



The book of
Inspiration
for women by women

created by
Ruth Cyster-Stuettgen

First published by Busybird Publishing 2017
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ISBN

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Cover image by Rebecca Pidgeon
Cover design by Busybird Publishing
Layout and typesetting: Busybird Publishing



Busybird Publishing
PO Box 855
Eltham Victoria
Australia 3095
www.bushybird.com.au

The following pages form an excerpt from
The Book of Inspiration for Women by Women.

The Book of Inspiration for Women by Women,
created by Ruth Cyster-Stuettgen is a collection of
365 inspirational messages shared by women
and girls from all over the world.

This Coffee Table Book will inspire, uplift and instil hope and
confidence in the reader. Authors from everywhere join forces
to make a difference in our world.

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*Inspiration 023*

# Be a Queen

Desh Dixon



**D**ear Queen, stand in your magnificence. You are a perfectly imperfect beautiful creation of God. You have no idea how loved you are, how powerful you are, how incredible you are, just as you are. You are enough! Life happens to all of us. No matter your past mistakes, you are and will always be a Queen. Look in the mirror and admire the godd\*mn reflection!

Queens do not settle. When it comes to a relationship, do not settle! You deserve to be with someone who honours you. A Queen is only fit for a true King. Do not rush the process. Single is not a disease. When the time is right, I believe you and your King will come together. So in the meantime, invest in yourself. Give more to yourself. Love yourself. Treat yourself. Live your life. Get back to your dreams. Do what makes you happy. Travel the world. Move to a new city. Increase your self-confidence. Increase your self-love. Focus on YOU. YOU are way too REGAL to accept anything less than the best! Period! And you must never forget that.

Love, Desh

*Desh Dixon is an author,  
poet, speaker from  
Washington DC, USA*



*Inspiration 028*

# Pay it Forward

Jerry Penny



I have always embraced the pay it forward revolution, far long before it became a term or a trend. I remember one Boxing Day walking around my town offering my collection of toys. Why? Because someone told me that Boxing Day was the day to give away what you didn't need anymore. Since then, I have always felt the need to always do my best to help others in need, even if its just a smile. It's amazing what you attract when you are in this frame of mind, and you start to attract people who need help.

Are you doing the same in life and business? Some business owners think its enough to have a transaction-based relationship with their customers. Don't forget the most important message whether its personal or business relationships is that appreciation matters! Appreciate and be grateful for every one in your life, and make sure you remember to make the effort to thank and acknowledge those people in your lives.

*Jerry Penny is Relationship Marketing  
Coach and Direct Sales Trainer  
from Melbourne, Australia*



*Inspiration 033*

# Self Love

Margaret Ioannidis



Looking within was never easy for me! The last 15 years I have worked on so much of my inner muse, soul, love for self that I today I feel complete and at one with myself. At times when there is a trauma it changes you. I didn't fit in as a child anywhere, was used, abused, lost my parents in my early 20's, took drugs, was outcast by family seeing me as the selfish one. But I met my soulmate. My first child almost died, I had two more children and have followed my passion and purpose as a healer – helping woman, holding red tents – it all makes you look within. Attracting great woman, friends, changing relationships. What counts more than anything is Life. My life. My love, my purpose. My family. I know that when there is self love, constant focus, love! I totally believe that within us all we have a story to love and embrace. Look in the mirror and love all of you. You are perfect and complete. Show the world who you are! You have everything to gain. You're worth it.

*Margaret Ioannidis is a healer  
from Melbourne, Australia*





*Inspiration 048*

# Be Inspired

Blaise van Hecke



**O**ften we wait for the right conditions for our life to be perfect, and then we'll feel happy and successful. But if we wait for the perfect conditions our life might pass by and we will be full of regrets.

Think about it. If we waited until we could afford to have children, we will miss having them when we are young enough to enjoy them. Let's face it, can we ever 'afford' to have children? Life isn't something that can be planned to the nth degree. Things happen that are out of our control. Health and job security can only be controlled to a point.

