

To order a copy of *Turning Points*, go to www.InspiringYourVeryBest.com/turning-points

Inspiring Your Very Best – Karin's story

About Me

Born in Mexico to American and Swedish parents, I grew up in the US. I moved to Sweden with my young daughters when my first marriage ended. My biggest joy is my children and my wonderful second husband.

Professionally, I have 15 years experience with executive search and now specialize in personal development. I am passionate about helping people better their lives through mentoring, teaching, writing, and sharing all that I have learned on my journey.

After this major turning point, I founded www.InspiringYourVeryBest.com to help others through their tough transitions and create their own dream lives. I am also publishing a series of spiritual picture books that I wrote while incarcerated, explaining various spiritual concepts in a way that was easy for my children to understand – and helped them cope with our separation. The “Bringing Joy” series is the biggest gift from these tough times we experienced.

- **Website**
 - www.InspiringYourVeryBest.com
 - www.BringingJoyToTheWorld.com
 - www.KarinVolo.com
- **Email**
 - Karin@InspiringYourVeryBest.com
- **Gifts**
 - As a way of showing my appreciation of you, I am offering three gifts for you. 1) A complimentary subscription to *Inspiring Lives* newsletter, 2) a free recording of my teleclass: *How to Stop the Downward Spiral and Start Living Your Dream Life*, and 3) the opportunity to apply for a Dream Life Discovery Session. Please go to www.InspiringYourVeryBest.com/gifts to claim these gifts.

In the beginning

This is a summary of my inspirational memoir which is based on an extraordinary experience I had.

Everything seemed to be going beautifully for me; I had put behind me a disastrous first marriage to a con man and now had a wonderful, handsome business partner and fiancé named Sergio, two delightful young daughters, and a successful executive recruiting business in Sweden. One day in 2006, Sergio and I were at the San Diego airport, waiting to catch a flight home after an empowering and energising week-long workshop with international business coach, John Assaraf, when I felt a tap on my shoulder. A U.S. Marshal said, "You have to come with me," and I spent the next three and three quarter years in jail, accused of things involving my first husband, before my case was dismissed and all charges were cleared. In fact, by the end of this unbelievable odyssey, I had been jailed in a San Diego facility longer than any woman in its history.

I was very scared my life was in danger. As I fought extradition to Mexico, I knew it would be disastrous to give in to fear and despair. Back in Sweden, Sergio ran our business and took care of my daughters, and the two of us fought a roller-coaster legal battle involving two countries and several lawyers. Meanwhile, I had to find ways to stay positive. Sergio and I got married in a jailhouse ceremony, conducted in Swedish, under the noses of unsuspecting guards

Excerpt from *Turning Points*, 25 Inspiring Stories from Women Entrepreneurs

Who Have Turned Their Careers and Their Lives Around, Edited by Kate Cobb, Summertime Publishing 2011

To order a copy of *Turning Points*, go to www.InspiringYourVeryBest.com/turning-points

(a fellow inmate gifted me with a Snickers Bar wedding cake and a card written on a Tootsie Roll wrapper, a gesture I much appreciated). Armed with *Yoga for Dummies* from the prison library, I began leading yoga classes on the roof for my fellow inmates, and learned from them how to make tamales from warm water and crushed corn chips in a bag. I found strength as the other mothers and I encouraged each other to talk about our children and our hopes for them. I worked at turning fear into a solid belief that "today is the day I go home" even as I endured strip searches, sudden pat-downs and head counts, and separation from the man I love and my little girls for nearly four years. I had a "book angel" friend who led me to writings that helped me claim my power to master my thoughts and beliefs. I was not going to let the uncertainty and deprivation cause me to become resentful or depressed, even though there were days when my fear and sadness threatened to overwhelm me.

I never stopped believing in the possibilities of what any of us can create for ourselves. My trust in the angels that surround us and support us is stronger now than ever. The way I see it, horrible as this nightmare was, it was an opportunity for me to do the deep soul-searching and growth that we all say we're going to get around to some day when we can find the time. Now I want to inspire others with my story of finding courage and hope.

