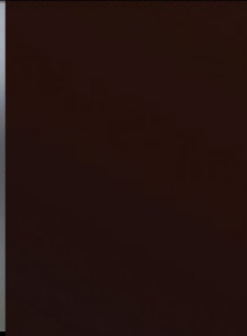


DECEMBER 2023

# InLife

I N T E R N A T I O N A L



# 8<sup>th</sup>

## ANNIVERSARY

# Tailored mortgage solutions



**Director: Julius Abraham**

Phone number: 0410 482 035

Email: [Julius@directmortgages.com.au](mailto:Julius@directmortgages.com.au)

# InLife

I N T E R N A T I O N A L

## EDITORIAL

**Managing Director**  
Sue Turner

**Managing Editor**  
Lourdes Buenaflores

**Hair and Makeup**  
Joy Pangilinan

**Photographic & Art**

Kevin Gomez, FIN Photography, Ash Narayan, James Mao, Brooke B, Gary Abella, Dave Choo, George Azmy, Eric Fonacier

**Marketing**

Alex Abella, Krissy Anderson, Eileen Maynigo, Barnes Luz, Jason Harris, Lovely Washington, Charles Chan, Annabel Garcia, John Esquerra, Michelle Palmer, Cameron Wright

**Writers & Contributors**

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studio49



**Tony Palliser**

49 Johnston Street, Annandale NSW 2038  
p 0416 095 875 tony@studio49.com.au  
www.studio49.com.au



# INTRODUCING Conz RAPPER TO WATCH IN 2022

Everyone loves a rags-to-riches success story; hence, the notion of becoming successful after a life of hardship is so fascinating and compelling.

The world of rap is a world that is loaded with rags-to-riches stories. If you're following mainstream media, you would've probably seen rappers surrounded by designer clothes, luxury cars, diamonds, lavish mansions, and sizzling hot women. But we all know that most rap stars didn't start their careers in such conditions.

One such rapper is Conz. He started writing rap lyrics around 2002. However, he couldn't execute any of the songs he wrote because he was preoccupied with the daily grind of life, dealing with poverty, trying to make ends meet, and discovering his inner self.

However, two years ago, he was dealing with a lot of anxiety, and writing rap lyrics is what helped him recover and get back on his feet. He started uploading his songs on YouTube, and several of his songs ended up going viral because he began rapping and collaborating with prominent artists in the industry.

He released "KWELYO" featuring Gloc-9 and "Basagan ng Bungo" with the Dongalo artists, which garnered a lot of views, and just recently, "TAKBO." Overall his YouTube channel has combined YouTube views of over half a million, and it looks like there's no signs of him slowing down.

Besides being a prominent rapper, he's also a successful entrepreneur and a straight-up pinoy hustler. He grew up in the streets without the proper guidance of his family, but he kept pushing forward, despite his struggles, into remarkable success. InLife International recently caught up with Conz to discuss his journey in the music industry, and here's what went down:

#### What got you into rap music?

My kids. They like to listen to rap music, so I told them I could rap too, and that's why I had to prove it to them.

#### Who is your biggest musical influence?

Andrew E! When I heard him rap for the first time, I felt that I can do what he does.

#### Which rappers do you think you would harmonise best with?

The Dongalo boys because they embraced me as a rapper.

#### How would you describe your style?

Reality rap - that's my style. I'm just telling my life story by rapping about it.

#### How do you put words to paper? What's your creative process like?

I'm always reminiscing. I'm always just looking back and sometimes writing what I want to say or how I feel about something.

#### If you could perform anywhere in the world where would you perform and why?

Anywhere, as long as I feel at home.

#### How do you see your sound evolving in the next few years?

I'm bound to take over reality rap because I'm the realest out of all of them.

#### What makes you different from other rappers in the industry?

I'm the realest... I don't say or fake things.

#### In what way do you wish to make a difference with your music?

I want to motivate people who don't believe in themselves.

#### Where do you see yourself in 5 years?

I'm living my life to the fullest, but at the same time, I have my 'faith.'



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INTRODUCING

Em

HARDWICKE

It took Em Hardwicke 40 years, and the birth of her beautiful son to be truly comfortable in herself, love the person she is, and be proud of her achievements and successes in life. Her son is her world. He is what inspires and motivates Em every day. She wants her son to realise that anything is possible with passion, determination, and hard work.

It is this passion, determination, and hard work that has gotten her through some tough times and has given her the strength and courage to take on some big dreams and physical challenges over the years. She has trekked Kokoda, Everest Base Camp, Mont Blanc, Mt Meru and Mt Kilimanjaro. She has also competed in several ultra-marathons, including the Ultra Trail Australia 50km and 100km. She does these things not to stand on a podium or break any records - she does these things to remind herself of what she is capable of and the beauty this world has to offer. Doing these things reminds her to always be the best version of herself.

When Em chose to enter Ms. Australia World Universal, she wanted her journey to mean something and make a difference. As a sisterhood, they support Cancer Research and the search for a cure to bring an end to this hideous disease. As an individual, she supports and advocates for anti-bullying and suicide prevention. Her Ms. Australia World Universal journey continues to give her an incredible opportunity and platform to encourage people within the broader community to stand up and help put an end to the senseless loss of lives brought about by an attitude where people feel it is okay



to belittle, abuse and torture a fellow human being just for being individual, unique or a little bit different... or for even being themselves.

Being crowned Ms. Australia World Universal at the age of 47 has been a privilege, an honour, and an opportunity she did not intend to waste. While the crown and the title are not what it is all about for Em, she takes her title and role seriously. Being a part of the World Universal community allows her to promote Bully Zero and the important work they do in creating a bully-free society. She believes it is her responsibility, as a mother, to instill in her son the strength to not just stand by and watch someone being mistreated or abused. She wants to teach her son to use his voice and speak up for someone who may not feel they have a voice of their own.

