

LET MY PERSONAL STORY INSPIRE
YOU TO FIND YOUR KEY TO FREEDOM

How To Own Your Life & Become Finally Free

My story

The woman who miraculously survived
and learned what true freedom means

LEONTINE BOXEM

Intro

Why my story?

I've been asked many times about my story. It's time to give it to you.

Let me start by saying there are not enough pages to describe my full story in detail. So what I did is reflecting on the red thread. So I can share it with those who are interested, want to learn from it or want to inspire their audience with it.

Who is it for?

This is for everyone who can use some inspiration, has the desire to become more free inside, want to own their life and want to be consciously about leaving a footprint in this world.

My work is my passion, I lead my clients, from speakers, coaches, leaders or to cancer survivors, to become free and unstoppable themselves.

Important to know that my own challenging story has big part in the becoming of my mission. It's my joy and purpose to help others find their way to inner freedom, so they can have the impact with their life, as they desire. Once we've cleared all obstacles inside ourselves, we're free to be intentional about how we leave our footprint in this world - from creating new opportunities for our children, to raising consciousness, to leaving our legacy to new generations.

Let my personal story inspire you to find your key to freedom.

Leontine, 2021.

OWN YOUR LIFE TO BECOME FINALLY FREE

The woman who miraculously survived and learned what true freedom means

*I*t was the 18th of March, 2014 when I silently drove with my then husband to the hospital with a quickly filled bag in the back of the car. It's a ride I will never forget. After 10 minutes of tensed silence, I looked at him and said: 'I'm not ready to die yet'.

That morning, I had met with a neurosurgeon at another hospital, because for a week I'd been feeling off and kept telling my doctor that something wasn't right inside me. Disgraced and annoyed, he told me to stop bothering the doctors, not to act so dramatically and to just go lie in bed for three weeks with my flu. Defeated, I accepted his words and went home to lie in my bed. Three hours later my doctor called me and asked if I was alone. My body froze. She said "I will be at your home in twenty minutes." While my husband was rushing back home from getting groceries, she told me they'd found an extreme amount of white blood cells in my blood that morning and that this indicated I had acute leukemia. The only thing that came to mind was the image of children with round bloated and bald heads that I had seen on tv. She gave me five minutes to pack my bag and asked me if I preferred an ambulance or to take our own car.

So off we drove into the unknown. Our three young kids were at daycare and school, only to find out that evening that their mother had an aggressive life-threatening disease and would be gone for about three months.

Little did we know, this was just the beginning of a long journey. Thanks to inhuman treatments, extremely high doses of chemo, the initial threat of dying went away. While looking into death's eyes twice, being completely burned to the ground, undergoing a high-risk stem-cell transplant, and almost succumbing to the consequences of my stem-cell rejection, I faced a long list of (abnormal) complications, depressions and many dark nights of the Soul. I can happily say that after three years of continuous treatments, I survived.

Later I heard doctors say, "We don't know anyone else who could have survived this amount of bad luck." I remember thinking that I just did what I needed to do to survive. I had decided day one that I would survive. Chances are, that's the main reason I'm still here.

Our signature in life

From where I stand now, knowing everything I've come to learn, having been through my journey with cancer, watching many people go through difficult times in a different way and now also guiding other people through that journey of conscious living with cancer, I can say, I truly believe that how we deal with these moments, is what defines us. It's like our signature in life.

How we live our life is how we deal with our difficulties, whether that means to look them in the eyes, moving around it, trying to control it, give up or fight it. Some live consciously while others try to escape from reality and let it pass by as much as possible. We all do this differently, and there should be no judging involved. We all have good reasons to act how we act. It's all part of a bigger story.

When I got my diagnosis that day, I had already developed a deep connection with my higher self since I had spent years on personal development. I could consciously choose to take the path of the least resistance and therefore I had the highest chances to get through it. Others carry on with rage, frustration and stay in fight-mode. And there are others who say they want to stay alive, but when I ask them why, they have trouble to find a deep desire inside themselves to stay alive.

