

STUART HUMPHREYS



TOP RIGHT Tom and Ella  
LEFT A day at the races with David, Tom and Ella  
RIGHT Liska's favourite chair - "Everyone needs one special spot where they can be still, and just be."

# liska turner.

Liska Turner shows people how to create personal space in their homes. "When you are alone with your thoughts, you can take a break from being responsible," she says. "You can recharge and be receptive to the answers for life's challenges."

**Home** Naremburn, in Sydney. It's a great place to live – wonderful neighbours, tree-lined streets, and five minutes to everywhere.

**Family** My soulmate and husband of 15 years, David, and our children, Tom (5) and Ella (3).

**Turning point** I didn't know it at the time but it was five years ago when our twins, Lily and Tom, were born prematurely at 24 and 25 weeks respectively. Our angel Lily was not long of this world. Yet it was only when I was made redundant from my part-time corporate role in mid-2006 that I decided to follow my heart and not my head and establish A Place for Space ([www.aplaceforspace.com.au](http://www.aplaceforspace.com.au)). This was a real leap of faith, but I haven't regretted it. The journey has been infinitely rewarding, and it allows me to use all the gifts that I have been given.

**Exercise** Yoga. It is exercise for the soul as well as the body.

**Diet** I enjoy Mediterranean-style food with a focus on fish, chicken, leafy greens, vegetables – and goat's cheese crumbled into and over anything.

My favourite dish is chicken cooked with rosemary, lemon and garlic.

**Supplements** I take ArmaForce by BioCeuticals. It boosts the immune system, and it has really made a difference to my health.

"Your sacred space is where you can find yourself, again and again."

JOSEPH CAMPBELL, AUTHOR

**Favourite book** This is hard! I love books, and I read as much as two small children will allow. A definitive book in my life was *Everything Belongs – The Gift of Contemplative Prayer* by Richard Rohr. Recent favourites include Elizabeth Gilbert's *Eat, Pray, Love* and *The Power of Now* by Eckhardt Tolle.

**Favourite sound** My children shrieking with laughter.

**Least favourite sound** Unkind words.

**Unlikely hobby** I collect stationery, especially beautiful bound journals.

**Inspiration** I am inspired by the infinite possibilities that are born of faith and the knowledge that I am exactly where I am meant to be in my life. Even when my head has succumbed to fear, my heart has remained steadfast.

**Spiritual practice** Stillness makes me feel most grounded. I sit on my chair each morning and breathe until I am still. It is the absence of conscious thought and the desire to be at one with the love of the universal God.

**Role models** My husband David, for his belief in the realisation of dreams. Sufi and spiritual guide Natalia Pereira, who has helped me make sense of my discoveries on this journey. And my girlfriends, a wonderful group of individuals who are living life as best as they know how.

**Health philosophy** I believe that a healthy mind is the foundation of a healthy body.

**Life motto** Think, act and speak with love. Life is best when lived from love, rather than fear.

**If there is a heaven, what would you like St Peter to say when you get there?** Welcome home!