My turning point

Looking back, those four years prepared me for what I consider now my life's purpose: to teach and inspire others to overcome challenges using their inner resources. I was given a gift of spiritual inspiration. I learned over time to focus each and every day on love – the love of my daughters and husband – so that I could be reunited with them. There is a saying that love is stronger than any other force. I know this to be true. If we stay focused on love, it makes life easier, it creates miracles, and it keeps everyone feeling better.

Taking stock

- Fear, doubts, and uncertainty could easily have taken me over.
- When I learned to surrender completely, I was able to find peace.
- Trust has been a big issue with me because in my life, I've trusted the wrong people. I had to learn to trust in God because I had nothing else to rely on.
- Somehow I learned to tap into my inner resources. I got connected to my angels and this gave me strength.
- I refused to let go of my dream of being reunited with my family.
- I made a conscious choice every single day to focus on love and to not give into the darkness and fear – which I was surrounded by in my circumstances.

Making it happen

I often get asked, how did you all manage? I honestly can say I don't really know now, except that I stayed focused on my dream. I knew enough about the law of attraction to know I had to keep myself in a positive state of mind (talk about a challenge in the environment I was in!) and I knew we create our lives with our thoughts. I learned a lot about forgiveness and appreciation. I learned how to pick myself up when I got knocked down, over and over again. I just wasn't going to let the legal or justice system "beast" get me down. And I knew my determination to succeed would help me overcome all the negativity. I had an unwavering faith in my miracle – and it did come, finally. And what a sweet victory that was for me and my family!

To order a copy of *Turning Points*, go to www.InspiringYourVeryBest.com/turning-points

My plan for improvement

- I've searched for natural healing modalities to help improve and overcome the Post-Traumatic Stress Disorder (PTSD) symptoms I've had to deal with and I've been amazed at how much is available now.
- Eating well to cleanse my body from four years of horrible processed foods.
- Exercising and continuing with my yoga to maintain my health and keep in shape.
- Continuing on my spiritual journey, but, with my energies now in the "real" world, wanting to make a big impact to inspire and empower others.

Moving forward my way

Because I want to make a positive difference in the world, I chose to work with inspiration. My story is inspirational because our love was so strong and our dream did come true. The cases were dismissed and I was reunited with my family. I've started a new business called Inspiring Your Very Best.

I teach others the tools and lessons I learned to overcome the biggest challenge in my life so that they too, can not only survive, but THRIVE, through any obstacles that life might put in our way. It truly IS possible to create your dream life!

Wisdom from along the way

- Choose love, not fear.
- Focus on solutions, not the problems.
- Your opinion of me is none of my business – this saying from Wayne Dyer became one of my mantras in the midst of tremendous gossip and drama.
- Everyone is doing their best along their journey. Some are far behind and others are quite advanced on their spiritual journey.
- If a pattern repeats in your life, look for the lesson. Once you learn the lesson, you'll be able to move on.
- Forgiveness frees *your* heart. Practice forgiveness for yourself.

Resources to rave about

- *You Can Heal Your Life* by Louise Hay, Hay House Inc, Carlsbad, CA, 1999 (1984)
- *A Course In Miracles*, New Christian Church of Full Endeavor, Ltd., Wisconsin Dells, WI 2005
- *The 15 Minute Miracle Revealed* by Jacquelyn Aldana, Inner Wisdom Publications, Los Gatos, CA, 2003
- *Conversations with God, Books 1, 2 & 3* by Neale Donald Walsch, Hampton Roads Publishing Co, Charlottesville, NC, 1995, 1997, 1998
- *The Divine Matrix* by Gregg Braden, Hay House Inc, Carlsbad, CA, 2007
- *Angel Medicine* by Doreen Virtue, Hay House Inc, Carlsbad, CA 2004 – I read seven books by Doreen Virtue and they taught me so much about connecting to our angels