It has been a busy 18 months since being crowned Ms. Australia World Universal. She's had such a unique opportunity to be a role model and mentor. She has shared her story and work with Bully Zero and Tour de Cure within her local community; she has modelled at New York Fashion Week, been selected as a Bully Zero Hero, selected as an Adventure All-Star and have been successful in securing a place to run in the 2022 New York Marathon. She is relishing the opportunity to remind others that you really can achieve anything regardless of age, status, gender, or physical ability and that we are only restricted by the limitations we place on ourselves. You need to always choose to believe in the strength of who you are as a person and what you are capable of. Life has certainly changed for Em in the last 18 months, but her passion for making a difference in the lives of those around her has not. She will always believe that if you can choose to be anything in life - you can choose to be kind. Be kind to yourself, but more importantly, be kind to others and those around you.

Inlife International recently interviewed Em regarding her journey in the industry, and here's what she said.

**What was the process for you to finding what you wanted to do?**

I am not sure there was a process as such. I followed my passions and pursued things I loved doing, and worked out how to create opportunities for incorporating my passions with my profession. It hasn't always been perfect, but I have always followed my heart and made sure I was always enjoying what

I was doing and was always being challenged and that seems to have been a formula that has worked well for me over the years. The simplest way to explain it is "Love what you do and do what you love."

**What has been the most memorable experience of being an entrepreneur so far?**

I absolutely love the feeling of the freedom of choice I get by running my own business. I can choose the projects I work on and the people I work with. I have been fortunate that I have been able to surround myself with people who share many of the same values I do and who have a very similar outlook on life. This has provided many memorable and rewarding experiences, but if I had to choose one, I would have to say the first time I saw my product on the shelf in the store is definitely up there.

**What has been the most valuable lesson you've learned as an entrepreneur. This can be about the industry or about yourself.**

Without a doubt the most valuable lesson I have learned is to believe in myself and back myself - whether that is about pushing through challenging situations to get a project off the ground or a new product launched or backing my decision to shelve a project or a product because I can't give it my all to make it as successful as it can be. This lesson has been hard to learn, but someone once reminded me that failing is a process, whereas failure is an outcome, and that has made all the difference to the way I approach life, personally and professionally.

**Tell us about something you are proud of - about your greatest challenge.**

I have been so fortunate to have had the opportunity to achieve so many incredible things that I am proud of. I was crowned Ms. Australia World Universal at the age of 47; I have climbed mountains, I have run marathons and ultra marathons, and travelled the world largely on my own. All of these things carry a massive sense of achievement and pride. However, my biggest challenge and my biggest sense of pride was the birth of my beautiful son at the age of 40. The unconditional love I feel for this incredible human being. The privilege and pride I feel in watching him grow and learn about life and the person he wants to be are second to none.

INTRODUCING

SHRII ARNAV



Individuals regardless of faith and religion love and respect Guruji and admire Gemstoneuniverse for its value.

We, at InLife International, are honoured to have the first interview of the year with none other than the highly inspirational and acclaimed spiritual Guru and mentor of mentors - Guruji Shrii Arnav, the chief mentor of Gemstoneuniverse.

Guruji Shrii Arnav made it to StarCentral Media Group's movers and shakers list two years in a row, both in 2020 and 2021. A mentor who sublimely blends ancient spirituality, sacred Astro gemology, and modern management techniques - Guruji always delivers top-notch results from individuals to corporations who swear by his techniques and methods.

A highly influential figure, especially amongst the entrepreneur and e-commerce community (he made his website in 1995), we finally caught up with the "Master," as he is fondly called, and got his insights on some topics relevant to the InLife International community.

**Greetings Guruji, Happy New Year 2022! How do you think 2022 is looking so far in terms of Astrology, spirituality, and your real-world experience?**

Happy New Year to you and all the readers and fans of InLife International. My answer to this question has already been posted in the New Year predictions video available on the Gemstoneuniverse Facebook page.

However, I can give you a summarised version. The year 2022 will be a much better year than 2021 in terms of finance, business, and economic activity.

- This will be a year of "Women Power," so women will shine in all fields, whether it's entrepreneurship, business, art, cinema, fashion, or healing.

- We will discover a liquid pharma-grade drug that will transform the anti-aging and beauty industry. Also, there will be a medicine formulation that can eradicate diseases on a vast scale.

- We will make significant breakthroughs in the management and handling of the COVID pandemic. On the flip side, I think some major catastrophes are possible due to the water bodies/ phenomena such as typhoons, tornadoes, water-prone accidents, and tsunamis.

**What was the process for you to find what you wanted to do?**

I am not a very process type of person. I am a firm believer of doing what you love doing because then, work is not work anymore; it becomes a joyful experience. I have strong faith in these two philosophies: First is that you'll never fail; you'll only learn, and second, is to always be in a state of "Kaizen" where there is never a single moment wherein you cannot improve. You can be a better new version of what you previously were every new second. I have implemented this in my life and in the lives of people and corporations that seek counsel from me.

And always remember that you have a higher purpose for which you came to planet earth. God gave you a unique fingerprint - therefore, no one else can leave a unique imprint like you.

Once an individual finds that he/ she is beautifully unique, there is no process. It is only a joyful, adventurous journey.

**Guruji, the Humans of the Gemstoneuniverse program recently became quite the rage. This includes live spiritual practices and mindfulness sessions with superstars such as Nick Bollettieri, the legendary tennis coach and heavyweight boxing champion Lennox Louis. Can you please tell us more about it?**

I am glad you asked. The Humans of Gemstoneuniverse is a program about human beings, their emotions, and their highs and lows. Most importantly, how an individual pivoted to overcome a particularly difficult or stressful situation.

It gives hope backed by cutting-edge information and authentic human experience that makes it so relatable and valuable.

I started my professional consultancy way back in 1995, and 26 years henceforth, we at Gemstoneuniverse are privileged that we have had millions of experiences shared with us that we now want to share for human good.

