



TOP LEFT Kayaking on the Brunswick River
ABOVE LEFT With Katharina Rapp, who illustrated my books
LEFT Practising tai chi in the rainforest
ABOVE RIGHT With my partner, Pip

grace gawler.

Best known for her work with cancer and emotional healing, which catapulted her to the world stage, Grace now writes books and presents workshops on stress management and longevity, as well as training spa therapists in her unique Grace Energy Method (GEM).

Home A seaside village in northern New South Wales.

Family My partner Pip and I feel as if we've been in a relationship for a long time. In many ways we have, as he was my high school PE teacher 37 years ago! I have two daughters, Rosemary (29) and Alice (23), two sons, David (27) Peter (24), and two grandchildren, Angus (4) and Bonny (2).

Turning point My partner's experience with osteogenic sarcoma (bone cancer) in 1975 was the beginning of my healing life. We pioneered support groups so I had the opportunity of working with women with breast cancer. Their life stories were often about unresolved issues that they felt were related to their illness and importantly, to their recovery. I wrote about emotions and breast cancer in my book *Women of Silence* (Highclere UK; www.gracegawler.com).

Exercise I practise tai chi and a series of simple combined exercises that Pip and I designed. We call it GEM-Chi. I also love distance kayaking.

Diet A vegetarian since five years old, I introduced fish 20 years ago.

I've borrowed my life motto from Albert Schweitzer, who said, "Illness never stayed with me too long – I was too inhospitable a host."

I had to have some length of colon removed after a surgical error during a hysterectomy in 1997, and that means I can't eat as much raw food as I like.

Supplements I take fish oil and vitamin E to prevent 'sticky blood' and lessen inflammation, and Biostrath, an amazing immune-stimulating supplement.

Favourite indulgence A relaxing massage followed by a spa bath with champagne and candles. Bliss!

Favourite book *Esoteric Healing* by Alice Bailey. I first read it when I was in the Philippines in the 1970s, learning from faith healers.

Favourite movie *Out of Africa*. I love Meryl Streep as Karen Blixen.

Favourite sound Vivaldi's *Four Seasons*, played live.

Least favourite sound Ambulance sirens. Years ago, my then 18-month-old son was run over by a car, and I

sat with him in an ambulance for a 70-kilometre trip to hospital with the siren screeching the whole way. I'll never forget it.

Inspiration The knowledge that love conquers all. At 54, I am experiencing real love for the first time.

Spiritual practice Tai chi – I love the feeling of inviting gravity into my body. It is a moving meditation for me.

Role models I admire people who 'walk their talk' with courage and commitment. I trained as a herbalist in 1979 with Dorothy Hall, and she is still my mentor. I love her insights; spending time with her enriches me.

Philosophy Live an authentic life, being the best you that you can be.
If there is a heaven, what would you like St Peter to say when you get there? Welcome to the first day of the rest of your life.