

# Medicine Woman

Oct

*lysa black*

## FEMININE DUALITY

Annette is both a healer and a country singer. The two loves were competing for a time until Annette could commit to make space for both in her life.

## SURRENDERING OUR ARMOUR

As I witnessed the strength that had been forged in Annette through two decades of excruciating pain from endometriosis - I could understand her need for armour.

## NATURES GOLD

In search for a skin treatment for sensitive skin. This hand-crafted moisturizing cream uses natures gifts from NZ native plants renowned for their healing properties.

## Issue 1

Photography: Lysa Black

Introducing: Annette Hawkins

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our medicine out into the world

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# Medicine Woman

Editor · Photographer · Stylist · Author · Mentor:  
Lysa Black

Thank You for downloading MEDICINE WOMAN. This online magazine is dedicated to trail blazing medicine women on purpose in business. I believe our hearts are containers holding the sacred essence that is our medicine – our business is the chariot carrying this medicine out into the world. Trail blazers know the thrill of walking our own path - when we see others who are thriving in their truth - it spurs on our own commitment and devotion. This magazine is a vehicle for sharing the stories of those following a feminine path in business featuring one new medicine woman every month.

*Heart transmissions are the source  
of true change in this world!*

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We all carry potent medicine in our bellies that we acquired through the suffering. Annette's Story on p. 6

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# Editors Note

My greatest lesson in life and business has been: To speak up and be seen! Stepping into business committed to forging my own path - I struggled for years because I was scared to be seen and heard in my truth - I only wanted to help others... I didn't want business to be about *me!*

But I quickly realised my willingness to be seen directly affected my clients confidence in feeling they could walk towards me. I found that facing my vulnerability and speaking up - appreciative kindred's gathered around and my business thrived as a consequence.

I realized that they saw themselves in me, and knew they could replicate the same shifts in their own lives. *Sharing my heart opened them up to what was possible!*

This helped me to recognize that contributing authentically was the most profound and impactful way to truly serve in the world and attract kindred clients. After 11 years in business I became fully booked for the last 6 years by sharing my medicine publicly!

This magazine showcases how we can holistically prosper following feminine principles of integrity led, service and showcasing done within clear and transparent boundaries. I dedicate my days to nurturing the voices and presence of medicine women like me who truly want to *make a difference.*

**Join me in celebrating the  
emergence of Annette Hawkins**

# Feminine Duality

In a world that tells us to do just one thing; we need to firmly reply 'never!' This dominant idea that has sculpted society over the last few hundred years is now being disintegrated as more women make space to *honour their duality*.

**Allowing both poetry & activism**  
**Enjoying both coaching & art**  
**Dedication to both teaching & surfing**

We have countless individuals spot lighting the sacred balance we can find honouring our dual nature. For [Annette Hawkins](#) that is being both a **healer** and a **country singer**. The two loves were competing for a time until Annette could commit to make space for both in her life. With a healing

clinic in her home and a spare bedroom for practicing singing in preparation for upcoming Music gigs - Annette has permitted herself a greater portion of **joy** by allowing her *dual nature* to be expressed. The lyrics, clothes and community connected to Annette's country music reaches a place in her heart where contentment and satisfaction join. Whereas her healing clinic is for compassionate witnessing, deepening into truth and supporting her kindred's. Feminine business is a vehicle for the *fulfillment of our desires* and the expression of our **fullest truth**. See how Annette brings her dreams to life here:

**Annette Hawkins Music:**  
<https://www.facebook.com/AnnetteHawkinsMusic>  
**Annette Hawkins Body Talk Practitioner:**  
<https://www.facebook.com/annetehawkinscbp/>



# Surrendering out Armour

*We all carry potent medicine in our bellies that we acquired through the suffering.*

When I first met Annette I saw a woman devoted to helping others who knew no bounds to giving but ached to *receive*.

Annette has a gentle compassionate approach listening to her clients; her sensitivity, intuitive nature and highly discerning knowing allows her to

**see beyond the mask of symptoms to the underlying cause in her clients.**

But her depth of perception was forged in a vacuum of nurturing care. *When our gifts are activated in a climate of fight-or-flight survival we can struggle to separate the stress that catalyzed their activation from the information they bring.* Together, Annette and I focused on cultivating safety, clarifying boundaries and permitting rest.

Annette is powerful at initiating the surrender of her clients armour - she needed someone to reflect her medicine back to her so she could receive what she provides. Feeling the urge to speak up and become more visible Annette faced her fears to grow her business.