I personally believe in the great Mahatma Gandhi's philosophy, who said, "Have faith in Humanity for it is like an Ocean. A few drops in the Ocean might be dirty, but that does not make the whole Ocean dirty."

I am blessed to have mentored who people refer to as royalty, statesmen, sports stars, business tycoons, etc., and I want them to share how their journey was.

However, my best interest is how to give the best spirituality and modern management to the common man on the street who needs it most to live a better, happier life. This is how the humans of Gemstoneuniverse came about.

Two good things came out of it. First, people are getting to practice a brand of spirituality free from vague practices and are getting quantifiable and measurable results in a language they understand.

Secondly, they are able to appreciate that Astrology, spirituality, and sacred Astro Gemology are not what they perceive them to be. It is Jet fuel in the right hands.

**What has been the most memorable experience of being in the Gemstone industry so far?**

To be honest, if you refer to the answer about Humans of Gemstoneuniverse, we are not in the Gemstone Industry at all. Healing Gemstones in which we specialize in, and Jyotish Gemstones Therapy™, for which we have worldwide copyright, is a powerful tool in our arsenal to optimize human lives besides other tools. We are in the business of solving problems. But since your question is specific to the Gemstone industry, I will try to stick to that.

There are so many aspects to the Gemstone Industry, and with each aspect, there are thousands of stories. Right from mining, appraisal, diagnosis, recommendation, charming, buying, and selling.

In this industry, the risk is very high, and risk is proportional to return, and just one day can make or break your life. Amongst many stories, I will share two:

A Lady Shipping Tycoon always wears a Gemstone ring that cost \$3 (USD) - way back in 1994. Come what may; she will never remove it even though it's a pretty ordinary stone set in silver to the outside world. But for her, it was the magic bullet that started her journey of phenomenal success.

Her friends and colleagues in high circles sometimes advise her not to wear the ring as it contradicts her image. She is ornamented with the most expensive Gemstones and Diamonds, but she will never remove her lucky charm - image be damned, and she does not want to share her secret with anybody.



Guruji Shri Arnav and the Monks of 9 major Monasteries of Thailand prayed for world peace and the welfare of all on January 1st, 2022. On Guruji's right is his Holiness the Chief Abbot of Watruenyotsutharam Temple, while on Guruji's left is his Holiness the Chief Abbot of the Wat Channok Temple and Monastery.



Guruji Shri Arnav examining a fine Kashmir Sapphire

A Gemstone industry giant during the Oil Crisis in 1973 made an incorrect decision of buying huge stocks of Ruby and Sapphires. Investors came forth investing their money with him, but the market crashed. Once a person who had a credit line with major banks and financial institutions to the tune of millions, he ended up in the streets and lost everything he had.

He was left with five precious gemstones and the conviction that he would pay everybody's money back. Ten years of ignominy and humiliation later, amongst those five precious Gems, he had 1 set a world record in terms of the purchase price in a prestigious auction, and he rose back like a Phoenix.

Just one day can be a big day in the Gemstone industry or life, for that matter!

**With all the elite guests who came to the Gemstoneuniverse New Year Welcome Party, who have been the most interesting people you've met so far?**

[laughs] Every single person I meet is an interesting human being.

Some of them you have mentioned in the Humans of Gemstoneuniverse Question. From Sages to Scientists to what the world classifies as Saints to Sinners, I meet many interesting people without judgment.

I believe in Karma Theory - that today if you are meeting me, you either have to give me something or give you something. This is due to unfinished accounts of previous births that we will settle in this birth.

Every meeting is an opportunity to serve the almighty, and in every person I meet, I see a part of the divine that wants to connect with me.

People interested in this can view my public posts on Facebook or view the galleries on the Gemstoneuniverse portal.

**You and the Gemstoneuniverse foundation were recently awarded for social work? Please tell us more about the foundation activities.**

I was pleasantly surprised by the visit of the Police chief and

officers of the Special Forces. They presented me with a rare Buddha Figurine and a letter of appreciation for the social works undertaken by the Gemstoneuniverse foundation. We have been doing some good reasonable work right from Covid relief measures, sponsoring students for higher courses, working with the blind and down-trodden, setting up educational institutes, gem training facilities, skill centres, and working with orphans, etc. One of the year's high points was to get a video greeting from a genius I have admired for the foundation activities- Steve Wozniak-The Co Founder of Apple.

**Regardless of faith and religion, individuals love and respect Guruji and admire Gemstoneuniverse for its values. What makes your organization different than your competitors?**

The Gemstoneuniverse motto is "Deo Amabiles Et Hominibus" which means "Pleasing to God and To Men" and the day we will do something contrary to that or exist as a crass commercial entity solely for making money; I have set systems in place that if this does happen then on that day the Gemstoneuniverse will cease to exist.

We love our patrons, we love our knowledge, and we have a passion for contributing positively to other human beings' lives. I don't know much about competition, but a senior business journalist once asked me, "Guruji, does it not make you uncomfortable that competition copies your product's style, technology, etc." I replied to him, "I would be uncomfortable the day when the so-called competition does not copy Gemstoneuniverse."

People copy what works, and that's a good sign. People can copy many things, but they cannot copy the people, passion, perfection, and positivity. That's what makes us different. People of all religions and faiths bond with us and trust us because of these very reasons.

**Forbes recently mentioned you and Gemstoneuniversenext to big brands like Chanel, Boucheron, Tiffany's, Piranesi, etc. How does it feel to see the organization you created be mentioned with the best?**

In my mind, we were always up there since inception just because of our approach, vision, and dedication. But God is kind and good things take time. These brands have achieved Global

accolades and excellence, and for many of them, it took 200-300 years of good consistent work. To be up there and especially for an Indian Brand in two and a half decades is a very special feeling, especially when dealing with our core competency and expertise, which is healing Jyotish Gemstones and Gem Therapy.

