

A day in the life of...

Caroline Shola Arewa

Well-known coach and author Shola shares her day with us

In the early '80s I lived a life that seriously zapped my energy. A successful fashion designer in Kensington, London, I worked hard and played hard, living the champagne lifestyle that could only lead to stress and burnout. I knew there was more to life; so I embarked on a journey of travel and transformation.

Now my days are spent living, loving and learning. I do the things I love most, spiritual practice, writing books, articles and training the most wonderful people to be Energy 4 Life Coaches, my own unique integral wellness method.

A typical day in my life starts with the first light, in the summer that can be as early as 4.30am. Hence, I don't always get up. I love to lie in a special state between sleep and awake that I call beditation. It's a very creative space when the brain's neurotransmitters seem perfectly balanced for inspiration. I really enjoy this time of day and do lots of my work by opening to what comes through. It is a powerful way to receive information for my writing. Some call it cosmic downloading. I call it Opening to Spirit before my day unfolds and my mind gets active. It's powerful and makes my life a lot easier. It means I don't have to 'try' and create books and programmes, I open to them.

On getting up I drink a large glass of water with lemon to help cleanse my body and keep it alkaline. I light my favourite sandalwood incense before sitting in meditation for anything between 15 and 60 minutes. I do yoga asanas or Energy Exercises; much less than I used to but always enough

to keep my body healthy, flexible and feeling light. This is my daily spiritual practice. I may also read, write in my journal or even go out for a run in the beautiful park close to my home. This part of my day energises me for the rest of the day.

After my silent start it's time to communicate with the world. I check emails, social media and snail mail. I am a big fan of Facebook, but not really a Tweeter. I started Facebook to connect with my family all over the world, it's so easy to stay connected and see how everyone is doing. Then I found school friends and people I have worked with in different countries. Plus I have an Energy 4 Life page for inspiring health and well-being.

My days are all different, I thrive on variety and running my own business and training academy certainly provides plenty of variety. However, a staple in my day is sitting at my desk writing. I love to write and can sit for hours daily: I write about health related topics, like cultivating happiness and psychological renewal, sharing ways to increase health, happiness and success. Four books so far and the next one is bubbling up waiting to be born.

By 11.00 I am usually ready for my first smoothie of the day. This is my green dream: apple juice, banana, spinach, cucumber, alfalfa, lemon juice with hemp seeds, spirulina, wheatgrass and baobab powder. This is my morning power drink. Tastes like yummy green lemonade. I make a big glass to see me though my day.

In the afternoons I do more writing. I've been working on a manual for Energise your Life, an exciting eight-

week course I will be running with my coaches. Some days I see clients for coaching or Energy Alignment. As a psychologist, yoga teacher and wellness coach, I have developed an integral way of working. I train coaches in this method, so afternoons may also be spent marking. I am so impressed with the work I get back. We really are living in extraordinary times. What took me years of studying I now share with my coaches in just three months.

Early evening I eat my second and last meal of the day. I have adopted this from the time I spent in the yoga ashram in India. I eat a light meal of vegetables with avocado. I am vegetarian so I sometimes include halloumi or goat's cheese. My diet is high raw; 80% works well for me.

By evening it is time to relax, maybe watch a movie. I do a last check of email in case anyone wants training information. That way they will get it in the morning while I am relaxing in beditation and enjoying my spiritual practice.



Wellness coach, humanistic psychologist and author Caroline Shola Arewa has inspired people worldwide for over 25 years with her pioneering and award-winning energy work. She is the founder of Energy 4 Life wellness coaching, www.energy-4life.com, training people as wellness coaches and helping people get their energy back and life on track using powerful health and conscious living techniques. Find out more at her website www.shola.co.uk.