I remember the moment we were waiting for the first blood results which would determine my life expectancy, that I had a vision of a crossroad. The left road led to disappointment, anger, resistance and suffering. I saw that it would be a very difficult and tiring road. The road to the right was the one which I would immediately accept the situation as it was, went through all the difficulties, pain, and horror - but without resistance. I remember this moment very vividly and it took me exactly 21 minutes to decide which road I would choose. I chose to go right and in hindsight, this might have been the moment where I chose LIFE as the outcome.

Of course, there's also the circumstances, like blood levels and statistics, but I feel the desire to live is just as important. I miraculously survived with a 20% chance. Later, I almost died of complications of the complications of my treatments. So there wasn't a high percentage chance for me on paper. I know others have way higher changes and don't survive, so there's more involved than just chemo and good luck.

Not average

You might see this as a huge story, which it obviously is, but honestly, to me it's just one of the bigger chapters in a life of 'not-average-events'.

As a child. I walked around with the heaviness of not-fitting in, I experienced bullying, sexual harassment and struggled with a deep sense of not-belonging - which I carried on into my adult life. I was lucky to also have great moments where I felt seen, loved, connected and gifted. So there was a place inside me where I just knew there's love and I was meant for greatness. I think this helped get me through many years.

But still, the road was rocky. I had had many lost friendships, seemed quite outgoing and social, but felt pretty alone most of the time because I missed true connections. I had many bad experiences with boyfriends, while being desperate to be loved. I allowed criminals, alcoholics, and abusers into my life, all 'in the name of love'. I had my first burnout when I was 14 years old along with my

mother, who was ill at that time. I had my second, third and fourth during my twenties. As long as I can remember, not a whole week has gone by without pain in my body.

When I gave birth to my first child, it was a miscalculation of the nurse that led to a very horrific and traumatic process of giving birth. Of course, the doctor told me not to be so emotional, and that I was wrong and things were fine.

I said 'of course', because this too is a part of the story of my life.

This became a recurring pattern in my life, where I felt like something was going on inside my body and so I'd speak out about it, only to be silenced and judged by doctors and experts, but in the end I was always right all along.

This pattern comes with me until this day and it's something that I still hate, for it comes with an immense sense of hopelessness and loneliness - but I managed not to let it drain my strength anymore. I was a sensitive child and young woman. I am still a sensitive woman, but the difference is that now I stand up for myself, and I know that being sensitive is a God given gift, not a curse or weakness.

During my second pregnancy I was blessed with twins. Their birth process was even more horrible than the first one and we ended up separating over two hospitals. I could write an entire book about how horrific that was. There were complications like my artery was cut while delivering the first twin so I was bleeding heavily ('No miss, please stop complaining, there's nothing wrong'), and

there was a mistake with the epidural for delivering the second twin, which resulted in needing a terrible treatment to help me recover. I couldn't see or hear the second baby after birth for three days, and it was beyond heartbreaking knowing the brothers were separated in two different hospitals.

By now, you can imagine, when I was diagnosed with leukemia and we were going through this process, no one around me, including myself, was surprised that I had the acute and aggressive version. No one was surprised that I had an abnormal amount of abnormal side-effects and disease during my process of healing from leukemia (from a wrongly operated foot, to an inflamed pericardium, to temporary loss of memory and speech, and many more). No one was surprised that the procedures pained me much more than the average patient. I was reminded daily, for years, that I wasn't an 'average' patient - as if there were something wrong with me for going my way along this unpaved road.

When you start believing it...

What I notice when I look back, is that I see how people around me started using little sentences like, 'with you nothing is normal', 'with you everything is always more intense than with others', 'of course with you it never goes easy', 'with other people it goes like this, but with your abnormal reactions we don't know...' You have no idea what an impact those lines had on me. How deep they go. How quickly and fiercely you start believing. You start saying it yourself before someone else can say it. With an uncomfortable laugh - I guess because you start feeling ashamed and blaming myself for feeling weak without being weak. And in time you become this shadow of who you truly are.

