

Hello

You don't know me, but I know you.

I know you wear many hats; best friend, lover, mother, daughter, sister, partner.
I know you work long hours, take pride in what you do and how much you have achieved.
More importantly, I know you are exhausted and take very little time for you.

I know because I am you.

And if you are anything like me, life is a juggling act. That constant need to be 'on' caretaking other peoples needs at work and home. Trying to balance 'it all' feels like you do nothing well, including honouring what you need for yourself.

When life spins out of control for too long, that feeling of chaos can feel 'normal'. You forget what it feels like to be still, centred, curious, filled with child-like energy and lightness.

You just want to stop.

You desperately want to do something different, to flip the switch; rediscover your wisdom, reclaim your power, and reignite your spark.

After 30 years of corporate life, I had reached my limit. The 9-5 grind, the frustrations, the bureaucracy that didn't make sense, and the constant need to be 'on'. I craved more.

I needed something that ignited my own inner fire.

Something that gave me space and time.

Something that alchemised my own personal experiences, knowledge and introspections.

When I couldn't find that 'something' out there I created it for myself and others like me.

That's how **The Spark Inside** was born.

My mission is to support professional women to rediscover their innate wisdom and power.

To fall in love with themselves, embrace their divinity; reshaping themselves and humanity in the process. Because as **'you let your own light shine, we give permission for others to do the same.'***

Here's where I can help.

Download your FREE copy of the '7 Blissful Evening Rituals to Quiet Your Mind and Reach Your Divine Potential' and see how other successful women ritualise their evenings. These tips are designed to help youthe stress out of your morning and ease you into your day.

And because rituals, routines or habits are nothing without support and accountability. Over the next 7 days I'll also send a daily email to check in and see how you are doing.

You were designed to sparkle.

Now is **YOUR** time, let your inner light shine

Much Aroha

Cato



*from 'Our Greatest Fear' by Marianne Williamson

7 Blissful Evening Rituals

to quiet your mind and reach your Divine potential

1. Go to bed at the same time.
Preferably asleep by 10pm.

Going to bed early has multiple benefits including: reducing inflammation, increasing immunity & lowering your risk of Alzheimers. It also lowers stress levels & avoids the 'second wind' that kicks in after 10pm.



3. Create a wind-down ritual

Dim the lights in the evening to kick start melatonin production. Put lavender or other calming essential oils in a diffuser to help relaxation before bed.

Other great wind-down activities include - Yin yoga, yoga nidra or a hot bath.

5. Prepare for tomorrow

By preparing your clothes & bag for work and/or the gym at night takes the stress out of the morning. You are less likely to forget something, removes the 'rush', & allows you to feel prepared for the day.

7. Bedroom bliss

Think of your bedroom as a sanctuary. Clean out the clutter, make it dark, keep it cool and quiet. All are key to increasing the quality of your sleep and your life.

2. No devices

Ideally switch off your phone 1 hour before bed and leave it out of your room. Blue light emitted from devices activates neurons in our brain preventing us from feeling sleepy. They also disrupt melatonin production - the sleep hormone.

4. Read a book

Reading a book at night helps us to wind down by lowering our heart rate and relaxing our muscles. Just make sure its not too much of a page turner!

6. Reflect on the day

The benefits of a gratitude practice are many. It makes us happier, more empathetic, gives us better health and helps us sleep better so we are less fatigued.