

A black and white portrait of Bella Hadid, looking slightly to the right. She is wearing a white dress with a black scarf and large, ornate earrings. The background is blurred.

Project **DAVE**

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MAGAZINE

Bella Hadid
in Cannes 2021

Jovana Hiesmayr

is a spiritual teacher and a life coach, well known in Europe and the Middle East. Her clients come from all walks in life from Hollywood celebrities to working moms and students.

We are heart warmed by the approach of this ambitious woman on a mission to make our world a little better step by step, by shining light on feelings we have buried inside ourselves and harmonize with them.

By living retrospectively from Austria, Dubai, Cyprus and currently in Spain, she understands the needs of people who live different life styles, follow different religions and dream about different futures. She realizes how society standards and cultural differences have a strong impact on us and especially on our relationships. Despite all this differences we are all striving for love and happiness.

Her own self discovery journey, "the voyage" which she started over a decade ago, has helped her found dual therapy methods which allow us to see more clearly then the construct of society, the black and white, the wrong and right, and the good and bad. When she got married and had her twins, only then she realized that to be a good mother and **partner** takes a lot of work. In her surrounding she realized that many women lack the tools to improve their lives and willing to accept their inability to positively improve their lives. Jovana started to teach others the knowledge she had found educating herself about spirituality, life and relationships. She wrote three books and has given numerous seminars about self development in life and relationships.

Jovana doesn't depend on standard coaching methods and tools, she takes a more drastic role in her clients lives. She makes it a goal to be there for her clients at any time needed, whether as a spiritual friend or a supporting teacher. Her evocative speeches, powerful workshops and her self help best selling books have made her into the spiritual coach loved by many. With her approach on life and understanding of the world, she raises the vibrations of her clients by the Spiritual technology that she uses in her work. This helps them to accept their shadow selves and integrate all aspects of our dualistic nature so they can understand themselves better.

"Sometimes people might think that they have to take a radical step like separation or even divorce, but my experience shows me that it is the small attitude changes that really make a difference and help us on our path to happiness. So the programs I teach can be used by everybody not only because they are affordable but because we all have ability to positively change our lives with the right tools and training. Once we train your awareness about the effect of negative programs, patterns and habits we decide together which training methods can be implemented."

As she said, " We always have a choice, we can numb ourselves and stick to our self destructive habits and patterns or we can wake up and allow ourselves to identify them and to create a harmonious mind by healing ourselves. In my work with the clients, I want them to accept that they have the power to change their life experiences by changing their inner belief systems."

On her Instagram and webpage josvoyage.com we found inspiring articles and blogs, telling us more about the spiritual nature we can all tap into. Jovana offers seminars and webinars, but she prefers working one on one with her clients as she is able to connect to them at a deeper level and be there for them through all life experiences. She is the teacher you want to learn from and a friend you want to hang with.



Instant manifestations

with Jo's Voyage

Do you believe that living an abundant life is possible for you? Do you feel like your fears are stronger than your wishes? And above all, do you believe you deserve a prosperous life? These are questions to be answered to see which are the biggest obstacles in your life, and how to get past them to create a life you wish for and deserve.

In my work with my clients I came up with a quick and precise plan that can help manifest our dream life into our reality and overcome our biggest obstacles which we face in our life.

1. Get very clear about your goal!

Close your eyes, take a deep breath and write down your goal. Make sure you are writing in the form of "I am happy and thankful that..." (always write in a present tense)
Feel it. Feel the emotions as if your goal is really just manifested in front of you.

2. Make a vision beyond your vision

We can only receive abundance from the universe according to our capacity to receive. Since our unconscious mind is scared of the unknown, make sure you write down how your life would look like after your goal. #step1 is your reality, identify the future when you have manifested your dream life and are already living in it.

3. Get clear about your blockages and negative programs

Be honest and dive deep into all blockages and all the sentences you ever heard about life itself, about your own abilities, and unworthiness. Write down your fears, self-sabotage patterns and choose to release them. Write affirmative sentences instead. I am capable of creating my dream reality, I am deserving of my dream reality, etc.

4. Upgrade your identity

We attract in our life not what we want, but what we are. We receive what we put out to the universe. Write down how does the most abundant version of yourself choose to treat others and yourself? How would you think, act, what would you believe in?

5. Take an inspirative action

Imagine your goal is here already! What would you do next? How would be your daily experience? For example - Who would you call? What meeting would you organise? To which opportunity would you say yes? Which friends would you meet up with?

When it comes to manifesting your dream life, it's important to stay positive and focused. Your reality can be yours, you will have that house, that family, and that guy. Be ready to change yourself in order to change your reality.
More manifestation tips on Instagram
@josvoyage.