When abnormal becomes your normal

My list of intense experiences is long, and sometimes when I share it with new friends, they have to breathe deeply throughout my story. And I cannot blame them. The thing is, to me it's my normal. Or better yet, it was my normality(normal for me). I learned that I am not supposed to carry all this weight along with me. I became so extremely resilient and good in carrying on while having all this heaviness on my shoulders, but I realized that that should not be the standard. It took me years to change that in my system, and honestly, it's still there some days. On such days, I need to remind myself that I am worthy of living my life with ease and joy; that it's my birthright to be free and feel joy without carrying ten suitcases of heavy shit along with me.

*M*y resilient muscle

I had quite a lot of opportunities to build my resilience-muscle throughout life, and especially during my journey with cancer, and everything that came with it. It's in these moments, where I endured more than I thought I'd be able to endure anymore. Repeatedly. It blows my mind how heavy this goes and how far it brought me.

Resilience to me has everything to do with surrendering, the ability to be in the now, and moving through unimaginable difficulties with the least amount of resistance possible. Because you know every ounce of resistance that you will bring to it, will increase your suffering to unmeasured heights.

After the cancer journey, life still brings me enough moments to train and use my 'resilience- muscle'. I noticed that to other people I became the woman who could endure anything with grace. People would say, "you are strong, you can deal with this". Also, I discovered through deep healing sessions that I unconsciously became a resilient 'warrior'. So, it made me think about what resilience actually is, how it helps you and where it starts working against you. I feel it's important to share two important things I know now, when it comes to resilience.

First, we all have the ability to bear and endure much more than we imagine to be possible. I have it, and so do you. It's incredible what we can handle physically, emotionally, mentally, and spiritually. Even when you feel you have entered the end of your ability to keep on going, there's more ability coming forward.

Secondly, however, being a resilient 'warrior' has a downside. Being proud of our capability to deal with heavy things can also become a prison and therefore could hold you back from true inner freedom. After we've built this resilience-muscle and survived unbearable things (most of us more than once), we unconsciously tend to hold a 'badge of honor' on how well we master the art of resilience. This will keep us stuck in a repeating pattern of encountering circumstances that ask for resilience. True freedom lies beyond that.

The pain of not-belonging

Not-belonging has been a common thread in my life. I've felt this sense of not belonging in my childhood, while I became a teenager, an adult, a grown-up with an education, in the workplaces, and within a circle of friends (or lack of real good friends). At first it doesn't have so much to do with my cancer story, right? Although, also in the hospital I felt like an alien between other creatures most of the time, while doctors never seemed to speak or understand my language. I recognized that burning feeling of being alienated from previous experiences, and I had to be careful not to question my existence time again and again.

The reason I want to mention it here, is because this is bigger than me and my story. Not-belonging is a common thread in many people's lives. I know this from people of all kinds of surroundings and all layers of society. You know what? 99% of my clients know this feeling of not-belonging! So of course that made me think of how it's all connected. What I learned about how this works (and why it's important) is a super important piece of the larger puzzle of life.

However this feeling of not-belonging is very painful, it also made me who I am today. It's part of my story, of who I am. Besides that, it's also connected to the natural longing to grow and become more and more of myself. Like, if I don't belong to certain places or people, then who am I? If I were to belong to myself, who am I? What does that look like?

I started very young, in my late teen years, on this journey of inner growth - searching for the essence of life, and my life in specific. I recognize this in like minded souls, who all share this feeling of not-belonging. I see it in their ability and eagerness to grow internally, do the inner work and rise to become more and more of who they truly are. Becoming more connected to your authentic being, your own truth, will immediately make you more connected to yourself, your unique path in life, and to like minded souls. It's like stepping into that place in the bigger picture of Life, that already belongs to you, and where you already belong.

