

THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY

Issue #2 | April 1st 2021

MINI MAG



A LOVE-LED LIFESTYLE

*Empower
Yourself For Life*

WITH KRIS FRANKEN

LIFE IN THE FLOW LANE

*Your Thoughts Are
the Game Changer*

WITH MASHA ELLMAN

CONSCIOUS LIVING

*Finding Pleasure
in the Mundane*

WITH KATHERINE ROSE TATE

**DO MORE
OF WHAT
MAKES YOU**

Happy

**LIFESTYLE & BUSINESS
INSPIRED & EMPOWERED
MOVE BEYOND FEAR
CONSCIOUS CREATION
THE EVOLUTION OF SELF
LIVE MORE LOVE-LED LIVES**



Welcome to #2 of the 'mini' Inspired Guide eMagazine!

*Life is an eternal evolution.
A continual discovery of self.
An exploration of experiences.
You are creation and the creator.*

When I began this magazine only a short while ago, I had ideas about things that I no longer have anymore. I had beliefs about shoulds and should nots, and thoughts about how and why, this and that - of which these have all changed and continue to do so as part of the refining and fine-tuning process of *all* personal evolution.

It is ok to change your mind, pivot in a moment and shift your focus and your passions in a breath.

It really does all just come down to following your bliss, discovering your self and consciously choosing to simply **do more of what makes you happy.**

Keep It Simple - Because It Is.

Which makes this the last edition in this series of magazines... for now...



THE *Inspired* GUIDE

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DO MORE OF WHAT MAKES YOU HAPPY

With **Batman NZ**

Hi, I'm Matt and I'm all about spreading hope and joy to others and making people smile.

“You don't need superpowers to be a hero”

I've always had a love of Batman growing up and have owned a couple of cheap 'costume-party' type outfits over the years, then last year (2020) a friend asked if I would appear as Batman at his child's 5th birthday party... *and this adventure began from there.*

The perfectionist in me knew I needed to upgrade my suit to do Batman's character as much justice as possible and to give kids (*and adults*) that real 'movie superhero experience'.

So over time and bit by bit I upgraded and I now wear a top of the line, one-off, custom built suit - each piece selected specifically to achieve the end result I now have, which is a hybrid of the Michael Keaton version of suits. *This is quite a stark comparison to my earlier days!*

I enjoy creating and am self-employed as a woodworker with Rustic Yard Creations which means I get to be Batman for the pure joy of it.

I didn't want to line my pockets with this venture, so I donate everything I charge for appearances to Starship Hospital, for kids that need saving in real life.

As Batman NZ, I am available in the Waikato area for charity events, corporate functions, birthdays, photoshoots, kindergarten visits etc.

HOW DO YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR BUSINESS?

Anyone that knows me, knows that I love to make people smile and to make them feel safe, so what better way to do that than to be a superhero...



Capturing children's and adults attention and making them smile - even if just for a few minutes - I believe can distract them from other struggles or hardships they may have going on in their day to day life, and that it could even be a highlight to their day or week, so therefore may help influence their mood in a positive way.

Sometimes my wife will perform alongside me in costume as Wonder Woman and every so often my son will play the character of Deadpool, so it makes it a really great family event for me too!

WHAT ARE YOUR FAVOURITE THINGS ABOUT HAVING A BUSINESS THAT MAKES YOU HAPPY? AND... HOW DO YOU DEAL WITH THE NOT-SO-HAPPY TIMES?

It's kind of cool to get a glimpse into what a celebrity's life can be like but then turn it off simply by taking off the suit, which they don't get to do.

On the flipside though, the 'not so happy' times are probably taking off the suit and mask and dealing with the sweat - as you can imagine, you cook like a roast chicken in the sun for an hour or so when wearing the heavy black layers!

WHAT ARE SOME OTHER WAYS THAT YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR EVERYDAY LIFE?

I'm a real movie buff so one way I like to relax at home is snuggling on the couch with my beautiful wife and kids, and watching a well put together comedy or action film.

I also find a real sense of peace when I'm able to get out on the road on my motorcycle and think about nothing but what's in front of me.