So live life with passion. Be inspired by opportunities that surround you every day. Don't wait. Don't wait for inspiration to hit because it may never come. Life is part inspiration, part perspiration, so go out there and make it happen. Say yes to life!

*Blaise van Hecke is an award-winning  
writer and owner of Busybird Publishing  
in Melbourne, Australia*



*Inspiration 063*

# Today & Tomorrow

Monika Miller



If I could speak to myself as a child or teenager, I would say to her, “I am thankful and so grateful for you. Yes YOU! You are born with a beautiful, radiant and powerful heart. God/Universe makes no mistakes, only treasures. There are times, you will not feel that radiant or powerful. In those times, remember, nothing is broken. It is simply a moment in time when there is something you are learning about yourself and others. This is an important part of the magnificent plan to help you expand, learn and grow.”

“You are like a seed preparing to bloom. Nurture, speak kind words and be grateful for you. Guaranteed, things always change. Remember, YOU are powerful! How? You can help grow the change! You always have a choice. No matter what. If something does not feel right, that is your inner guidance speaking to you. Listen to it and allow it to guide you. You are never ever alone. Breathe, pause and let go of the struggle, with baby steps, until you feel spirit guiding you. It is always there and always has your back.”

“Believe in you, with much love.”

*Monika Miller is a registered reflexologist  
and children's yoga teacher  
from Ottawa, Canada*





*Inspiration 069*

# Make Good Choices

Lynda Holt



**F**rom the beginning, I knew my life would be different from others as I was born with Spina Bifida. For me even the simplest tasks required thought and planning so that I could learn to become independent.

Surgery after surgery would be required from an early age that definitely took a toll on my mental and physical health and continued throughout my life. Early on I spent some time in a Children's Home, I was consistently told that I would not amount to anything and that I would presumably spend my life in and out of jail. I knew I was made of better stock and that everyone has the ability to take a path in life, that can lead them to become successful. However, looking back, I can say that I've accomplished a lot. I'd cared for two foster children by the age of 19, won a Silver Medal at the 2000 Sydney Paralympics and now own my own Personal Development company, all from my wheelchair. Success has come from a lot of hard work, perseverance and self-belief.

You may not be able to change what happens to you but you can choose how you'll handle it. What will you choose?

*Lynda Holt is Director of School of  
Infinite Learning, NLP Trainer and  
Clinical Hypnotherapist  
from Sydney, Australia*



*Inspiration 096*

# The Art of Self Acceptance

Diana Bonwick



**A**s a woman you are always going to experience the full pallet of emotions. There are no good emotions or bad emotions. There are only more pleasant and less pleasant ones.

Don't judge any of them. Hold yourself with deep unconditional love. Feel the mother of all mothers just below your feet. Be anchored inside your beautiful woman's body and feminine potency. Hold your heart with one hand and your womb with the other.

Acknowledge what is there in that very moment:

...right now I'm feeling sad ... resentful ... angry ... whatever it is ... breathe ...and just be with what is ... fully accepting ALL OF YOU.

*Diana Bonwick is a Divine Feminine Business  
Mentor for healers, artists and creative  
entrepreneurs from Melbourne, Australia*



*Inspiration 110*

# My Paradise on This Earth

Leanne Swainson



**W**hen I was 25, I began a journey that would change my life forever; moving to the Central Australian Desert. I resided in the township of Yulara which was 20kms from Uluru (Ayers Rock). Nothing could prepare me for the way this place, with its landscape and colours, raw in beauty and unspoiled lands could have such an impact on my life. For the very first time, I felt at home in this world. I was blessed to be able to wake up to the backdrop of Uluru outside the lounge room window, to be surrounded by the bluest skies, rich rust coloured earth and green bushland that can only be found in the Desert.

I found my passion for creativity whilst living in Central Australia which encouraged me to create Textile Art inspired by that beautiful place and the memories created there that I hold so dear. This by far would be one of the most memorable times in my life.

I hope I can inspire you to explore, travel, be spontaneous, live your life to the fullest and you too might find your place in this world.