From this painful feeling of not-belonging, for me and many others comes forth a drive to find your own path, discover other places, looking for that moment where things do click, and you feel 'home'. Sometimes that other 'home' or feeling of belonging is in the presence of other people, sometimes it's in a state of being, sometimes it's in specific environments (like at the sea, or in the mountains). Of course, it is not about those external circumstances at all. It's about how we relax and can lean into those specific circumstances.

Belonging is in me. It's in you. It's about finding those circumstances to be able to relax into becoming you and connect deeply with yourself and your purpose in life. Slowly I started to find out what circumstances were where I could relax and lean into being myself as I am.

Becoming who you are

It needs to be said that however I learned a lot from walking my path with this aching feeling of not-belonging (I got to learn myself deeply, found my inner power and learned how to trust my inner wisdom), it's NOT a given thing that one gains from suffering. Why?

I deeply believe every crisis or challenge holds a gift for me - that belief has become my default. That gift isn't in the suffering itself, but in the layers you'll come through by consciously working through that challenge. Without that attitude and belief I might just have suffered a lot, full stop. So of course, one needs to consciously take that opportunity. Without intentionally taking that opportunity to grow, it's just flat sand doing nothing. To me it's clear that it's important to see the bigger picture when you want to grow in life.

However I'm talking about quite heavy life stories here, I need to confess I totally love the process of inner growth. I cannot imagine a life without it! Oh my, sometimes it's a roller coaster with highs and lows. But it's also life flowing through your veins! I feel Life just becomes more beautiful and enjoyable as I let myself grow.

Growing as a person means: coming back to who you truly are. In a world where we are encouraged to be, do and have everything, it can be quite challenging to 'just' be who you already are. However it took me decades to figure out who I was and who not, I feel I'm still learning and coming closer to the essence of who I am,

and I'm actually enjoying this process, for it becomes more light and fun the further you come. It's like a lifelong spiral where we move through different layers of ourselves, becoming more and more pure and authentic. It's an amazing ride if you surrender to the process, are willing to get out of your comfort zone, be messy and imperfect on your way to elevation and reach new levels of inner freedom.

Gifts in disguise

Whenever I doubt my rollercoaster path of inner growth, I just must imagine myself ten years from now, and nothing would have changed - to know I'm all in. Really, imagine how would that feel? How would it be if you would stay exactly like you are now for eternity? Exactly, stagnation and boredom. It's definitely not honoring the gifts with which we've been brought into this life.

Throughout the course of my life, I learned that my true 'gifts' that are connected to my purpose, are not the talents that were visible from the outside, like playing the violin, or being great at art. My gifts lie so much deeper. And they came to me through challenges. It was not the challenges itself; it was what it opened inside of me, which led me to my true gifts and purpose. For example, I'm exceptionally good at holding space for others' process, hearing what's not said, lovingly exposing one's pain point for them to grow. This is nothing like playing violin or creating art. These are gifts that I gained by living this exact life, in this exact constellation, with my exact unique impact and purpose. It's my mission to stop

the silent suffering and help others find inner freedom, and enter this life where life is enjoyable. Why? Because it's all I didn't experience. We all teach what we need the most. 'Your story holds your truth' is true for me too, it's in this lack and longing where I developed everything I need to offer guidance in finding freedom in life.

Unique backpacks

Of course, there is the big question of 'why?'. Why do we have to go through trauma and life changing events? After studying human behavior, spiritual psychology and psychosynthesis, systemic work and many more for over 20 years, I've found my own understanding on how this works. And it helps me to move through challenging times with much more ease and grace, and definitely with less resistance. I don't know what I had to do without having such an understanding of the bigger picture, so I feel I need to share it here with you.