BATMAN NZ (MATT COOK)
[facebook.com/iamBatmanNZ](https://www.facebook.com/iamBatmanNZ)



EMPOWER YOURSELF FOR LIFE

With **Kris Franken**

To be empowered is to own your Soul's infinite power. To honour your ancient wisdom. To draw on your inner courage at any time. To give up the ego's illusory sense of power over others. Knowing that while it's okay to look to friends and experts to support you, inside of you is where all truth lives.

When I'm empowered, it's because I'm conscious of what's going on in my life and where I'm headed. I know my worth and I'm not looking for permission or validation from others. I'm not giving my power away through thoughts or actions. I'm grounded, responsible, anchored into my own truth, and led by the powerful Goddess of my heart.

It doesn't mean I feel powerful and wildly capable every single day. Everyone has difficult and disconnected times, but you can empower yourself during any kind of life experience by tuning inwards and connecting to the eternal power within.

SPIRITED WAYS TO EMPOWER YOURSELF:

1. CREATE LOVING BOUNDARIES

Solid, love-based boundaries come from knowing what your values are, what you will accept in your life, and what you like, desire and need. You don't need to focus on the negative or what you don't want in your life, you can simply focus on what you wish your life to look like and gracefully (or raucously if need be) let the other stuff fall away. Boundaries don't have to be a fear-based way of protecting yourself, they're a healthy container for all that is aligned with your highest good.



2. ACT ON YOUR INTUITION

Your intuition is always guiding you from your heartspace. Check in with your heart during quiet moments during the day. Tune inwards and lovingly ask how you're feeling and what you need.

Being overworked, stressed, unsure, exhausted, or unwell can cause your energy field to fluctuate which makes it hard to listen and find empowerment from an intuitive space.

Take care of yourself and honour your intuitive heart and you will feel empowered every day. The main reason I wrote my book was to empower others to live from their inner knowing; the more you understand your intuition, the easier it is to stand in your power.

3. CALL YOUR POWER BACK

We've all given our power away. We've apologised for no good reason, promised our hearts and souls to others, made vows we didn't understand, empathically leaked our emotions, signed up for things we didn't want to do, and didn't speak our truth.

Whenever you feel drained of energy or unempowered (however that feels for you), say *"I call my power back from all persons, time, space and dimension"* three times and finish with *"and so it is"*.

Cleanse yourself with sage and a white light meditation (close your eyes, find a sense of peace, then imagine a pure white light from Spirit bathing you and cleansing your entire field completely).

4. TAKE A MOMENT

I used to be a chronically rushed decision maker. I would always jump in with a "Yes!" before I'd given myself a chance to consider whether I really desired what was on offer.

These days, I take more pauses, deeper breaths and longer to think things through.

I'm proud of myself whenever I smile and say *"I'll think about that"* in order to tune into my truth. Now everything I do feels empowered because I choose it consciously, gratefully and willingly.