*Leanne Swainson is an Holistic Therapist,  
Reiki Master, Textile Artist from  
Medowie, NSW, Australia*



# Let Your Feminine Empress Rise!

Jonita D'Souza



It's been a long time coming  
This emergence, this awakening  
This undeniable fire  
Building up in my soul.  
It's been a muted existence  
This acting, pretending  
I believed my charade  
Trying to please them all.  
I believed that the shadow  
That sought out acceptance  
Survived on approval  
And shrouded in guilt.  
Deserved nothing more than  
A tirade of rejections  
Wasn't worth a stitch more  
Than the emptiness I felt.  
I was wrong.

A Feminine Empress was born  
Encased in this body  
Her spirit is strong  
As love returned it revealed  
My beauty and emotions  
Dreams and desires  
That were here all along  
And I grew strong.

A Feminine Empress was nurtured  
Ancient wisdoms reconnected  
An essence I thought gone.  
Trusting daily my body's  
Strengths and intuition,  
Mother Earth and the Sisterhood  
Guiding my intimate love  
And finally I am ready.  
A Feminine Empress is rising.

Sensuality and pleasure,  
Life's gifts I embrace.  
Standing in my power  
Vulnerable and brave  
I see fellow sisters  
Rising to do the same.  
And so it is! Here we are.  
Our truth has been waiting  
We've only to embrace  
It is time, Sisters  
Let your Feminine Empress Rise!

*Jonita D'Souza is a  
Feminine Lifestyle Expert  
& Author from London, UK*



## *Inspiration 151*

# Avoid Distraction & Focus on Action

Melanie Parker



**T**he happy, content and successful woman is someone who takes action by staying focused and avoids distraction at all cost. Edith Armstrong describes her vision in life as wanting to create a life full of peace, harmony, health, love and abundance, she says, “I keep my mind focused on peace, harmony, health, love and abundance. Then, I can’t be distracted by doubt, anxiety, or fear.”

The very word **DISTRACTION** contains the word **ACTION**. Distraction takes us off purpose. Today’s world has more distractions waiting to lure us than any other time before. We must develop laser-focus on our heart’s desires if we want to succeed in living our best life. Let’s tear away the **DISTR-action** and get back to only focusing on the **ACTION** that will increase our happiness and take us from a feeling of discontent to becoming inspired and successful in life, business and play!

What’re your heart’s desires? What action can you choose to take today to keep your mind focused on living your life’s purpose? The life you imagined is waiting for you ... Choose success today!

*Melanie Parker is a Trainer of Direct  
Sales & Personal Development,  
from Sydney, Australia*



*Inspiration 173*

# Turning Points

Louise Plant



I was 21, alone and living in Adelaide when I started waking up in the middle of the night and I could not feel any sensation in my right leg. I would get out of bed and sometimes fall over as I was not able to support my own bodyweight. An aunty had died from Multiple Sclerosis and a Grandmother had had numerous hip replacements, it had to be one of those.

I did not know where to go, I was new to Adelaide, no friends or family. I was very alone with fear and panic in my mind. I decided to search for answers at a Spiritual church. I did not find answers there, though I discovered Creative Visualisation. I started to visualise little men in my body and they would start healing me, every night and every morning.

I can still see them, vivid as what they were many years ago. After a month the lack of sensation in my body went. I later married and had three wonderful children. I was not going to be beaten by a label or a disease, I had a life to live.

*Louise Plant is a  
Life Motivator, from  
Melbourne, Australia*



# Connect with Your Heart

Fiona Craig



People struggle with what they want to be and do, and it's not because they aren't talented or capable, but because they didn't connect with their hearts desires.

Visioning gives us the answers to those burning questions: what's my passion and purpose in life, and what's my true potential? Cultivating a vision requires heartfelt reflection and contemplation. Let's start with a simple Life Vision exercise. Imagine you're sitting in your favourite chair, looking back over your ideal life. Then ask yourself these questions:

- Who are you as a person?
- What is it about you that people value?
- What qualities would you like more of in your life?
- What have you achieved?
- What are you proud of?
- What will you regret not having done?
- What legacy would you like to leave?