**What has been the most valuable lesson you've learned while in the Gemstone industry and your years in mentoring.**

Be humble, joyful, and kind, and that a promise is a promise. Those who can follow these will have an extraordinary life.

**You recently signed an MOU with the Gandhi Institute Rangsit University for the Institute of Gem Therapy? What are the goals of this institute, and what does it intend to do?**

As propounded by Ancient Indian Sages, Gem Therapy is a very powerful tool for Life Optimization. Today we are enriched with having 1 million real-life case studies in which Gem Therapy has been successful in helping people solve problems and lead happier lives. With the Gem Therapy institute, we want to impart to students the knowledge and techniques that bring great results. This is the first and one-kind institute that will produce practitioners of a different league. As we work with the world's best doctors, psychologists, trainers, healers etc. I am sure that the glory and benefit of Gem Therapy will reach all.

Gemstoneuniverse and the Gandhi Institute have similar synergies of being an instrument of powerful positive social change, so I am sure that this would work well.

**Tell us about something you are proud of – about your greatest challenge.**

I am proud that I have done many wrongs in the past, but I have not wronged anybody. And the greatest challenge is sometimes I forget that each individual has their own unique speed and may not be able to cope with my pace.

**What is Diksha, and how does one ensure that one is on the correct spiritual path.**

Diksha Means spiritual initiation into a Guru (teacher) path in simple terms. In this process, the Guru does three things: First,

he transfers a part of his own spiritual energy to the student, protecting the student and taking him from ignorance to light. Secondly, the Guru imparts a personal lesson or technique unique to the student's unique DNA and destiny. And thirdly, the teacher imparts a personal mantra that lies deep with the student's soul that will help him/her realize their true destiny. In doing so, the Guru performs the primordial action of Creation, Preservation, Destruction, and Renovation. It is said that when a Student is ready - The teacher appears. I firmly believe in that.

**What is the best advice you have ever been given?**

You should have one skill in life that ensures come what may you can earn money honestly with skill, eat and be self-dependent. It does not have to be grandiose, but at least one special skill, and try to be as self-dependent as you can.

**What is your priority for 2022?**

I can't say for the entire 2022. But, as of now, one of the primary things on my agenda is to ensure that the powerful Navaratna Pendant, the pendant I designed myself and consecrated and energized by nine monks of nine different countries on a powerful day selected by electional Astrology and worn by the best in the world is available worldwide without the friction of duplication, customs, high duties and shipping etc. If I can do it, this would be my gift to the world in 2022.

**What is your personal mission in life?**

I want every person I meet or anybody who gets in touch with Gemstoneuniverse to find divine love and be genuinely happy.

**Thank you, Guruji, for sharing with us your precious time. Do you have a message to the InLife community?**

Thank you for having me here, and I loved sharing my thoughts. To the readers of InLife International, especially the entrepreneurs, make a business of making winners and win-win partnerships. When you make your consumer a winner, you do not just have a customer every time you connect with them; you get an ally and a brand ambassador. I wish everyone good health, happiness, and abundance.



Photo Credit: Carolina Rotaru

GET TO KNOW

# Kristina

## V.HERREEN

When Kristina V Herreen was a little girl, she was always in trouble. She spent the first year of her life in hospital as she was born with heart disease. When she was finally brought home, she ended up becoming a handful to everyone around her.

When she was 14 years old, Kristina left home, lived on a farm, went to an agriculture school, and then studied university. Eventually, she became a counsellor and marketer, she got into health and fitness, and lots more. She discovered that she was the type of person that wanted to be around people and help people. Sitting at a desk for 8 hours was just not her thing. She has constantly been looking for that right fit for her all her life, but it felt like it was alluding her.

During that same period, Kristina gained a lot of weight and lost a lot of self-esteem, so that outgoing and fun girl she once was, disappeared. She started to listen to what others wanted for her instead of doing what she wanted for herself and her happiness. She started to have self-doubt, and with that, her self-belief was also on the rocks. It would take years before she was able to have the courage to rediscover and move back into that "me spot" after all, years of self-destruction and pain had made that a distant memory.

Kristina became very body-conscious and aware of her looks and weight, which affected her way of acting and connecting with people. She was raised to believe there is a specific order to life: get a government job, get married, have kids, get a dog, and then live happily ever after - but she had that inner calling telling her that she was here for something big, something that will help others, something that will make her special. So against all the odds, she has never stopped looking for that right vehicle to become that special person that she knew she could become.

When Kristina first came to Australia, she became a wife and a mother in a city she had never been to before. A city that was and still is, in many ways, very conservative. She found it very hard to connect with people socially. Life really changed for the better when she attended a business seminar one day and she had the opportunity to talk to the speaker. The speaker said to her, "You have an accent, and you are from a non-Australian origin, turn that into your advantage, what you have people would love to have." That really made her think, and from that day, those words have always been on her mind to serve as a reminder whenever her confidence plummets.

Fast forward to today, and Kristina is now known as The Networking Diva. She's the director at Diva Global Business Connections PTY LTD and FortunePi Holdings, where her position is a Wealth Builder, and she's also a radio producer and host at Casey Radio 97.7FM.

InLife International recently caught up with Kristina to discuss her journey in the industry and here's what went down:

#### What are you currently doing to maintain/grow your business?

Networking, networking, and more networking or, as some people prefer to say - connecting with people. For me, that is all about communicating and connecting genuinely with integrity and respect with everyone. Once you learn this skill, it will stay with you forever, and your referrals will start coming in floods as well.

#### What form of marketing has worked well for your business throughout the years?

My marketing has always been to build my network through personal networking, both in-person and online. Nothing beats the opportunity you have to connect with people from all backgrounds and with different needs and wants. I always say: "No connection is a waste of time," and I NEVER throw away a business card - you never know where a connection can take you.