5. HEAL YOURSELF

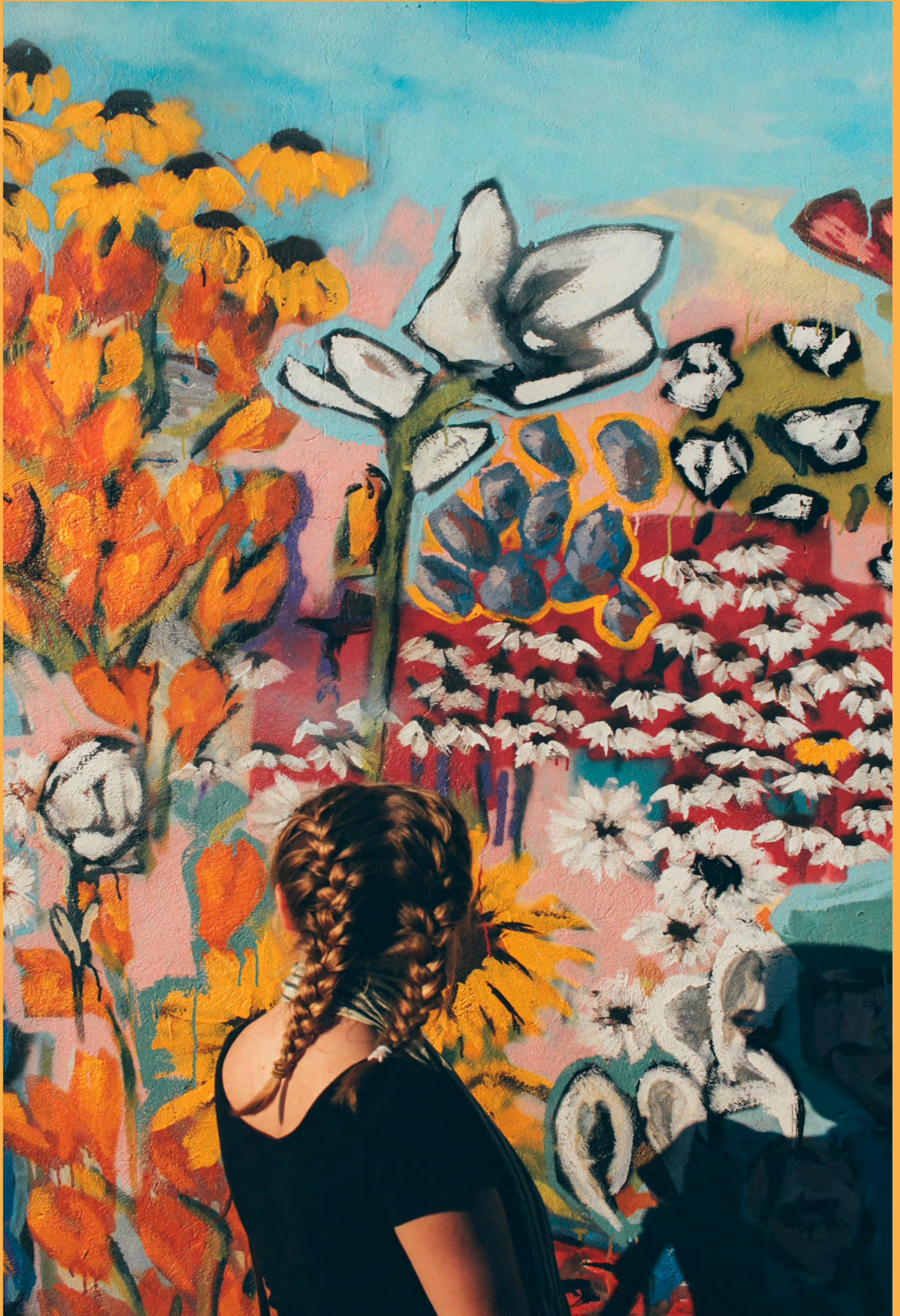
If you are struggling to feel empowered, I encourage you to find a professional to work with. A shamanic healer, acupuncturist, holistic psychologist, kinesiologist, energy healer, or whoever you feel drawn to. Go in with an open heart, be honest, and walk away if they don't feel right for you.

As you heal, you will remember who you really are. As you remember, you will naturally empower yourself to live in alignment with your truth.

**Breathe in power.
Breathe out uncertainty.
You are a miracle of creation.**

KRIS FRANKEN
Spiritual Author & Guide
www.krisfranken.com





FINDING THE PLEASURE IN THE MUNDANE

With **Katherine Rose Tate**

You know how some things in life always feel like a chore - while you can easily breeze through others?

For me, it's accounting - balancing my books is sheer torture. For you, it might be marketing. And while I outsource most money stuff, (and many clients have me write their copy so they don't have to), there are still some things we have to do or want to do ourselves - especially when starting out in business or facing a tight budget.

So I thought I'd share some ways to turn those tasks into a more pleasurable experience...

MAKE IT SACRED

Creating rituals is human nature. It's a part of our evolution... it fosters meaning, connection, purpose. So anytime I feel overwhelm or dread about my to-do list, I try to make it special.

You might like to set up a separate space in your home or office. Decorate it with things you love, and stage a serene or stimulating environment that makes your soul and heart happy.