The more specific you are in knowing what you want, the more you'll ignite your passions to work out your priorities and the choices to decide what you really want from life.

*Fiona Craig is a Psychologist and Coach  
from Sydney, Australia*





*Inspiration 191*

# The Cycle of Inspiration

Christine Williams



**W**hen I look back to the first dark days as a newly single mum, I never thought I'd be able to start again. After a rough childhood, I'd married young to escape, but here I was alone, starting again. My experiences of financial hardship went deep. I spent several years living in a caravan as it was all my parents could afford. I was determined my kids wouldn't know what it was like to struggle.

Things turned around the moment I developed a clear vision – a future where we were safe, loved and free. It was then I realised a very simple truth: ***Imagining** you can is the first action towards the level of inspiration needed when starting a journey of achievement.*

I soon learnt that **nurturing** my imagination created **success**, which in turn gave me the **purpose** to continually follow through with my goals. Each activity **integrated** my success into my everyday world. Now I motivate those around me by **reflecting** on my experiences: creating a cycle of inspiration that **evolved** from just one single seed of an idea.

*Christine Williams is Your Dining  
Table Property Advisor  
from Melbourne, Australia*



*Inspiration 193*

# Gratitude, Parents & Forgiveness

Desiree Blaich



**G**ratITUDE changes your whole outlook and perspective on life. Adopting an “Attitude of Gratitude” and thanking God for blessings daily brings peace and happiness into our lives. “Count your blessings, name them one by one...”

I am so grateful for wonderful parents, their fine example and unconditional love. They have sacrificed so much for me. During my triumphs and trials, they have always been there for me. I am who I am today because of them. “Honor thy mother and thy father.”

I used to let the actions of others define who I was. I didn’t like it so I decided to change. I prayed to God for his help. Gradually I realised that the only one who defines me is God. I am a child of God. I am precious in His eyes. I prayed for strength and I began to feel peace again.

*Desiree Blaich is a teacher from  
from Melbourne, Australia*



*Inspiration 208*

# Tantric Approach to Menopause

Jenni Mears



**M**enopause can be a powerful initiation into the wisdom of being woman. I watched my own beautiful mother, who led a very purposeful and vital life, ‘lose her juice’ and disconnect from herself, then her relationship with my father. He stood by helplessly, doing the best he could with the little knowledge he had around the change of life, as my mother’s vibrant health and well-being deteriorated.

At this reflective time in your life, you deserve to be cherished and celebrated. You deserve the joy of time, ease, flow, spaciousness, and aliveness. And an empowering toolkit full of guidance, embodied practices and knowledge, with the support of other women to navigate this sometimes challenging and magnificent mid-life journey home to you. So claim your power as a wise woman. Be totally at home in your body, know your pathway to pleasure and be comfortable with your desires. You will be a force to be reckoned with. Invite menopause to be a time of expansion rather than contraction of your sexual energy. This can be a time to redefine what it means to be a positive sexual, wise and sensual woman living a vibrant and abundant life.

*Jenni Mears is a modern-day Alchemist, supporting women’s empowerment through personal sessions, workshops and trainings globally, from Melbourne, Australia*



*Inspiration 216*

# Find Inner Silence

Clarissa Hughes



**F**ind that deep quiet calm space that resides in each of us and use this to ground and support you through life's ups and downs.

In the “inner silence” you can put aside your over-active monkey mind, rest in the present moment, accepting everything just as it is and connect more deeply with yourself. And from that the sense of connection will develop greater compassion towards yourself and others.

So in your busy, noisy day try to carve out some time for silence, to reconnect, refresh and renew your sense of well-being. Whatever way you use to achieve that silence, be that meditation, walking or just being in nature, learn to cultivate it, embrace it, love it and know that silence truly is golden for your well-being.

