

YOGATM

MAGAZINE

www.yogamagazine.com

ISSUE 274/MARCH 2026

FROM WITHIN, WE HEAL

WORKPLACE
YOGA

EMBRACING
THE YEAR
of **THE FIRE
HORSE**

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LIFE PURPOSE

Are You Living in Alignment with Your Divine Assignment?

We are living in very turbulent times. Our world is fast moving and rapidly changing. This can be destabilising and anxiety inducing. We can feel fearful about not being enough and doing enough. Hence this may be a good time to quiet the noise of the world. Turn it down for a moment, and amplify your inner voice, the still small whisper, the soft utterances from within. This is where the answers reside, the truth sits and peace is found.

Silence below the busyness

This is an invitation, an echo, a nudge. I'm asking you to pause and reflect. Go beneath the busyness of daily responsibilities and all your expectations, dive deep. Under all of this, is a question of meaning and purpose. This question is not about doing more. It's a question of alignment. Alignment with what I call your **Divine Assignment**. Your unique expression, your gift, your highest contribution. That which without you, would not exist. No pressure, remember this is an invitation, to question your alignment with your Divine Assignment. In the silence, ask yourself, *"what am I being called to do with my life right now?"*

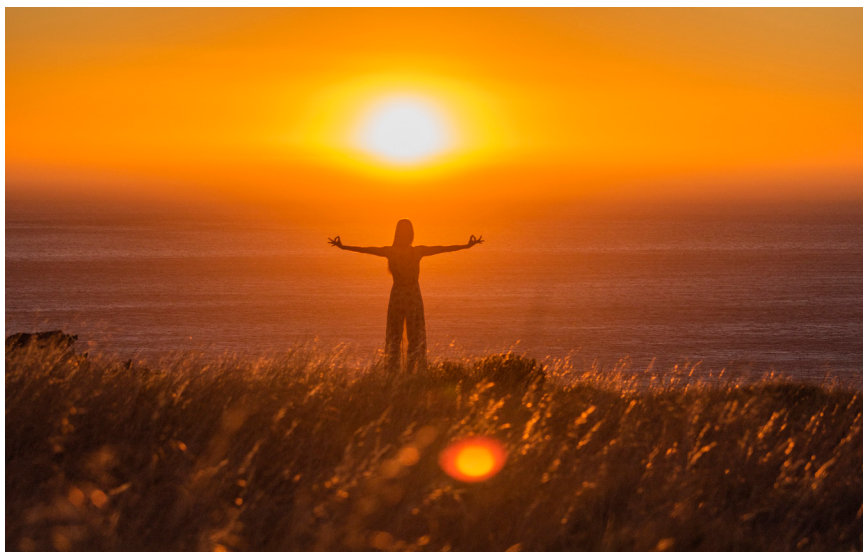
Your Deepest Calling and Highest Contribution

Your life purpose is not something you invent; it is something you hear, something you remember and honour. It slowly reveals itself through relationships, and the things people ask of you. Purpose resonates with your values, your passions, your lived experience, and even your challenges. Sometimes it's more than a whisper. Yet often we refuse to listen, until the time arrives, when we can no longer ignore the discomfort. I remember having a successful fashion business,

life was good, yet I knew there must be more to life. You may feel dissatisfied in some way, maybe you sense you have more to give, more creativity, more talent, more love. You may feel as if you have outgrown your current roles and ways of operating. These feelings are not signs of failure; they're invitations.

Your Deepest Calling and Highest Contribution, is not a job title, instead it's a state of being. It is a unique way of showing up in the world. It's your passion and service. When I turned my back on fashion, and embarked on a journey of Spiritual and Personal Development, it was life changing. A 360-degree turn. My life changed and I became dedicated to supporting others to change their lives. This Divine Assignment has fuelled me, and I have remained passionate about Transforming Lives for four decades. Now I mentor wellness professionals, to step up and develop their next level of conscious leadership. It might be writing a book, that you have been thinking about for years, or creating a new program, or retreat, or becoming a Yoga Teacher or Teacher Trainer. It's about bringing your own unique brand of magic into the world. These are Divine Assignments, you know when you are called, and in case you are wondering, no; it won't go away!

