

SUZI LULA



WARRIOR WOMAN

# IN HER OWN WORDS:

## - WHAT SHE'S MOST PROUD OF HERSELF FOR -

By far, I am most proud of my transformation as a mother. I wasn't always the mother I wanted to be, nor did I have the relationship with my son that I wanted to have. I'm most proud of doing the inner work of transformation because it wasn't easy, but the relationship I now have with my son is the gold at the end of the rainbow.

I'm also proud of writing my book "The Motherhood Evolution." It's about evolving and redefining our vision of what motherhood can be. It's about redefining self care and how it can change our relationship with our children and literally, change the world, one fulfilled mother at a time!

# IN HER OWN WORDS:

- WHAT SHE'S MOST PROUD OF HERSELF FOR  
(CONTINUED) -

Lastly, I have a few solo piano cd's with acoustic piano music that I've written and perform. What I'm most proud of about them is that I healed an old relationship with music- and my Mother- Where I felt pushed as a child. I created the relationship with music that works for me and simultaneously healed my relationship with my Mother. The music that I write is so beautiful and soothing and is a direct result of that healing.

# IN HER OWN WORDS:

-WHAT SHE WOULD TELL HER 16  
YEAR OLD SELF-

You Are Enough!

You Are Enough!

You Are Enough!

# IN MY OWN WORDS:

## - WHY MS SUZI LULA IS A WOMAN WARRIOR ROLE MODEL TO ME -

The first time I heard Suzi speak was at the Evolve conference in 2015. Her topic was self-care. I remember thinking, "it's so awesome that somebody is talking about this!" Little did I know at the time just how passionate Suzi was about getting self-care into the hearts of mothers everywhere. Suzi is an Agape Licensed Spiritual counselor. So when her book, *The Motherhood Evolution* was released she ventured to the Soul Center OC (a sister organization of Agape) to lead the Sunday morning meditation, speak and sign books. I think this was the day I realized just how inspirational and powerful Lady Lula was. She began the meditation by playing one of her beautiful piano pieces. The melody was passionate and peaceful. Suzi then guided us through a beautiful meditation called *The Mountaintop*. I had never experienced a more powerful meditation. It went straight to my core and

# IN MY OWN WORDS:

## - WHY MS SUZI LULA IS A WOMAN WARRIOR ROLE MODEL TO ME (CONTINUED) -

uncovered feelings I wasn't even aware of. A few of us went to lunch afterwards and in talking with Suzi her passion was contagious. She was determined. She was on a mission. She was going to make self-care an accepted norm for moms. I felt such a strong, unexplainable connection to Suzi after that day. Her talents are magical! I bought one of her piano cd's and play it in the waiting room of my office and my clients love it as much as I do. Her book is a must read for all moms. And her online Mama Monday teachings actually had me looking forward to Mondays each week! Just recently I had the pleasure of being in Suzi's online class- The Emotional Messenger System. It was amazing! I feel so lucky to call Lady Lula my self-care guide, spiritual teacher and dear friend.

You Rock Suzi!

Stay positive,  
Vibha

# SUZI'S FAVORITE WOMANTRA:

Relax  
and know  
that all is  
well

- Suzi Lula