Let's say we all come into this life with a little invisible backpack, filled with life lessons and specific pieces of karma that are waiting to be resolved. These are things that haven't been resolved in previous generations, and maybe not even in previous lives. We as a Soul know what we get ourselves into before we choose this life. The family we're born into, with all its own drama and dynamic and even the life-path we will walk, including all highs and lows.

I've come to learn that we have a choice there, right before we say yes to this life's journey. Meaning, whenever we are in this life experiencing trauma, this is

something we consciously chose to experience as a Soul. I know, this is a hard pill to swallow. It took me years to fully understand and accept this.

Since I do, it takes the heavy weight off all my lows in life. At the moment they are still horrific and heavy to experience, but there's also a layer where I fully trust the process, as I know there's a bigger plan to this life, and I said yes to all of it up front. The important thing is, we as spirits in these human bodies with ego and mind and all our personal stuff going on, don't have a clue of the bigger picture. We think we do, but we don't. Really. So that means there's less to control, and more to live.

It took me years to figure out how this is all connected in the bigger picture. Our gifts, often disguised as challenges, come to us through life lessons, through trauma, through challenges along our path. They are accumulated through the family you've been born into, the teachers and (lack of) friends you had, through the way you grew up and became an adolescent, found your own adult life and maybe built your own family. It's a complex combination of circumstances, culture, specific people around you, your personality and events that happen on your journey. Besides that, not everything needed to happen into your own life, to be of influence in your life. We carry energy and DNA with us from seven generations before us. So, it's a complex reality. Nothing stands alone. And nothing is what it looks like at first. This also means that your story with a series of little and big traumatic events you survived, are just chapters in your life. Chapters that show you the direction where your lessons need to be learned and integrated.

Loving my story

I know it's easy to dislike the events that happened and are still happening in your life that we consider challenges or worse. But honestly, during this whole journey of life discovery I learned that it's our life stories that hold our truth. My exact life story, the exact series of events, holds my truth. It carries my gifts.

These life lessons and challenges are not who I am, these are just chapters in my book of Life and are there for a reason, that only can be seen when you've lived through them. It's not about the events itself, it's the lessons, insights and strength that came from it.

These things that are happening in my life are not happening TO me, they are happening FOR me. These things are NOT a punishment. I haven't done something wrong to deserve them.

I am not a loser for having so many sad stories in my life. It is NOT what defines me! It's just how my backpack is filled with lessons to contribute to the evolution of mankind.

And it's all what I've said 'Yes' to before I came into this life.

By living through these lessons, by unpacking them during life, we not only set free our own livelihood, freedom and happiness, we also set free our whole family system and can pave the way for our children and grandchildren to not come into this same system again.

Is it all about the challenging moments in life?

So, is learning in life all about the crappy moments? No! It was also moments of success, happiness, big leaps forward in my life, that taught me many important lessons - and I would say they also belong to my metaphorical backpack.

Life is a continuous journey where we can change perspective. What seems like success or happiness in one moment, doesn't mean later in life you can't look at it while learning many lessons. For example, my marriage that gave me everything I was looking for at that time and was a gift from heaven, also let me unpack many life lessons disguised as challenges.

This is the same for successes in my business. I've learned so much from the road to those moments, like coming out of my comfort zone, overcoming the fear of not being enough, dealing with internal voices 'What will they think?' or 'Who am I to...'. And also, there the perspective changes constantly, what once was a challenge or big win, later seems to be irrelevant in the context of steps. It's in the high and the low where we learn and grow.

We can't heal what we don't feel

It was tremendously helpful for me to learn along the way what a trauma actually is. It took the horror away from it when it was time for healing. What happens when you experience trauma or hardship, you freeze your energy. This happens totally naturally and unconsciously. It's our amazing way to survive. However, I honor that amazing system, I don't want frozen energy to be who I am and how I live. We feel so contracted, lost, and fearful because it's frozen. For me it helps to look at this huge immense feeling as 'just energy' that is frozen. It becomes less scary to me. It's like water in a frozen river, we need to unfreeze it for the water to move with natural grace through the river.