It's important to listen deeply, you may notice recurring signs. Are you being called to guide others, speak truths, create a healing space, build a conscious organisation, or lead in some other powerful way with integrity and compassion. Ask yourself, *"What consciousness do I need to embody and lead from?"* These are big questions that will reveal your Highest Contribution.



How do you know it's time for your next Level

For most of us, we feel the pull or hear the calling during times of transition. That was my experience, I let go of my fashion business, with no idea what I would do next, that allowed the Creator to speak to me and show me the way. All I had to do was listen, and honour what I knew in my heart.

You may experience:

- The emptiness of being exhausted and unfulfilled
- The need to share your gifts and talents
- People constantly asking you for help and guidance
- The desire to help and support people
- A longing for direction and Divine Purpose

These are all signs that you are being called towards your next level of conscious leadership.



Conscious Leadership

Conscious leadership starts from within. It is rooted in self-awareness, emotional intelligence, and alignment between your inner truth and actions. When you step into *Alignment with your Divine Assignment* you know that leadership is not about control or ego. It's about courage, presence and service.

To lead consciously is to take responsibility for your energy, your choices, and your impact. It requires you to release the old and have the courage to consciously lead yourself and others. We need more Conscious Leaders in our world today, in our homes, businesses, communities and spiritual spaces.

Yet, stepping into conscious leadership can feel daunting, hence many stay reluctant. Holding onto doubts, imposter syndrome and other fears. The truth is, no one steps into their Divine Assignment alone. It takes, trust, support and guidance.





The Gap Between Vision and Action

Many people sense their purpose, and still struggle to live it. They know there is more, but feel stuck between vision and action. I support my mentoring clients to bridge this gap. I have witnessed many of them, dismantle internal limitations to align with their vision and take massive action. They move beyond fear and doubt into clarity and action. Potential is realised and becomes, *Living on Purpose*. When you are ready to ground energy, engage in courageous conversation and step into aligned leadership, that's when your Divine Purpose really comes alive. Mentoring offers a sacred and practical space to explore your deepest calling.

Stepping Into Your Divine Assignment

You are not here to play small, hide your gifts, or postpone your calling. What you are called to do matters. The world needs more people to lead with purpose. Conscious leaders who are awake, authentic and willing to lead from the heart. It's not about power and control, it's about honouring your divine calling, staying connected to your values and inner wisdom, while making a greater impact in our world. If you have read this far, you are being called to live in greater Alignment with your Divine Assignment.



Caroline Shola Arewa

The Energy Doctor helps you get your Energy back and your Life on track! Supporting you to reconnect with your Divine Purpose and step into conscious leadership.

With over 30 years international experience, Shola mentors' wellness professionals and individuals called to expand their impact, through teaching, writing books and creating unique courses. Shola's approach blends spirituality and psychology with energy work to support authentic personal and professional growth.

Creator of the **Shekem Maat Healing System**, Shola offers a pathway for those drawn to deeper awakening.

Book a free Discovery Call to see if mentoring is right for you. Learn more at shola.co.uk





MENTOR

Move from Reluctant to Conscious Leader

TRANSFORM YOUR LIFE AND BUSINESS

Ready to take your life and business to the next level?

Building a Wellness Business can be hard work and overwhelming, but you don't have to go it alone!

Mentoring with Shola helps you unlock your fullest potential and achieve your purpose driven dreams.

Shola has designed an integral program combining energy psychology for mindset, which is the foundation of success, and coaching, with visioning and strategic planning, so you can be **Energised**, and **Empowered** to create your **Highest Contribution**.

It may be a book or signature program or training that will increase your impact, income and support you to live your best life, while helping others do the same.

**Let me help you identify your next level.
Elevate your Life and Business Today!
Contact Shola.co.uk - book your free Discovery Call**

Your Transformative Journey of Health, Happiness
Success and Fulfilment starts now!
The world needs you to be on Purpose!

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