#### What social media platforms do you usually use to increase your brand's awareness?

I have always been a fan of Facebook, and I am talking about personal profiles, not business pages or group pages. Once you find someone that sounds interesting or a friend of someone, your work has started to connect with them and to do it well. Remember, they have friends, family, cousins, parents, work colleagues, and so on, so who knows who would be interested in your business today or another day? Your business changes, and so do people, so find a way to reconnect with people; everyone will respect and remember you if you ring someone up just to see how they are going.

#### What is the toughest decision you had to make in the last few months?

I always wanted to support people with what they want to achieve so when the personal events, face to face, was in a quiet place for a while, I decided to become a Wealth Builder and to help people to improve their financial situation and to support them to move on with their dreams of their new home and/or their plans to invest for the future. Being a Networking Diva, that move was common sense to me as my network was already there, and I know how to build a great strong network, so this was just an extension to be able to help more people.

**How has your business been affected by the COVID-19 pandemic?**

To Network Face-To-Face was, for me being in Melbourne, a big challenge as most venues were closed for almost two years, and to network in the "traditional" way was just out of the question. I then adjusted my skills to how to Network online but with the same basic skills, and I know it works either way, as long as you are following a system, like anything in business – when having a system that works, you will stick to it, and that's what I did. With or without a pandemic, "Your network will always be your Networth."

**How have you adapted your business operations in response to COVID-19 and its associated impacts?**

I had to adapt to the current situation in the market to stay as a business owner, and I did that by restructuring my business the way I choose my prospects and demographics for my connections. That meant that becoming a Wealth Builder with Fortune Pi Holdings was just an adjustment of my type of prospects and to learn another professional skill on top what I was already doing. Offering people a way to stay on top of their finances as a team member with a Fortune Pi Holdings has been challenging but also very exciting as I just confirm that excellent networking skills are a must in any profession where you deal with people that includes most of us. We are a company that prides itself on understanding customer needs and mapping those needs against a wide range of superior products we have available, which gives us a comprehensive edge in the marketplace. Rule No 1 when Networking: Networking is never about you; Networking is always about others!

**What have been some of the most important lessons you have learned because of this pandemic?**

I find that if you are panicking, getting too over analytical it will be very hard to join whatever is changing around you, and this pandemic was and still is a very big change for all of us. I still live by the motto of "Work with what you have, not with what you don't have." For example, being a Wealth Builder, I will work with what you have to get to what you want, and I find that a lot easier to deal with, whatever it would be, family, life, or business.

**What do you hope to see happen in the near future for small businesses all over the world?**

Unity, we are here to support each other. Greed doesn't support anyone, and karma will look after those too greedy ones. Start Networking genuinely and professionally, which will help you all grow, flourish, and succeed in the way you desire. Learn how to be an excellent networker, which will improve your life in so many ways. I dream that we could build a networking system online, maybe Facebook course I like it, and then just support each other in any way we can. Remember, don't waste a connection course you never, never, never know where a connection can lead!

**What advice would you give to a newbie Entrepreneur setting up a new business in this pandemic?**

Learn how to Network the proper way, find yourself a mentor or some sort of support on the way, and always remember to work with what you have, not with what you don't have, and you will get what you want by helping others to achieve what they want. Be a problem solver, so don't be afraid to "think outside the box" Be authentic, keep to the facts, and never stop learning. Last but not least, be a nice person, a nice human being and people will never forget you! Happy networking.



Photo Credit: Carolina Rotaru



Photo Credit: Carolina Rotaru



## DR JACK YANG

Want a million-dollar smile? Then meet Dr. Jack Yang, a high-profile dentist skilled in Oral Surgery and Cosmetic dentistry.

The Sydney-based dental practitioner works his magic from the bright and airy Infinity Dental Care and Beyond Infinity Dental Clinics in the heart of The Hills District. He has a special interest in Full Arch Implant Surgery and Cosmetic Dental Veneers.

For Dr. Jack, it's all about minimal intervention as he helps create perfectly natural smiles using a comprehensive approach to patient oral treatment, with a particular emphasis on preventative oral health regimes. Jack believes a planned and steady approach to all dental treatment benefits all his patients.

He attained his Bachelor of Dental Science from the University of Queensland, and impressively, he proudly holds two postgraduate diplomas in Dental Implant (Edu) and Clinical Orthodontics (City of London University). He keeps up to date with new developments in dental medicine and attends educational seminars nationally and internationally. He's also an ICOI Fellow (International Congress of Oral Implantologists).

We sat down and talked teeth with Dr. Jack Yang, and here's what he had to say:

**Tell us a bit about you and why you do what you do?**

My name is Dr. Jack, and I'm a cosmetic dentist who creates smiles.

I'm not just passionate about my calling; I'm obsessed. I want to give people the dream smiles they've always wished for. I want them to unlock their confidence by highlighting their great dental features.

People have great smiles; some just don't know it because they're fixated on a tiny flaw. Well, I take pride in focusing on the details, no matter how long it takes. It's time I put in away from the clinic that counts. The late nights while the kids are sleeping, and I'm at work trying my best to give a client their smile back - to transform them.

**What does a smile mean to you?**

A smile is a powerful thing.

You can change someone's day when you smile and be their light at the end of what seems to be a never-ending tunnel.

Smiles relieve stress. They help with success because they open doors you didn't know existed and make people comfortable around you.

Smiles are assets.

So, stand strong. Flex those muscles at the side of your mouth and show your teeth.

Nothing will stop you when you do.



#### How does transforming someone's smile change life?

I'm obsessed with detail. As a cosmetic dentist, I have to be. To me, my patients' teeth are like an artist's canvas. A canvas that could be a great masterpiece. I believe that with precision, I could create something meaningful for my patient. I could create ART.

There is power in beauty, and a beautiful smile is a magnet. It's a force of attraction, of chemistry, of opportunity. You could go places with a good smile in your pocket. Those pearly whites are instant self-esteem boosters.

And it's not just about having good teeth; it's all the tiny details combined that make your smile light up a room and spread happiness all around.

