I would arrive at her Clinic every time in tears, and I would leave feeling uplifted, nurtured, and had a stomach ache from all of the laughter, as she has a wildly eccentric sense of humour to ignite your spirit !

Upon discovering what all of my real options were, including natural therapies I chose to have surgery to have the tumour removed.

Choosing to have the surgery was a completely heart wrenching decision for me, as it would mean not being able to have Children.

From the young age of 13, I longed to be a Mother and to have Children. So it was with an extremely heavy broken heart that I chose to have the surgery.

My health crisis had a “triple trouble” effect:

- a) Have the Surgery and not be able to have Children
- b) Don't have the Surgery and the tumor will kill me, as it was the most aggressive type tumor known - and the fastest growing - from my Fathers genetics
- c) Have Chemotherapy and Radiation which would have killed me anyway as my own research revealed that C&R had a very low rate of reducing the size of the tumor I had.

I was damned if I did have the Surgery and damned if I didn't have the Surgery.

So I had the Surgery, and my negative thoughts followed again.

When The World Says Give Up,
Hope Whispers, One more time.

Anonymous

There was NO WAY I was going to choose to have Chemotherapy and Radiation. The idea of having toxic chemicals injected into my veins was not a path to wellness as far as I had seen with my Parents and other people I had once known, all of whom who have died.

I knew deeply in my heart that C&R would have killed me, and I know that I would not be alive today, writing about it, if I had followed all of the Oncologists advice which would have also meant, giving away my own power of choice.

Many people around me thought I was foolish and naive – going against all of the advice of 3 Senior Oncologists. Opinions I didn't want to hear, opinions that were hurtful, opinions that I didn't ask for, opinions that were "none of their business", opinions that were coming from people who worked in health care, opinions of those, who I chose to let go as friends who were totally unsupportive and very judgemental.

I speak of three of my closest girlfriends that were, at the time, very dear to me, that I thought I could count on, or so I thought. I was hurting deeply, having to say goodbye to those 3 close girlfriends, I had more than enough to contend with. Battling for my own life on a daily basis with a terminal diagnosis, was a huge load to carry. Plus the cathartic journey of knowing I would never be able to have children after the surgery – let alone have to carry their negative opinions and judgements about me as well. It was another toxic experience.

So, sadly and reluctantly I let them go, all 3 of them, and it hurt having to do that.

First and foremost I had to surround myself with positivity and COURAGE. Sometimes the most important thing you can do for yourself is to let people go that don't support you, your values, and your true spirit. There's heartache in that, that's for sure, and there's also growth, and profound lessons.

I now look at it like this - pull out the weeds in the garden for new growth to blossom – its part of life and re-generation.

Know When To Give Up,
And Then Have A Champayne Cocktail,
Because Life Is For Living Again

Deborah Johnston

Here I am 11 years later, smiling widely and writing about it, because I have had to make many difficult and liberating choices and carried myself in my "Cloak of Courage".

Since that afternoon in October 2005, and the surgery I had in January 2006, I have been beaming with good health, all of my tests each and every time come back to me with a smile written on them from beautiful Associate Professor Dr. Vicki. Kotsirilos.

Courage that I have had to find within myself, digging deeply during many many moments and months of despair, on my own.

The Moment You Are Ready To Quit,
Is Usually The Moment Right Before The Miracle Happens.
So Don't Quit

Anonymous

My "Cloak of Courage" with deep pockets embellished with beads and diamonds and my pearls of wisdom and many colors and textures of life woven into the sleeves, and a rich tapestry collar with embroidery and embellishments from my life experiences and vocal chords of conviction.

Metaphorically speaking, carrying myself in my "Cloak of Courage" to protect myself from anyone who thought they had the power over me, to judge me, to bring me down to their level of negative judgemental thinking. Had they walked a mile in my shoes? No.

My “Cloak of Courage” has been created to demonstrate to you, metaphorically in the following chapters on HOW I have developed many of my challenges into a transmutation of Courage.

From challenges comes choices, and from choices we must be courageous, from making courageous choices, leads us to empowerment, and joyous outcomes and results.

For as long as I can remember, my dedicated journey of self development has been long and varied as I have read many books of “shelf help” that have opened up my awareness to so much more. It has been and still is one of my passions and we as humans have a lot to learn about human behavior, and ourselves in order to have the best possible life.

Plus I have had the good fortune of undertaking Professional Studies with many skilled and professional Speakers and Teachers in various subjects of Self Development, Psychology and Philosophy, that have included Yoga, Meditation, Martial Arts, Hypnotherapy, NLP - Neuro Linguistic Programming, Time Line Therapy, Counselling, Remedial Massage, Aromatherapy, Reflexology, Nutrition, and TCM - Traditional Chinese Medicine with numerous Masters and Doctors in China.