Candles, fresh flowers, a crisp journal and pot of tea signal to your subconscious that this isn't work... it's joy, it's play, it's light - it's a space to be free, to have fun, to explore and be present.

I now look forward to reconciling transactions in Xero, because I know I'll be nibbling a piece of dark chocolate and listening to my favourite playlist while I do it. And my clients who are learning to write their own marketing copy say ritual helps them focus; tune out that doubtful or discouraging inner voice, and be mindful while crafting their content.

HONOUR YOUR VISION

It can also help to zoom out of the tiny tasks that seem mundane, and remind yourself of the bigger picture. What will completing this job change for you? How does it progress your plans or inch you closer to your dreams?

Keeping an eye on my expenses helps me channel CEO energy - and build my business with clarity and confidence. I feel better when my books are balanced.

Writing your website home page allows you to stand out to potential clients and sell your programs or products. It's about so much more than just getting your website done because 'someone said you should'. It's about service and sharing your wonderful work with the world.

So if you're feeling stressed or stuck on something, imagine stepping outside your body and zooming out... see yourself sitting there and working... go higher and higher above the room, above the clouds, above the here and now... see what will become possible... who you might become... once this task is done.

FOCUS ON A FRIEND

Whether you're writing an email, a sales page or something else, it becomes much more meaningful the moment you focus on one person.

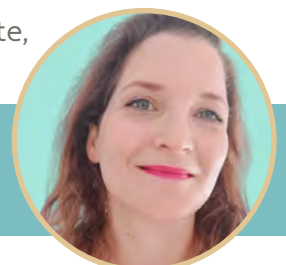
Picture a friend or loved one, a favourite or dream client... anyone who you wish to reach with your words.

Write to them. Share what's on your heart. What would you love them to know, to do, to consider? What's keeping them up at night? How might you empathise - and how could you help?

Envisaging a conversation with that person - and then writing the way you speak - is one of the best ways to write with integrity. Your work will become so much more powerful and empowering. And I bet you'll find the act of writing your copy (or any other task you tackle) much more joyful and pleasurable.

So pass me the dark chocolate, and let's get to it!

KATHERINE ROSE TATE
Writing Witch
thecontentcauldron.com



LIVING AN AUTHENTIC LIFE

With **Sanya Minocha**

Authenticity can be messy and living an authentic life is a commitment. It requires us to tune into ourselves - our wants, needs, emotions - and then act from a place of internal honesty

When we live authentically, our external selves - career, relationships, health - are a match to our internal selves - needs, wants and emotions.

It's as simple as that.

But authenticity can be messy because it requires the WILLINGNESS to look bad and f**k things up! Over and over!

We can only be authentic to the degree that we know ourselves

If we don't know ourselves very well, then authenticity feels hard and out of reach.

Taking the time to connect with our internal world, then acting from that place which requires vulnerability - is the formula to living an authentic life.

But we need to be willing to do this over and over again.

Because each time we act without knowing our internal truth, we're going to get it 'wrong' - and by 'wrong' I mean that we may get the least desired result: eg. saying "yes", when we mean "no", and that is valuable feedback.

Our Internal Guidance System (IGS) is always communicating to us through our emotions, feelings, thoughts and physical sensations.

We are not going to know we're being inauthentic until we receive this feedback.

Authenticity requires us to BE childish, to be curious; be willing to try new things and experiment.

With each new decision we make and passion we pursue, we are learning more about ourselves.



Those who have the greatest desire for authenticity as adults are also the very same individuals who weren't celebrated for their uniqueness as kids.

Authenticity is actually a primary *need* among humans. We lose touch with our authenticity when our behaviour threatens our caregivers at a young age.

As kids, the most important need is attachment, so if a vulnerable child had to pick between being authentic and losing approval from their caregivers vs. being inauthentic, while getting their need for attachment and closeness met, you know which option they'll choose...

As adults, we know we are being inauthentic when we are people pleasing; saying yes when we mean no; continuing to stay in relationships and jobs that are well past their expiration date.

To live authentically means to recognise that you are the ONLY authority of your life.