#### What's the best part of your job?

That would be the fact that we are transforming people's smiles and giving them a positive change in life. We're not just fixing teeth; we're fixing lives! That's why we wake up every morning, day in and day out.

#### What's the hardest part?

Not being able to help more people, there are so many people with the same problems we face daily. I'm always saddened when patients come in for their first appointment. There's always an initial embarrassment to smile, no confidence in socializing with others, and an inability to function or eat properly.

It shouldn't be. And it hurts that there are so many people out there who are living through this.

#### What significant life events have made you the human being you are today?

The first would be leaving home when I was 10, moving to a foreign country all by myself, and staying at someone's house. I had no clue who they were and where they were from, and on top of that, I couldn't even speak a word of English.

It was terrifying, but it made me.

#### Is the dental industry evolving in this day and age?

Of course! You do remember, back in the day, we used to take this gooey putty-like mould material to make a copy of your teeth in models. Nowadays, we have a digital scanner, like a barcode scanner, which we place inside your mouth and take a digital picture of it. Then a 3D printer prints out an exact copy of your mouth or teeth.



This has eliminated the discomfort, inconvenience, and anxiety for many patients. On top of it, it's efficient, clean, and hassle-free.

Dentistry is so advanced now that we are using technology to help us diagnose, treat, and improve our dental treatment accuracy. This can be seen in dental implants, orthodontics, crowns, and bridge work. Everything is seamless, and it's all about sharing and using digital data.

#### How is your company adapting to the Coronavirus in its daily operating model?

What Corona? We are back to normal now. However, we are still implementing some of the original safety measures we used back in Covid days. Strict sterilization protocol, alcohol and hand sanitizer use too. Also, unwell patients are advised to stay home until they get better.

#### What has it been like for your company's employees?

Everyone is adapting to it very well; everyone's sick of staying home and not working, so we are glad we can work.

However, back in Covid days, we had restricted working hours and many procedures we could not do, and we didn't enjoy it. We love to smile and socialize with our patients; it's our practice. But back then, none of that was allowed. Masks were always on, and not just one mask. We went double-layered - an n95 first, with a regular mask over the top. Now, our staff are so much happier and so are all the patients.



How do you balance the need to respond to a crisis like COVID-19 rapidly while at the same time keeping a long-term, resilient course?

We had to follow the government's guidelines. It was tough, but we made it through, we did it for the good of the community or country, and now we are over that hill.

During Covid, many small businesses were badly impacted. How did you cope with business interruptions during the last three years?

One word, team!

I have a great team of doctors, nurses and a behind-the-scenes supporting cast. What you guys see on social media is just the tip of the iceberg. Without my team, these life-changing moments we have created would not have been possible. This starts from my marketing team endlessly promoting us, showing the public how good we are and what can be achieved with us and only US.

Let's not forget the nurses. My nurses are led by my mothership of the practice, Mel, who works relentlessly, training, and managing. She's the one who ensures my teams are properly educated and know how to care for our beloved patients.

The doctors, what would we do without them? We have Dr. Troy on smile alignments, aka "The King of Invisalign." No matter how twisted your teeth are, he will find a way to align them. There's Dr. Jeni, the cosmetic dental expert, who prepares the most beautiful veneers and is so particular about what she wants, and pays attention to detail. Dr. Jeff, an all-rounder, loves a bit of everything and his standards are always above and beyond. There's also our master implant surgeon, Dr. David, who is skilled in all aspects of soft tissue surgery and full arch implants. He is a great lecturer on dental implants. Then there's Andy, our prosthesis. Andy specializes in denture perfection and anti-aging dentures. And saving the best for the last, we have our beloved oral health therapist Kate. Her gentle hands and thorough work have won all our patients over.

So, without these people, the last three years and what you called the "hard times" would've been much harder. We could not have coped! All these people are my backbone and provide support both mentally and physically. I love my team and am forever grateful I have a talented group of people I can rely on!

What do you think you came into this life to learn, and what do you think you came here to teach?

I always tell my associates and staff that money, cars, or houses aren't so important to me. The legacy I leave behind is what is important. So, when I'm gone, I want to feel that I was useful to someone or this world. There's this saying, "heroes come and go, but legends are forever." I want forever.

That's why I love teaching and sharing my knowledge with younger dentists or nurses. Seeing them perform or do better than me is more heartwarming than myself striving alone.



# JEMIMA JOYCELYN

An emerging star to watch out for in 2022

Emerging star Jemima Joycelyn is making waves down under with her newly released EP, and it was produced by none other than one of Sydney's finest producers and studio, HIT MUSIC PRODUCERS Inc. Blending new age tones and personal, heartfelt storytelling with catchy, overarching pop melodies, the emerging stars' authentic sounds was released to the world following the single "Mirror on the Wall."

Drawing inspiration from pastor Jerry Zandstra and Mrs. Becky Peacock from her local church, Jemima's music style is a direct reflection of her life's purpose, which is to heal others through her life experiences - she's hoping to heal people through her music. Singing has always been Jemima's vibe. It's her comfort zone; it's where she can deeply express herself. Her songs represent her healing journey, and she hopes to inspire others through her music in theirs.

InLife Magazine recently caught up with Jemima to discuss her latest EP, and here's what went down:

#### How did you get started in the music industry?

Singing has always been a massive part of me. In 2020, I stumbled upon the opportunity to learn a short course with vocalstar, which George Caceres and his team ran. That was where I gained industry knowledge and trained with exclusive vocal coaches who trained other well-known artists in the industry and others who motivated and inspired me to pursue my music professionally. This also gave me the opportunity to attend a songwriting camp with platinum producer Adam Hurstfield and Vocal Coach Don Wolf. That was pretty much the start of my journey.

#### How were you actually 'discovered'?

I was discovered on the website StarNow. An offer to collaborate showed up in my inbox, and I jumped straight in; being the spontaneous person that I am. It's also what I've been manifesting for; after trying to figure things out on my own, and hoping the universe connects me to the right people - the opportunity just landed in my inbox.