*Clarissa is a Mindfulness Teacher  
from Sydney, Australia*



*Inspiration 255*

# Follow Your Dreams

Rosine Ghantous



**H**ello, I have a question for you. Have you ever wanted to do something in your life, but didn't because you thought it's not possible? Have you been told before, you won't make it, it's complicated, many have tried before and failed?

Well, I am here to persuade you that nothing is impossible, and you can make it by having a passion and love for what you want to do. To have support by peers and family who care, and even if they don't, you yourself can be your very own motivator. When you hear that voice within you saying, "I'd really love to become ... an artist, a designer, or whatever it is that you truly desire." You will work just as hard to accomplish your goal, despite the hardship. Nothing is easy in life, so it is about time you stop putting negative thoughts, fears, excuses or blaming others for your failures. Look into the mirror and say, "I am unique, I am put on this earth to accomplish something in my life, I will keep doing what I love, till I get to what I want, despite the amount of times I fall".

*Rosine Ghantous is the  
Designer of Rosine Couture,  
from Melbourne, Australia*



# Choose the Way You Feel About Your Adventure

Carolyn King



**L**ife is full of adventures that we can choose to embark upon. There will be ups and downs. Sometimes these events are outside of our control. But what we do have control over is our thoughts and emotions. If you can choose to see these events through the eyes of an adventurer, life will flow more easily. Everything passes, nothing stays the same, including our emotional state. We have a choice. Live life with compassion, empathy, wonder and awe. Know that nothing stays the same and everything changes. Decide what your goals are and work towards them. Real, lasting happiness can take time, but when you find it, the simple joys in everyday living are amazing.

A few short years ago I was suffering from depression, feeling like the whole world was against me, and would be better off without me. Now I wake up every morning looking forward to the day ahead and cherishing every moment. You can too! Just know that how you feel today does not have to be how you feel tomorrow. Find what brings your joy and discover your own personal bliss!

*Carolyn King is a  
Kinesiologist, Author, Speaker  
from Melbourne, Australia*



# A Celebration of the Woman That You Have Become

Joanne Cook



**D**ear Beautiful Woman, I know you have struggled, and you have experienced enormous trauma. I even know that as a little girl you were very insecure and you thought no one liked you. You had no confidence and very little self-love. You often felt alone and you were scared of everything and you felt like you never really fitted in. You would escape into a make believe world of fairy tales to dull the inner torment. You were often bullied at school, and you felt like you did not have a voice – no-one really heard you. You felt ugly and worthless so people often treated you badly.

Now you stand in front of the mirror, you are now a wise magnificent woman. You are a woman who is imperfectly perfect. You are strong and courageous and you are not afraid to speak your truth. You have fought hard to become the woman you are today. You love and honour yourself deeply and are comfortable with who you are and what you stand for – you love your “inner child” and you have become the worthy goddess. Do you know the reason I know all this? I am also that woman.

*Joanne Cook is the owner  
of the Worthy Goddess,  
from Canberra, Australia*





*Inspiration 316*

# Flower by the Road

Marlene Richardt



**I**n 2005 I made a big choice: to leave my marriage of 16 years. For me this was the biggest decision in my life. I thought dying would be worse than leaving my marriage; I wasn't thinking clearly or rationally and the war in my head was raging out of control. Yet somewhere deep inside, I knew that if I stayed a part of me would be lost forever. And so I left.

Fast forward ten years and I'm happily married to my soul mate. I live on 15 acres in the countryside, am five minutes from the beach, I do yoga every Friday, and hike through the gorgeous countryside every second Wednesday. I have a beautiful fur baby called Bella, I work six months of the year and spend the rest of the year surrounded by nature.

Now my message is this: when you come across a decision that you think is too hard or hurts too much – but you know is right for you – acknowledge the fear and do it anyway! Once you have uprooted yourself from a situation that doesn't fulfil your deepest yearnings, you can be transplanted somewhere the impossible becomes real. You can be a flower by the road.