The possibilities of reaching your fullest most possible potential as a human being living in this complex world, is absolutely infinite, if you have an open mind, and an attitude to learn new concepts of thought, and self-motivation to “change” and put what you have learned into action, with conviction and an unwavering spirit to go forward, and never look back.

Most importantly, taking action steps towards your goals and ambitions, is absolutely and completely what we must do to reach a point of “living the lifestyle or living the dream”.

As cliché as that sounds, it is indeed true to the core.

It is an absolutely essential piece to the puzzle. Without taking action steps – we do not grow, we do not move forward, we do not flourish and prosper, we do not learn anything new, we do not reach our full potential, we live a mediocre life, we stay stuck in a negative rut of self – destruction and self-sabotaging thought patterns and limiting beliefs. Leading to experiences after experiences that are fraught with pain, confusion, despair and many other negative emotions.

Equally as important, is developing your own self awareness of your thoughts and self sabotaging self talk. We all do that. We all have that nagging little voice inside, sometimes called our intuition or gut feeling. Its all part of our own complexities as humans. Connect with it, and listen to it very carefully.

Identifying these negative “blocks and knots” – and combing through them, little by little, as you do when you have a bad hair day from being at the Beach, washing away the residue in thick bubbles of shampoo and applying a conditioner and treatment ready to face the world again, with a shimmering head of hair, that feels really fresh and beautiful and new again.

Unravelling each “block and knot”, is where we find the answers to what is preventing us from achieving what we want the most from life and why we are all here.

It is extremely liberating finding out what our own “blocks and knots” are, identifying them, finding out where they came from, looking at them with a positive perspective, and propelling yourself forward to achieve your goals and ambitions, and ditching your OLD negative beliefs about yourself and your life and your results.

Time for a new hair style, yes, I don't mind if I do!

The following chapters of Absolutely Courageous - 10 Steps To Finding Courage When You Are Stretched To Your Limits, is due for Hard Copy release in April – May 2017.

This is my first book of a series, and this one Absolutely Courageous, provides you with practical steps that are effective, and easy to follow, with some girly fun included to keep it balanced and interesting for you. Foundations to refer to when you are faced with challenges that require you to be COURAGEOUS when you have no idea what to do next, and no energy or passion or spirit to do it, and very little or no support systems close by. Just like I didn't.

With my Methods, Models and Makeovers you can put into action, to gently guide you and push you towards your own answers, options, choices, outcomes, and transforming your challenges into positivity, and ultimately the road to COURAGE, and to keep on going. Because you can, when you have the right equipment in your handbag!

Pushing through, going through it bit by bit, on your way forward, way past the regular familiar scenery of your fears, doubts, challenges, and negative self-talk, to the highway of COURAGE.

Getting off that roundabout of someday, one day.

Liberating you to reach your fullest possible potential. To experience your life, by doing things your way, the way you want them to be, without living in the shadows of doubt and negativity, of what might have been, or by living your life according to someone else's plan and expectations, be it your parents, grandparents, cousins, comparing yourself to your siblings, friends, colleagues and neighbours. Walking your own path, and owning your core truth and authenticity, and owning your feminine power.

Throughout my life, I have turned a few negatives upside down and spat them out, this Book speaks only of some.

In the following Chapters of my hard copy Book - Absolutely Courageous - 10 Steps To Finding Courage When You Are Stretched To Your Limits - I delve deeply into HOW I overcame my "Blocks and Knots" of fear and disappointment into a life of COURAGE and possibility, as the universe abhors a vacuum.

Turning those negatives into positive's by inspiring you, with my story and my Methods, Models and Makeovers of COURAGE.

The full hard copy version of Absolutely Courageous is due for Publication in April - May 2017.

If you would like to Pre-Order a personalized Signed Copy please refer to my website link below:

www.deborahjohnston.com.au/shop

Also on my webpage options are available to you, to work with me personally:

1:1 “Beautiful You” Mentoring with Deborah – on a Month to Month basis over a 1 Month - 3 Month – 6 Month timeframe

“Beautiful You” Workshops

“Beautiful You” Retreats in Tropical Locations

Speaking at your next Event

BLOG Posts

youtube videos & tutorials

VIP Membership Lounge - via facebook – that you have now become a Member of!

If you would like to be invited as a VIP Guest to my Book Launch in 2017 – in Melbourne, where I will be signing copies of my Book – make sure you check in regularly to my VIP Membership Lounge – via facebook so you don't miss out on updates and information about the Book Launch, plus all sorts of “Beautiful You” posts!

See you in the VIP Membership Lounge and I do hope to meet you in person too at my Book Launch, or at one of my Events, or personally as your Mentor!

With Gratitude,

Deborah Johnston

www.deborahjohnston.com.au