#### What do you like most about singing?

It brings me so much peace and comfort. I moved away from home for further education when I was 13 through to 16 years old. During this time, I endured extremely traumatic and life-altering experiences and developed intense anxiety - singing was the only thing that helped me cope. My favourite song of all time, was "God will make a way" by Don Moen. I sang it every time I felt abandoned or terrified, and it always worked somehow.

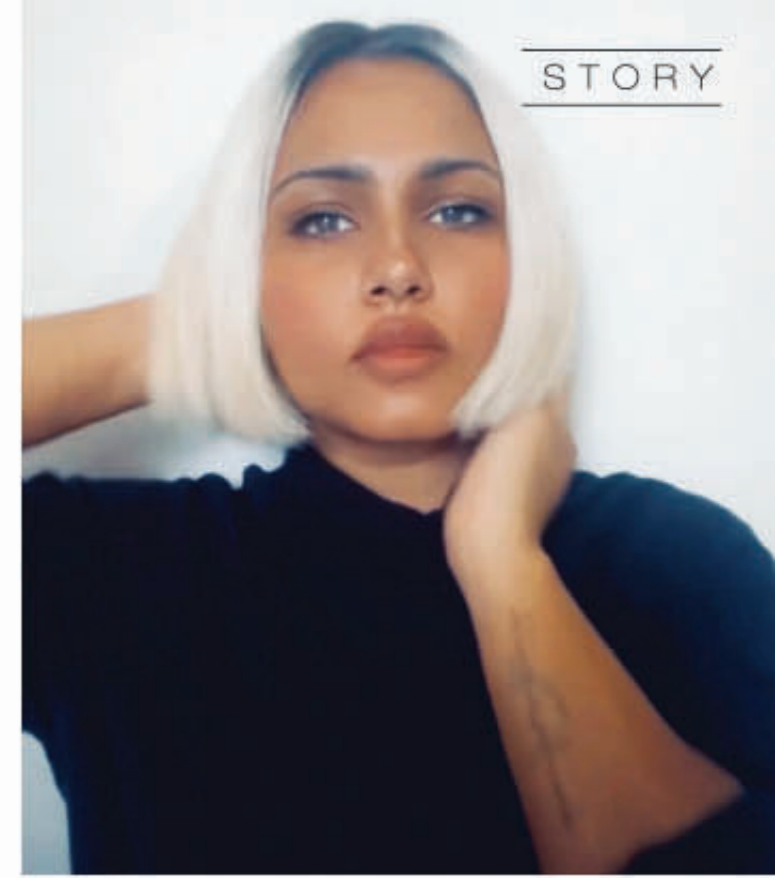
#### Can you tell us about your first EP?

My first EP just came about, one song led to another, and before we knew it, we had an EP. I have to give a lot of the credit to my producer for all the courage, encouragement, and support. I couldn't have achieved any of this without him; he is my main supporter, especially from the start. I was a completely introverted, single parent, and in a phase of just starting over. All I did was write and sing whatever came to my heart and mind, and he paved the way for my very first EP as a pop artist. My music genres are Pop, k-pop, and dance.





JEMIMA JOYCELYN

**What sort of person is going to love this EP?**

Anyone would enjoy it! my music was produced by one of Sydney's finest producers and studios in the business, most of them being Aria-awarded producers who have produced songs for some top artists and shows.

**What inspires you to be creative?**

Mostly my kids and nature - the fact that both of these are so carefree and free-spirited and living to love life just blows my mind, and seeing things through their thought process makes my problems seem a lot like puzzles that can be fixed. That's pretty much what motivates me to make things work, no matter what.

**Is there anything special that you do to get into a creative mindset?**

Yes, I listen to future bass beats type of music, or random beats or a piano instrumental of the internet, and I just start singing random lyrics to it, eventually I end up having a chorus or a whole song.

**What message if any, do you try to put into your work?**

My message through my music is all about healing and encouraging people to embrace their authentic selves and to stand in their power. Growing up in a Christian culture, which I loved, also got me in a trap of people pleasing, which eventually turned into a bad habit where I suppressed 95% of myself to make others happy. So now I'm just setting the stage to breaking all stereotypes and lack of mindsets and hoping to enlighten others through my journey.

**What has been the most memorable experience of your career so far?**

Becoming a Registered Artist made me feel like I entered a new era of my life's purpose, and I just want to dive all in and see where it all leads. I am really excited about it.

**Do you ever find yourself unable to express your creativity to the fullest? What kinds of things inhibit you?**

Yeah, I've had creative blocks. Sometimes I am too tired and

depressed then sit in it for a while till it passes. My life as a single parent is what inhibits me (laughs). I have a great supportive co-parent, so I am sorted, but the loneliness from becoming a single parent is just too overwhelming at times. Although I try my best to live in the present moment.

**Who is your greatest influence?**

Pastor Jerry Zandstra and Mrs. Becky Peacock from my local church. They live by example and have taught me so much wisdom, genuine love, and care, and they never doubted me. It's also where I trained and discovered my singing brought healing to others; Pastor Jerry has passed on now so may he rest in peace.

**Do you feel that you chose your "passion," or did it choose you?**

I think we chose each other. I'm on a mission to fulfill my life's purpose; my life path number is literally 33; it's a master number so I know I am meant to be a healer. I have been doing it unintentionally for so long through my singing and now I am just doing it with intention. There's also the fact that everything is aligning by itself - I guess its meant to be. In the end I'm just doing the work, guided by my intuition; let's see where it all leads. I'm excited for this journey.

**If you hadn't chosen your field, what would your alternate field have been?**

I think anything to do with my creativity would eventually become my endeavour. I worked as a graphic designer for years, now as a sole trader, I run a full-time marketing agency called [CCS]Creative.Commercial.Services. When I get the opportunity to do a bit of acting and create digital line art, which will hopefully be launching soon.