What was also helpful is the insight that a trauma is not about the event itself, it's about how it made you feel inside. It's not that we need to deep dive years into that specific event, or the people who were involved. For my time in the hospital I don't need to relive those hundred thousand scary moments, I need to connect to how it made me feel inside. Which emotions, deep fears and triggers were activated?

And I know, feeling all the feelings can be frightening up front. Now that I've been there, I need you to know that the fear of the fear is always bigger than the feeling itself. Meaning, trying to not go to that place, to not let something happen because you are so fearful of what might happen there. But once you've entered that space, without exception this is always way less scary than assumed up front.

I know this from my own experience and see it with all my clients. You want to get out of that terrible feeling, but the quickest way out is in. Actual emotion doesn't take much time or effort. It's deep for a few seconds or minutes, and then it transforms into another energy. Fear becomes calmness and hope, loneliness becomes a deep sense of connection to a higher source, etc.

To live a free life, feel happy, be creative and resourceful, we need to heal and unblock what's holding us back and is keeping us stuck from moving into a better place. So, there's no way around, we need to feel to heal.

My own unpacked gifts in disguise

For me, I unpacked many lessons during my time in the hospital, and during life after hospital (which will never be the same). Also, when it comes to long term bullying, sexual harassment, burnout, depression, divorce, moving to another country and more I unpacked many life lessons, which were gifts in disguise.

I learned that when you're able to distance yourself from the actual events, and you regularly look with a bird's eye to your life - you start to see how it's all connected. What threads are woven throughout your life. How seemingly different events end up being about the same deep lesson, there for you until you're able to fully unpack all layers of it.

The actual list of life lessons I've gained until now, being 44 years young, is too long to fit into this chapter. But I'll give you a short list of the lessons learned while I went through cancer and the process of healing from it. This might help you to figure out some of your life lessons:

#1 - I had to be in my body and stop living from the head.

The years before the cancer had made me a visionair but also a controller. There were many traumas that made me move out of my body, into my head. I see this all the time, mainly with women. We live from the breast up and in our heads. Due to the many physical interventions I realized I was either stuck in the traumatized body while enlarging the trauma, or I would learn to be and stay present with every needle (or worse) that came into my body. I consciously chose the last and am grateful for it, because now I know in order to create more than only dreams, to actually manifest my gifts, I need to be able to make it physical and be able to embody it. The stream of intuition, guidance, inner wisdom that comes to me from being IN my body, is incredible.

#2 - True freedom lies within you.

Nothing is more powerful than entering the field of inner freedom. And you'll enter it the moment you realize it's not the circumstances that imprisons you, but your mind.

#3 - I am not guilty, and I am not abandoning my children.

I had to deal with a lot of guilt towards my children, mostly towards my oldest who consciously experienced all of it. Mommy was suddenly ripped away from their lives. The fear of saddling them with trauma from a critically ill mother and

all the scary appearances that I got from chemo and heavy medication. Their fall from paradise where they know that everything can just be finite. The trust I must place into their father, who is amazing but just not their mother. I had to learn that this is beyond my control and that also they had said yes to their lives, including growing up with a mother with a life-threatening disease. It's just the moment that you know for sure that they will get bumps and bruises by growing up in my presence, in this family - which was just hard to accept.

#4 - Being authentic and real makes is powerful

It was in the middle of the worst period of chemo, where I found the power of authenticity. Imagine, I was literally and figuratively stripped down, naked. No hair on my head, no strength in my body. In loss of any possibility to have things under control. No clothes to hide behind, no 'masks' to wear, not even an ego to steal the show. I was so beaten down by this horrible medicine (which was my savior as well), that there was nothing left but essence. Pure essence. Raw. Real. Nothing concealing. In other words, it was revealing my true self. I remember a clear moment where it hit me. This, here right now, is where people see me, my strength and deeply appreciate that I'm here and sharing my truth. And it comes natural and effortless to me.