It means taking FULL responsibility for:

- Connecting with your emotions
- Tuning into your needs and desires
- Pursuing your dreams and desires
- Learning how to meet your own needs
- Surrounding yourself with those that support your commitment to live an authentic life

The day you make a commitment to live more authentically, is the day you are indirectly signing up to:

- Looking 'bad' (because when you act from a place of internal truth, this could be exactly the opposite of what someone wants to hear).
- Slowly moving away from some people, and moving towards other people that are willing to be as authentic as you.
- Speaking honestly, even if your voice shakes.
- No longer blaming anyone outside of yourself for your circumstances.

AND:

- Experiencing the deepest joy and satisfaction
- Understanding your true purpose
- Living life unapologetically

So if we're signing up for a lifetime of f**k ups and looking 'bad', why would you want to live more authentically you ask?

Because through authenticity, we get to recognise and celebrate our originality. We are fully



backing ourselves with every decision we make and becoming the only person whose opinion matters.

Authenticity is the most rewarding place we can come from and it's time for you to experience what it feels like to get this need met.

It's transformational and downright incredible.

It gives you clarity and the ability to see that there's ALWAYS someone in your corner.

That your flavour of human is not only freaking magnificent but also necessary!

Will you dare to be authentic?

SANYA MINOCHA
Holistic Coach & Counselor
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YOUR THOUGHTS ARE THE GAME CHANGER

With **Masha G Ellman**

Hello wonderful you! Are you ready to craft a life that makes you happy to be in it, living it, feeling it, embracing every moment with joy? Are you ready to look at yourself, I mean really look at yourself and do the work to change what you don't like? Are you ready to write a new story for yourself?

You are a powerful being!
You hold the key to an AMAZING YOU!!!

And YES - you can transform yourself, create a life you love... one that is EXTRAORDINARY.

One of my favorite things is to share with you what I know, what has been a game changer in my own transformation; I can tell you from my own experience that the one sure way to change your life, is to **become conscious of your thoughts.**

My biggest "AHA" moment was when I realized that I have thoughts (and even more), that I can change the thoughts I'm having.

WOW!!! What a revelation that was!

Yes, I know, go ahead and laugh, but it's true, I didn't realize I was having thoughts.

When I started to pay attention to my thoughts, I realized that I was putting myself down, berating myself, not believing in myself... telling myself I'm not good enough, that I can't do this or that, life is hard and you just make the best of it, etc...

I was feeding myself thoughts that were keeping me locked in a self-defeating merry-go-round.

Over time I've rewired my brain and having thoughts that elevate me and reflect me, has become my norm.

***Open the door to your thoughts
and you will find the MAGIC
that will illuminate your life.***

Your thoughts are what you tell yourself all day; they determine how you see yourself, how you express yourself and how you feel. Every thought is creating a feeling, which creates an experience, which creates an action that directly corresponds to that thought. They rule, regulate and shape





your reality. What you allow yourself to dream of, how you see others, how you view the world... all of it is the result of every thought you have.

With your thoughts you are building self-confidence, deciding your self-worth, placing limitations on yourself or allowing yourself to fly. You are deciding the level of your success and your relationships - *your core beliefs are all a direct result of your thoughts.*

Consciously choosing your thoughts is a game changer in the transformation of yourself.

I encourage you to dive deeper into the role your thoughts play in forming your reality. I'm just offering you a thought - a seed planted to grow you; the beginning to unlocking your truest self.

PRACTICAL TIPS TO BECOME MORE CONSCIOUS OF YOUR THOUGHTS:

- **Become consciously aware of your self-talk.** When you become aware of a thought that is limiting and putting you down, stop and ask yourself why are you saying that to yourself? Where did you get that thought from? Is that what you really think of yourself? Knowing the answers to these questions, helped me in consciously changing the negative to a more positive thought.
- **Be committed to upgrading your mindset and understanding.** Read books, take classes, etc.

Books I recommend are Napoleon Hill's classic 'Think and Grow Rich' and Jan Sincero's books. *Do a search and find ones that appeal to you.*

- **Pay attention to the words you use.** I pulled negative words out of my vocabulary which helped me to focus more on the positive and clean out my mind of negative, unkind words.
- **Say positive affirmations to yourself,** they will help you to feel encouraged and uplifted.