**I believe that we teach what we need to learn most.**

As I witnessed the strength that had been forged in Annette through two decades of excruciating pain from endometriosis - I could understand her need for **armour**. Annette's *invisible illness* was largely unacknowledged by those around her, While the debilitating pain felt like fire there was no recognition from those around her of how severe it truly was. Annette was often bedridden, forced to declining social invitations and left feeling entirely alone in her grief.



**Now after a hysterectomy, Annette is devoted to natural health because of the years she was without it.**

Many of us experience unrecognised and unwitnessed trauma that can manifest as physical ailments and illness – Annette’s personal experience with this gives her heightened devotion to creating personalised treatment to meet the needs in her clients.

Our pain truly is our purpose and Annette brings kindness and devoted healing to the conditions that can invisibly plague those who are *sensitive*.

**As Leaders our businesses are both the vehicles for the transformation we bring and the *supply* of transformation we need.**

Annette has successfully raised her rates to an adequate level while accommodating some much needed rest into her week.

With rejuvenation comes vitality, and alongside the boundaries to demarcate for service and self-care, Annette has become even more potent and powerful in her client appointments.

**Through deep acceptance of her own journey Annette has shed her reservation, over-caution and holding back.**

Now with increased visibility and consistent showcasing Annette enjoys serving the continual arrival of new Kindred clients and returning clients. A higher referral rate grants Annette the space and confidence to share her medicine and *honor the vehicle* it comes in with devoted self care. Her life clearly conveys how essential our armour is for a time – but our personal evolution and joy cannot expand without a willingness to **shed** it. Annette’s new comfort with her vulnerability has allowed her to see how sought after and celebrated we can become when we let ourselves be seen!





Jessica Wilde  
shares how to  
overcome  
writer's block.  
Story on p. 20

# Natures Gold

*An all round moisturizer for use on face, hand and body: "Natures Beauty Cream".*

The story behind this development of this cream is Annette's own search for a skin treatment for her sensitive skin issues. She wanted something that would moisturise, renew dry skin, diminish age spots, repair dryness and offer rejuvenation and hydration to all the skin on her face, hands and body. This cream has been lovingly crafted from nature's *healing gifts*. Here are the ingredients from NZ plants renowned for their healing properties:

**Infused Kawakawa oil (infused in Extra Virgin Olive oil)**  
**Harakeke (flax) extract**  
**Kawakawa oil extract**  
**Avocado Oil - Certified organic NZ 100% pure**  
**Kanuka essential oil NZ**  
**Lavender essential oil NZ**  
**Water**

This cream provides relief with antibacterial, antifungal, anti-inflammatory properties. These ingredients are absorbed easily allowing healing to begin quickly to soothe and restore hydration and give tone & elasticity back to the skin. The essences of lavender and Kanuka have been added for their therapeutic qualities aiding in skin repair, as well they are relaxing scents to support relaxation and calmness on an emotional level too. Annette's devoted herself to creating Nature's Beauty cream in small batches with the highest quality of ingredients, made fresh to order with love.

**As pictured:**  
**65ml jars \$40.00**  
**Order via email: [annettehawkinsnz@gmail.com](mailto:annettehawkinsnz@gmail.com)**  
**Quote for postage available upon request**





# Visible Truth

I believe business is not just a channel for prosperity – It's also a vehicle to fulfill our unique purpose and make a difference in the world. Being on purpose while prospering holistically is the *heaven on earth* I had been **seeking** my whole life. I now devoted myself to supporting trail blazing medicine women to see business as a sanctuary where we can fully express our truth.

**The energy, ease and authenticity in this brave act is captivating.**

It truly is the **integrity** that we *transmit* which makes an impact, as we deliver service and showcasing done with transparent boundaries we can craft a **truly rich fulfilling life.**

Only our kindred tribe can recognize our triumph; we are the only ones they will trust on their path to transformation. Boldly sharing our story will be the catalyst to their rise. They want to follow someone who is *like them*, someone who is *not afraid to speak the truth* to reveal the way.

**As we speak up, show up and allow our true essence to be seen – we will become sought after and celebrated.**

For those considering Feminine Business Mentoring click [here](#). For those interested in [Medicine Styling & Medicine Photography](#) see [here](#). You can book a 30min [Medicine Share Consultation](#) with Lysa to discuss her approach to expressing your inner truth visually to amplify your business [here](#).

# Medicine Woman

COMING  
NEXT

**Life after Loss**  
Iris Nelissen shares  
her story  
*Coming in Nov*

