

Risking it *All*

*In her own words,
Laurie Martin explains why she said goodbye to her corporate life to help guide others.*

For 15 years, I worked in corporate America as vice president of worldwide events. I traveled the world and managed a staff of six, but I was terribly unfulfilled.

I remember flipping through a magazine and taking a quiz titled, "How Spiritual Are You?" My answers told me I was not; and I knew I needed to make changes in my life. I sought out motivational, inspirational and spiritual knowledge. I read about the afterlife and attended personal growth workshops. For once, I was learning to love myself, to have faith and trust.

As I grew spiritually, my corporate world became colder to me. In my

personal life, I began helping others tap into *their* inspiration to find their heart's truth, and this gave me joy.

I knew a career change was in my future, but I still had to pay the bills; so I put a lot of thought into making my transition. In 1997, I felt the need to follow my life-long desire and got a job transfer to Arizona. I was excited and trusted what I consider my divine path.

A weekend power yoga student for years, I enjoyed the emotional and physical benefits. I thought teaching might be fun, so I decided that if my yoga studio offered a certification program, I would take that as a sign. Sure

enough, they offered a program three weeks later! I trained for a full year and was certified in 2002.

When I discovered life coaching, I knew it was another way to help others. I took five days off from work to attend an intensive training workshop, followed by a year of home study to complete an accredited program of the International Coach Federation. Again, I was following my heart. Now my determination was stronger than my fear.

I've learned that when my spirit is hurting, it's time to move on. I was running a company-wide sales meeting, and it felt so unhealthy to be there. The final straw was when a colleague said, "People in your position are easily replaceable." In 2003, I quit.

After resigning, my fear got the best of me. I didn't know how I was going to pay my bills. But I believed in divine timing. I had endured many lessons about trust, faith, patience and self-love. I spent a few months purging negative beliefs and learned to live life a little lighter.

Today, working as a life coach, yoga instructor, motivational speaker and columnist, my life is more fulfilling than it has ever been. I've learned to trust my intuition and follow my heart; to be patient and live in the moment fully with faith. It's fulfilling to share what I've learned and experienced, and to touch others positively. *B*