It's your thoughts that are one of the most powerful tools you have to transform and create a life of bliss.

I'm inviting you to step into your thoughts; interrupt them, sort them out, leave them by the wayside; change them and get new ones or keep them if they feel good.

They are determining the quality of your life. They are the reality you are living.

Give yourself the greatest gift you can: the power of knowing and choosing your thoughts.

They are the game changer...

MASHA G ELLMAN
A Sweeter Life
www.mashaellman.com





PRESSURE OR ENCOURAGEMENT

With Tash Pieterse

Something I often get asked as a Life and Mindset Coach is...

"How do you tell the difference between pressure and encouragement? Because putting pressure on myself feels like encouragement for me to get stuff done."

Why is this an important question?

I believe it's important because over time we've been conditioned to think that pressure is the only way to motivate us - however, at the core, it's not always the case and it's not actually the same as encouragement.

If left to grow, it can become a chronic issue (stress).

I would like to preface what I share... How something feels and shows up is unique to all of us.

How each of us responds to what we think, feel and do is unique.

I'll share what I've seen come up within myself and my clients over the years, so please take or leave what fits.

PRESSURE

Generally in the body it feels restrictive, heavy, anxious.

In the mind, it is usually negative and fear based.

Pressure, like stress, can be used for good - it can be helpful as long as it's used intentionally and for a short period of time.

For example: I really thrive off working to tight deadlines and under pressure to deliver my best work - The key I've come to learn is to be able to STEP OUT of the pressure zone and back into spaciousness and calm.

Unfortunately, we've become accustomed to living in a state of pressure where everything we do or set out to do has to be done yesterday and to a 'perfect' standard.

Usually driven by thoughts of...

- "If I don't get this done, I'm going to fall behind"
- "If it doesn't look like this, it's not going to be good enough"
- "If I don't do this, XX is going to think I'm not committed"

Notice the tone of these thoughts. Notice the feeling it brings up in your body when you repeat them to yourself. They are negative and disempowering.

Pressure rarely feels incredible and exciting... It's a means to an end and usually a means that's driven by fear.



Prompt for reflection:

- Think back on the last time you were under pressure (or if you're under pressure now, pay attention)...
- How does your body feel?
- What thoughts are going through your head?
- How did it turn out?

ENCOURAGEMENT

Generally in the body it feels expansive, light, energising and exciting.

In the mind, it is usually optimistic, curious and love based.

Encouragement makes you feel good. It propels you forward. It gives you motivation and drive in a way that feels exciting and expansive.

There is more positive emphasis and focus on what doing the action/task will bring; what it will lead to and what it will open up.

Usually driven by thoughts of...

- "I am excited to see what comes from this..."
- "Imagine how this is going to turn out..."
- "Wouldn't it be cool if..."

Notice the difference?

Doing something from a place of encouragement feels easier and there will be a little something extra in the tank to work through challenges.

There is more room and space for creativity, solutions and experimenting.

Encouragement doesn't mean that there is never worry, doubt or fear present - we're humans and have a biological tendency to be negatively biased, however, when we come from a place of encouragement we are open to possibility and solutions.

Prompt for reflection:

- Think back on the last time you felt really encouraged...
- How did it feel in your body?
- What thoughts were going through your head?
- What outcomes did you create / receive?

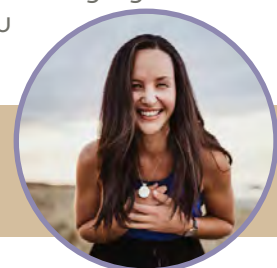
Your body is telling you in every moment whether something is encouraging you or whether it's negatively impacting you.

In every moment your body is speaking to you but you're often too busy to hear it.

Make it a practice to stop, tune in, and pay attention. Ask yourself - what do I feel right now? What is driving it? Is it helping or hindering me?

Make pressure work for you when you need it. Focus more on creating an encouraging mindset that will support you in the longer term.

