



Society's big challenges: A definitely different single mum's 'out of the box' approach that's transforming lives.

Just like the resolve Jamie Oliver had that created the school lunches revolution ('this has to change so I'm going to take it on'), an abuse survivor single mum is calling for a totally different conversation about domestic violence, abuse, bullying etc. With the words His Holiness The Dalai Lama spoke to her still ringing in her ears, she's stepping out with a big message to turn it all around.

Grace Hart is all too familiar with drama, trauma, suffering and struggle – she's gone through the hell of many years of court, divorce, custody and conflict, assault, abuse and domestic violence, a life threatening accident, multiple operations, learning to walk again, life long health issues, being a carer for family members (including special needs children) and a single mum. With her different perspective, and succeeding in rising above it all, she's attracted some attention.

Various high profile people and others have asked her to speak out and share with the world what she knows, including politicians, ambassadors, Aboriginal and Maori elders, and the Dalai Lama.

"He said I would know when the time was right," she explained. "Aboriginal and Maori elders have said similar things at different times so the universe has been sending me a clear and consistent message. I resisted it all for a long time, however now is the time."

"People working in the court system, in mediation and so on, over the years have made the point of saying, 'Wow, you're so different,' she added. "Through a grapevine of family and friends, those experiencing all sorts of challenges would seek me out, saying they appreciated the unexpectedly different way I contributed to them changing their lives for the better. Various people over time kept urging me to take it wider.

"My approach is so out of the box that I kept telling myself there are plenty of good resources out there, and better known and more educated people." she explained. "Having Lewis Carroll as a relative, you'd think I'd be a bit more willing to go down a rabbit hole! ...however I kept holding back, hoping that someone else would create the change that I know is possible and speak out about it so I wouldn't have to."

It wasn't until Ms. Hart attended a leadership workshop* that she got unbearably uncomfortable with staying small and avoiding doing what she knows can make a difference.

"I've been so inspired by Jamie Oliver and what he's shared about how he was initially just going to call for change at the school his children were attending, but then he realised it was needed everywhere so he chose to step up and speak up and take it all on – and look what that created."

Also the Dalai Lama's official ceremonial bowl players sought her out at a peace event in Singapore.

"They came up to me and one of them put his forehead to my forehead and said, 'You're the heart lady' and asked if they could spend some time teaching me what they knew about contributing to ending suffering on the planet," Ms. Hart recounted. "It was all quite surprising and a bit surreal."

Even though she's been taking steps to more actively assist others, she has always known there is so much more she can contribute.

"There are many different things I can speak about, however right now, every violence-related news story feels like a call to action," she said. "This has to change. For anyone who is open to trying something different, I'm willing to share what worked for me to get out of victimhood, out of domestic violence, out of trauma and drama. I'm ready to start a whole new conversation now."

Ms. Hart offered a conversation starter...

"Have you ever considered that the main 'language' of this reality is actually energy? The world is dealing with problems from

the level of thinking rather than the energy, yet it is accepted in quantum physics that everything is energy, and anyone you talk to would acknowledge they feel it – for example, when you walk into the office and you know something's off even without any outward evidence of it, and your awareness gets confirmed later when you find out there's an unresolved issue causing tension between some of your work colleagues.

“So if everything is energy, that includes all the things we think are solid, real, true, stuck and repeating. With everything in our lives – including every single problem we have – there's an energy creating the suffering, the violence, the abuse etc. and there's an energy we're **being** that's inviting, creating and maintaining the problem.

“So, rather than the usual scenario of addressing problems by focusing on the problem and trying to figure out how to deal with it via a thinking process, it's about paying attention to what the energy is. If we can recognise what that energy is and change it, it changes it in the physical world and we actually change the problem quite quickly. When we empower ourselves through changing the energy we are being, we change our lives.

“Sounds simple? Most profound things are. Though it takes an open mind to embrace a whole new possibility, and a bit of practice to shift from habitually thinking problems through, to creating change through awareness of energy. As Nikola Tesla said, 'If you want to know the secrets of the universe, think in terms of energy, frequency and vibration.'

“Just like Jamie Oliver's school lunches revolution started small and snowballed, what if having such a different conversation about conflict, violence and abuse is a catalyst to break through and move beyond the ingrained cycles that have persisted in our society?

“I invite you to participate in the conversation.”

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More details:

Contact:

Grace Hart +61 466 266 943 / www.ChoosingGreater.com

Maia Kshemya +61 403 767 107

High resolution image of Grace can be provided on request.

Grace has written 'The Peacemaker's Way' and 'The Book that Changes Anything' with further books currently in edit – 'Beyond the Victim Song,' 'Beyond Court and Conflict,' 'The Tools that Change Anything' and 'Magical Miracle Walking.'

Disclaimer: The conversation Grace is desiring to have is in no way intended as a criticism or rejection of, or replacement for, any existing strategies or programs, but rather, to serve as a complement to them.

** Stars Institute of Learning and Leadership Executive Director (and former Director of CHOGM Coordination Qld) speaks about Grace on the following page.*

TO WHOM IT MAY CONCERN

I have known **GRACE HART** for the last 10+ years in both a professional and personal capacity. I enjoyed working with Grace, she was always cognisant of what the vision was for an event and how she could contribute to making it a success.

Over the last eight years I have continually been inspired by the way Grace has met and addressed many personal challenges in her life. Not only has she turned her own life around in that time, but she continues to make a difference in the lives of many others, including me and members of my family.

Grace is “out of the box” and has an incredible ability to transform Energy in a room, or with individuals where they could see no way out of the situation they have found themselves in. I have witnessed the results of this myself and been present where many individuals could then see that something else was possible for them. You could see the light come on for them, and it put them back in a place of self-empowerment.

I believe our world would be a better place if Grace was “available” to more people on a regular basis, whether it be through radio, television, or indeed any media that connects with people at a deeper level.

Vicki Scott

Co-founder and Executive Director

0437 877 839

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