#5 - Going through an intense journey on the edge of life and death, connected me to my strong desire to live.

To live to the fullest. I became more aware that this actually is MY life, and I'm not honoring it by living just a life, or just a little of my life. I need to live it to the fullest, meaning fully stepping into my own being, own my story, and find and follow my own path.

Essential ingredients

The beautiful thing about surviving hard times, is that you can look back and see what got you there.

I couldn't have done this without

- true and raw connection with people around me,
- feeling a sense of urgency to turn the tide,
- enough self-love to want to be present on the other side,
- connection to a higher source,
- the ability to surrender to the process and stop trying to control it and
- a big dose of resilience.

Bold choices with ease & joy

Since I've recovered from the leukemia and the treatments to help me stay alive, I went back to my 'normal' life, which of course wasn't normal anymore. I had to figure out where my actual path would lead from there.

During this whole process I learned a lot about finding and following my path. I gained so much connection to my own path, and an increasing trust that if I were to be brave and choose that path, I would be guided along the way. Something that feels so true to your path and comes from within, cannot be wrong. I won't say it has been easy, but it was the right decision. And there may be a lesson for all: whatever feels right, doesn't necessarily feel easy.

And so it happened that once I got back on my feet after surviving leukemia and all the horror that came with that, I knew I had to leave my marriage and a year later I moved with my kids from The Netherlands to Ibiza in Spain.

You need to know that making these bold choices was not to run away from what's not good, but rather, it allowed me to walk towards where I knew I belonged. Of course, I wasn't taking little steps, but big leaps. The beauty was that it came so strongly from within me, that I felt confident, scared as hell, but also ready to face whatever consequences I would have.

There were many reactions and opinions. Around the divorce the reactions were 'what's wrong with the marriage' and my answer was 'my path lies beyond this marriage, so staying here means not honoring my path'. Towards the move to another country within the scope of a half year, the reactions were 'Oh my God you are so brave!' and 'Where did you get the courage to do this?' and my answer was 'I can take these big leaps with ease and joy, because I'm guided from within and it only makes sense to follow my own path now I found it.'

It might have helped that I had already looked death in the eye twice and felt I didn't have to lose any time to fully LIVE, but honestly, we're all capable of making these kinds of decisions. If we're willing to own our desire to follow our own unique path and take what comes with it.

Truly free & unstoppable

This whole journey through life until I got here, made me realize that the best possible place we can guide ourselves into is in a place where we consciously choose every day to be free, authentic and know that we are the creator of our lives. To be kind towards ourselves, and others, who also are on their journey through life.

My story holds my truth. It's my blessing. It's not in spite of, but because of our journey, that we become truly **Free & Unstoppable Creators**. This goes for all of us, as it does for me:

Freedom arose when I stopped living my life for others, found and followed my own path and created a strong foundation of inner freedom inside myself.

I became **unstoppable**, when I stopped overworking and proving myself, when I let go of perfectionism and stopped filling the gap of my lonely heart. In short, my advice is to be authentic, come from the heart and find your own rhythm.

I am the **creator** of my life. I decide what route I choose and what I let go of. I do this when I make the experience of fully being alive a priority and welcome joy, playfulness, and creativity into my life. It's then when my strength becomes even more powerful because it comes from within.

Was it all worth it?

Yes.

This whole journey through life so far, has shown me what's important and how I am able to connect to who I truly am. The feeling of not-belonging taught me everything about real connection, becoming a warrior taught me that being a warrior is amazing, but not true freedom. Throughout working through many trauma's from my life and from generations before me, I was taught that if we all do our own inner work, we're healing and evolving the collective and at the same time, we create a free and enjoyable life for ourselves.