TASH PIETERSE
 Life & Mindset Coach
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THE CODES ONLY OUR INTUITIVE GENIUS CAN ACTIVATE

With **Rachel White**

Imagine all the trillions of cells within your body lighting up and thinly dotted lines connecting them all - *within you is the cosmos, the universe.*

Within your inner cosmos there are many portals and activation points that hold the codes for your healing, expansion, and evolution.

All of these codes are already within your beautiful body. The journey in activating these codes is lead by your intuition.

Your intuition carries the wisdom of your body; your intuition has the map to the cosmos.

So why is it that you are not consciously aware of the entire map and the treasures you will uncover right now?

Because your intuitive genius knows the importance of you taking your adventure of this lifetime one step at a time.

If you received every direction right now, it would be incredibly overwhelming for the mind to process that information all at once, to be in anticipation of the things that are coming that you do not yet know you are capable of, and to understand the parts you do not yet know you want.

Knowing all the steps at once also gives the mind sneaky opportunities to sabotage you on your journey; the mind has many safety mechanisms and perceives you being safe as staying as you are right now.

Your intuition knows your potential and holds your expansive vision, so it only gives the mind the information that it needs to know in this moment.

The most important step to focus on is the one you are taking, trust that your intuitive genius will lead you when it is time to take the next one.

Your intuitive genius will speak to you through your body; through tingles, relief, and all kinds of visceral sensations. When you practice listening to these sensations you heighten your awareness of the voice of your body.

As you allow yourself to explore and experience the sensations of your body, each sensation guiding you to the next - being present with your pleasure and pain - you will follow the path to your codes of genius with ease.

You will activate codes of healing, expansion, and evolution for yourself, those around you, and the world at large.

Your intuitive genius knows the way; you do not need to force or rush your way there.

You do not have to follow someone else's map that does not match the inner landscape of your own body.

When you are intimately connected with your intuitive genius you get to liberate it through your expression, you get to be you and share your magic with the world.

Your intuitive genius knows the way, are you willing to follow?

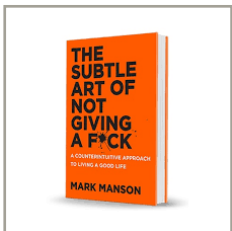
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MORE OF WHAT MAKES ME HAPPY

BOOK



THE SUBTLE ART OF NOT GIVING A F*CK

By Mark Manson

A few years ago this book burst to life and created a lot of talk... I didn't like the title so I didn't read it initially until it was repetitively recommended to me... and I LOVED it! He writes in a way that is relatable and easy to understand to a more wider audience than the regular 'new-age' stuff. The title really says it all, but if you want to know more of how to do that, then the book is a really enjoyable and inspiring read. [FIND OUT MORE >>](#)

MUSICIAN



CHRIS ASSAAD

Canada

I love listening to music of all kinds, but these days I listen to a lot of artists that sing to your soul and that is how I found this talented musician! He has a really interesting backstory to how he came to be such an inspirational musician and his music is so soothing on *many* levels. If you are feeling a low or lost, need some extra grounding or just to hear beautiful music then search out Chris - I recommend 'Grace', 'Trust & Surrender', 'Sensitive Soul' and 'Lion' [EXPLORE >>](#)

BOOK



KIWICORN

By Kat Merewether

I LOVE children's books, and this is my all time favourite! It is super inspiring for all ages and has fantastic illustrations and little embellishments that make it extra interactive and fun! You can even get a matching plush toy! "A ridiculously cute and funny story about being unique. Gorgeous illustrations and writing, help children to understand their emotions and to open a light-hearted dialogue about diversity."

[FIND OUT MORE >>](#)

VLOG



EAT MOVE REST

With Erin & Dusty Stanczyk

This couple are super lovely and inspiring and so full of joy and love! I started following them when I was eating wholefoods plant-based and just love their energy and simple approach to life and living well + they are open and honest and share how they got from where they were to where they are now and offer plenty of free recipes, tips and advice + ideas and inspo around exercise and eating well while pregnant too!

[CHECK THEM OUT >>](#)

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DO MORE OF WHAT MAKES YOU HAPPY

Issue #2 | April 1st 2021

MINI MAG

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IN NELSON, NEW ZEALAND