

PURITY EMEKWUE

DISCOVER YOUR MIGHTY HEART

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BIAFRAN BORN AND RAISED,

I left Africa at the age of 30 to pursue my dream of studying and living in Europe. My life, however, took an unconventional turn when I arrived. Mine is the tale of one woman's voyage through the grit to resilience and peace. Gleaning from my colorful life experiences, I inspire you to be courageous and be the mighty heart that overcomes every adversity. In my unique way, my speeches invite you to step fully into your own authenticity and wholeness. I am a champion and advocate for self-awareness and self-leadership.

A year after my arrival to Europe, my life took an unexpected detour – a journey that altered the course of my life. The man who had brought me to Europe on the promise of a marriage, suddenly fled for an internet lover exactly a year after my arrival, abandoning me to my fate. My world ended. Suddenly, old wounds of childhood trauma I had since buried and fought to forget resurfaced. Memories of bullying, religious, sexual, and other forms of abuse triggered a period of intense retrospection about the meaning of Life. What is the purpose of existence, I asked?



THIS MARKED

the beginning of a period of anguish called – the dark night of the soul. Two years of depression and despair with three suicide attempts, I woke up then one morning to a completely new world. In a twinkle of an eye, my Life made a 360° change! What happened? Intense peace and happiness unlike nothing I had ever experienced engulfed my entire being. Till today, this peace has never left me.

I spent the following years in search of what had happened to me. How my suffering and pain disappeared overnight, I could not tell. The journey of total transformation had just started. I was never going to be the same. During this time, I was drawn to deepening my own personal and spiritual development.

I yearned so much to use my story and experiences to positively influence people's day-to-day lives. However, the following years were even more brutal. I went from bankruptcy to homelessness. From begging for money to buy food to extreme loneliness. Rejected from every single job I ever applied to, till I ultimately faced deportation.

But one thing was certain, the peace I had experienced earlier was always there.

Amid my ordeal, I realized that the more challenges came my way, the more peaceful and resilient I became. There was an unwavering resolve to live and an assurance from the depths of my being that cared less about any form of pain. For the first time in my life, change and adversity were no longer to be feared. Relentless Transformation became my new normal and challenges turned into friends. I know now that it was a certain state of the heart, not of the mind, that empowered me to persevere. It is a state that has preserved my joy. This is my gift to you: **the Mighty Heart**.

HOW DO YOU BOUNCE BACK, TIME AND AGAIN?

The answer lies in the Mighty Heart. Supple yet strong, the Mighty Heart is there when all else has failed. It is an art. It is a Mastery. It is you.



"When you can bear the unbearable, you become invincible. The moment you realize that the human heart is indestructible, the game changes forever. To know this, you must first realize that you are this Mighty Heart"



HOW WE WORK TOGETHER

KEYNOTES

- The art of the Mighty Heart
- Living with courage
- Falling in love with challenges
- Redefining the narrative about suffering

**Other topics can be explored on request*

LISTENING CONSULTATION (JOY O'CLOCK)

Feeling good is what we all want. To be truly heard and seen is one of the greatest human needs. Joy O'clock is like a bridge to psychotherapy. It is an affordable, easy, safe, and fast early-stage intervention, providing initial emotional support for challenging times. It feels good to know there is someone there for you, who is unbiased and also readily accessible – especially when the going gets tough. It is more like having a digital friend (confidant). At Joy O'clock, we talk about everything! The goal is that you may realize that your situation may not necessarily require professional therapy. That simply being listened to would be enough and all that you ever needed.

Ideal for those who:

- cannot afford expensive professional psychotherapy
- want to save time and not wait for months to get an appointment with a therapist
- desire to be understood, feel better and encouraged
- simply enjoy being around some positive energy