**What are your future plans? Inside your career or out of it.**

Within my career, I would love to become a full-time performing artist. But for the moment, I am focussed on building my artist portfolio, collaborating if the opportunity arises, and hopefully having new music and lyric videos released soon. Apart from my music career, I hope to give back to the community in whatever way I can.

Photo Credit: Tony Palliser

INTRODUCING

ROBBIE

CANNER

InLife International recently caught up with Robbie to discuss her journey as an entrepreneur and here's what went down:

**Could you please tell our readers a brief background about yourself and how you started your business?**

I have been a Sports Massage Therapist and Beauty Therapist for 36 years - it's my own business. I decided to start my practice when I was in between jobs and I have been very successful for many years. I have been to the 2000 Olympics in Sydney with the swimmers, as well as many other sporting teams. I have also been a Flight Attendant while running my practice and now I've settled into the pageant world as a growing business as well. My parents had their own company all of my life so I had a great foundation growing up which enabled me to pursue my goals of being successful as well.

**When did your entrepreneurial flair first reveal itself?**

My entrepreneurial dreams started at a young age. I've always thought forward with no ending in mind as to what I could achieve. I have always had thoughts of being able to do something outside of the typical stuff and working every day on a 9 to 5 job. I'm not really sure what pushed me further into expanding my horizons and making a difference. I always wanted to be a model and I had a dream of somehow finding my way onto the International stages which is going to be a big tick in my life. From a young age, I've always wanted to make a name for myself not realizing that this dream would come true at the age of 60.

**How did your life look like before being an entrepreneur?**

My life before becoming an entrepreneur was pretty normal: riding horses, water skiing, doing family things and just working. Until one day when I was 15 years old, I took off to find an agent so I can get into acting, TV, and modelling work. That's when I got started on the road I'm supposed to be on and at 25 years old, I decided to add to this goal by starting my own practice which became highly successful.

**As an entrepreneur, what is it that motivates and drives you?**

As an entrepreneur, my motivation and drive lie in making a difference in people's lives - mentoring, and talking about how there is no barrier to what you can achieve at any age. I'm also driven to achieve my personal dreams as well as keep trying to achieve everything else that I put my mind to.

**In one word, describe your life as an entrepreneur and explain why?**

"Fulfilling." I have had many people contact me with words of support and strength from following me and reading my stories and what makes me really happy is when they say thank you for helping them change their lives and start living again especially the ones in my age group. Hearing these words also encourages me as a person and individual to continue on my path and grow as well.

**What were your top three motivations for starting your business?**

First is "Challenge" - I wanted to see if I could do and put into practice whatever ideas were running around in my head. The second is "Excitement." I wanted to find out how far I would take my challenges and up to what level, and finally, "Satisfaction," because I wanted to see my progress - from where I started up to where I am today.

Robbie Canner is a 63-year-old entrepreneur, international model, and the director and owner of Ms. Australia, New Zealand, and Oceania World Universal as well as Ms. Regal World Universal and Ms. Majestic World Universal. She was crowned Ms. World back in 2018/19, and she's the reigning Ms. World Universal Elite 2020/21. She's also a public speaker on the topic "Age Is No Barrier."

Since winning the Ms. World title, her public profile has considerably grown, allowing her to promote her platform and raise awareness and funds for cancer research. Winning major international titles in her 60's has given her a platform, showing men and women from all walks of life, that age is no barrier to what anyone can achieve.

Since losing her son to cancer, her emotional and mental stress led her to visit thoughts such as, "I don't be here anymore," or "I want to be with my son," but eventually her inner strength led her to still want to continue living, have a say and give direction to help others in any area of situational, emotional and mental stress - assuring them that things can get better in time.

She loves chatting to future queens and friends that she meets along her journey and she wants to help them achieve their hopes and goals.





Photo Credit: Tony Palliser

**What do you put your success down to?**

My goals, because I want to always try and achieve what I wanted to challenge myself with. I have always had this mindset that if you have a goal, thought, desire, or dream then you should always search or find a way if it's possible to reach out and grab what you really want. I never wanted to say to myself I wish I had tried this or done that or had a go at something that was in my mind because I would always be left wondering "what if" and that is certainly not in my nature.

**What would you say are the key elements for starting and running a successful business?**

Have in mind what you want to do, what you want to achieve, where you want it to go, how long you want your goals to go for, and make sure you make heaps of money. Also, be prepared for changes that were not in your original plans to take you to other paths and achievements because sometimes they can throw you off course or possibly grow the course that you are on. Change can be exciting but be prepared; maintain control just in case you may need to detour from the original path and be prepared as to where your new journey may lead you.

**What is the biggest challenge you have faced growing the business and how did you overcome them?**

Determining how many more staff I needed to cope with the number of patients I was seeing. If I physically had the time, I would take some time off and find out if I could keep up with the workload. Most businesses face challenges of adversity but I have been blessed with success. But in the back of my mind, I've always

thought that maybe one day, I would have to face a time where my business will not be doing well. I know that having this in my mind will always keep me one step ahead and prepare me for these possible changes. Forward-thinking and planning is the key to continual success.

**Does the loneliness of the entrepreneur really exist?**

In some cases, I think it can if you think you are bigger than you are and don't need others to help. To be successful you have to have people around you whom you can trust that will help you become a success and not a failure. The way your structure pans out is totally a personal thing, mine has always been filled with as many people and friends that I can find.

**As you grew the business, what have been some of the most important leadership lessons you have learned?**

As my business grew, some of the most important things I have learned are to trust myself and my instincts, surround myself with trusted friends, respect those who support and help grow my business and myself, and to learn something new every day. Always be thankful to those people who have travelled along your path with you every day.

**What do you hope to see happen in the near future for small businesses all over the world?**

In the near future, I would love to see every small business grow and succeed especially with the current Covid pandemic. We are facing a battle and we need to help out and support all small businesses to stay together so we can all come out thriving.

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