I can honestly say now that I see my journey through cancer as a God given gift. I truly became a nicer person, for myself and for people around me. I am so much healthier now emotionally, mentally, spiritually, and physically, although I live every day with the emotional and physical leftovers from it. There's not one day that I don't have pain, or feel tired, and still need to go to hospital, see doctors and healers, and I still encounter new challenges that ask for even more resilience. This life-after cancer will never leave me. I'm in it for life.

But I live. I LIVE. I am loving the fact that I am alive. I can see my children grow, my daughter now is 12, and the boys are 9. I get to choose to follow my own path. I get to breathe in pure air and experience the wonders of nature. I get to express myself with art, writing, and love. And I know I'm here for a reason: to guide others on their path in life. To teach on how to stop suffering and start living; how to enter the field of inner freedom and start actually enjoying life.



Leontine knows through and through how people change and make massive steps in their lives and businesses. She also understands at a deep level how to get you to take that step. With Leontine you don't have to choose between effective or caring, you get both in one package. Leontine has had some of the biggest life experiences there are. She lived to tell the tale without bitterness or anger, all while growing her business. If you're a leader and want to step up to what you could really achieve AND feel good about the results or if you're an effective leader on the outside, but don't feel it on the inside, talk to Leontine.

LYNN COLEMAN, COACH AND WRITER

Now it's your time

Life and business in ease, joy and impact. Finally.

Let's end the silent suffering now.

One millimeter off tracks on the vinyl record can create the most beautiful piece of music into a horror trip for your ears. The same happens in our life or business, when something is not in line. The crux:

We are so strong and enduring, that we almost accept it as normal. But it is not. And you know it.

Let's get you back on track. I see you; I sense the slightest misfits in tones; and I know how to handle the darkest moments before a breakthrough. We walk together, until you create the life and impact you want.

You will receive **instant relief** tools while we find and **clear the deepest roots** of what is hindering or holding you back. Often intangible, unconscious, but with **huge effects**. You will step into your power and freedom. You re-find your authenticity. You are able to master the headwinds of daily life as **your new, real, game changing self**. You will love it: Because everything that is real and comes from within has **enormous impact**.

Tired of those extra turns or dead-end roads? Of rough and tough times? Of burnout or dis-ease instead of ease? Of avoiding speaking your truth? Of living for others more than for yourself? Of the lack of true deep connection?

Then let's talk and see if we fit together in a first clearing session. It is free of charge. Pick your favorite time for our call here. I very much look forward to coming in touch with you.

[Book Your First Free Clearing Session](#)

Are you ready to go the crucial step further until you really get it? Are you not sure yet? Are you shivering with fear while feeling the importance? Then let's talk. Step into your authenticity, unique life and freedom.

[Book Leontine as speaker](#)

The Author

Leontine Boxem - Transformational Coach, BA (Hons) in Human Development, Psychosynthesis and Spiritual Psychologist, Author and Speaker.

- 20 years of transformational personal, entrepreneurial and leadership development
- 5 years of battling and surviving severest cancer conditions... and frequently proving outspoken life limits to be wrong
- Inspired thousands of participants, readers and clients, to step into their authenticity, unique life and freedom.

She leads her clients, from speakers, coaches, leaders or to cancer survivors, to become free and unstoppable themselves. Time to step into your authenticity, unique life and freedom.

"WHEN YOU NEED A TOP COACH TO GUIDE YOU IN BREAKING THROUGH EXISTING BARRIERS, SO YOU CAN ALLOW MASSIVE GROWTH, LOOK NO FURTHER, WORK WITH LEONTINE. "

M. HALMANS - CEO HAPPY AT WORK AGENCY & BUSINESS MENTOR

"LEONTINE HELPS YOU SEE THE BIGGER PICTURE OF WHO YOU ARE. SHE MAKES YOU REALIZE THE TRUE EXTENT OF YOUR GREATNESS, AND SHOWS YOU WHERE YOU'RE STOPPING YOURSELF FROM MANIFESTING IT RIGHT NOW."

F. VERDYSEL DONK - IMPACT VIDEOGRAPHER

Come meet me



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