*Marlene Richardt is Executive  
of her own life, from  
Hikurangi, New Zealand*



*Inspiration 336*

# Allow Grief

Debbie Singh



**E**ven though you are still standing, you really don't know how. Although you emerge through the thick fog of isolation and pain, the dark, empty, lonely place which stifles your breath and even though you may function in day-to-day tasks, you are incomplete, broken and changed completely. Life has knocked you down before, but nothing like this, this pain is so raw, such deep sadness and heartache wondering "how long must I weep". Is this what they would want, for you and for me? or can we move on and live life once again, knowing all they would want is for us to be happy. This Love is so deep that it lasts forever and although it changes us, it molds us and shapes us, as our lives become barely recognisable, yet still it remains.

Allow grief to mold you into the person you are meant to be. A beautiful new version of you and me, there is so much of life for you yet to see, carrying your memories locked up within, you are free to move forwards, not because your pain never existed, but because you were never meant to remain in that place called Grief.

*Debbie Singh is a  
Coach/Speaker from  
Wolverhampton, UK*



*Inspiration 348*

# The Power of Persistence

Andrea Donaldson



“Persistence helps us to reach our destination and through the process of that persistence our character is built.” *Travelling Home: A Flight Plan For the Journey to Joy.*

In the year 2000 my husband and I were blessed to adopt a four year old boy and his six year old sister from Ethiopia. While visiting their birth country to bring them to Australia, we discovered they had an older sister. She had been omitted from the adoption in error. We knew straight away we were meant to adopt her too. The obstacles put in our way were many and the process took six long years. There were times when we almost gave up, but now nearly ten years after she arrived I am so thankful we persisted.

Persistence and the support of others were the key to complete our family. Do you have a dream in your heart that cannot be shaken? Expect to be tested as you move towards it. And keep going. For us, a little girl on the other side of the world was depending on us to never quit. We had to keep asking questions and seeking answers. Be sure that if this dream is God-given, He will also give you its completion if you are prepared to do your part and persist.

*Andrea Donaldson is an  
Occupational Therapist,  
from Melbourne, Australia*



*Inspiration 352*

# Distinction Takes Time

Suzanne Johnson



**S**uccess doesn't mean it was always that way. Hardship & adversity gave me the motivation, understanding and personal skills that were required to make this journey in Beauty Therapy.

In my late twenties my three sons needed support but my job didn't provide adequate income. So what was I truly interested in? I chose Beauty Therapy because it demands challenging practical and social skills. A redundancy package from my employer wasn't enough, so the car was sold and we walked everywhere. The alarm was set daily for 2.00am to study – a lot can be achieved when a household is sleeping – I got my high distinction! But each week an income became more pressing. Jubilation – an agent called, with a premises. Although too large and expensive, I took the risk. *Peaches & Cream* was born.

Today, three workplaces and three decades later, hundreds of women have confided their stories to me, a rich education. Still enjoying this chosen field, my role has expanded to include Director, Educator and co-Author.

*Suzanne Johnson has a Bachelor  
Health Science – Dermal Therapies,  
and is from Melbourne, Australia*



*Inspiration 367*

# Listen to Your Own Wisdom

Diana Rickman



I used to charge though life in a superhero suit, fixing, organising and making everyone else happy not daring to look up and think about what I really wanted. And then I became depressed. Not that I would have admitted it to you! I had compassion for other peoples weakness but not my own!

By chance I learned about Emotional Freedom Technique. I couldn't believe that something so simple and strange could have such a amazing effect. In spite of my doubts EFT fascinated me and I began to learn and use the technique. Beliefs and habits quickly disappeared and I began to love and accept myself just as I was. Using EFT I felt brave enough to express myself authentically and calm enough to hear my own wisdom.

- You don't need to be a superhero to change your life. Accept and love your weakness. It's where your compassion comes from.
- You are wise. This may take time to accept but you know yourself best.
- You are enough.

xx Diana

*Diana Rickman is an EFT  
Practitioner and Mindset Coach,  
from Hastings, New Zealand*



# Avoid Distraction & Focus on Action

Melanie Parker



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