

A photograph of a couple holding hands in a field at sunset. The person on the left is wearing a red and green plaid shirt, and the person on the right is wearing a grey sweater over a plaid shirt. The background is a soft-focus landscape with trees and a warm, golden light from the setting sun.

GET YOUR
Soulmate
BY PERSIA LAWSON

A selection of
Love Stories
from GYS graduates

Hannah's Story

Hannah Houghton, U.K.



Before 'Get Your Soulmate', I'd had all sorts of issues in relationships, and I'd have probably blamed most of those on my ex's and not myself.

I'd rarely been single through my teenage or adult life, but I came into Persia's program after about 6 months of (mostly) being single following a long-term relationship, which in hindsight was quite a toxic one and very damaging to my self-worth. I had completely lost the connection with myself, I was suffering with anxiety and depression, but had told no one and hadn't even admitted it to myself.

Other previous 'relationships' consisted of the guy being a commitment-phobe (with the classic hot/cold behaviour) and me being desperate to hold them down and make them want to commit (you can imagine how that turned out), or the guy seeming perfectly sweet at first but slowly becoming controlling, manipulative and emotionally abusive.

The main issue that I now know caused many of these problems was my self-limiting belief that I was 'unlovable'. There were many times when I valued the label of the relationship and the idea of true love more than I valued myself, my own wellbeing, and sometimes even my safety.

GYS came around at the perfect time. I had just moved into my new home following the break-up and had finished a course of CBT. I was also on holiday for the first 2 weeks which allowed me the time and space to dig deep and get into a good habit of doing the work. MEANT TO BE! I was

ready for the next part of my journey and I felt an immediate connection to Persia and her work.

However, I went into GYS so terrified that I'd lose myself in another relationship that I wasn't even sure I wanted one. My main aim was to **meet myself so deeply that I could never lose myself in another person ever again** – and I can happily report that that's exactly what happened.

GYS has given me something that I hadn't managed to get to myself; it helped me to realise how my upbringing and my limiting beliefs had affected my relationships. **I was finally honest with myself about my own parts to play in previous relationships and made peace with that.** I forgave my ex's and FINALLY managed to get over a guy who had been dropping in and out of my life for 8 years!

I also finally realised my own worth, which was exactly the lesson that the past relationships had been trying to teach me.

Another lesson from GYS which has helped me beyond words (and I know is a major reason why I am now in an extremely healthy relationship with the love of my life) was to **surrender**. Now this was a big one for me as I was diagnosed with anxiety last year, so as you can imagine I wasn't really one for letting things play out. **Surrendering is essentially about letting go, stopping trying to control everything and everyone around you, and living more in the present** (which had always been a struggle for me pre-GYS), and **believing in a higher power or power within you that guides you**. My higher power of choice is the Universe.

I have always felt like a spiritual person, but as I've identified as a feminist since my early teens, I'd always struggled with the idea of organised religion. So, when I started to read about signs from the universe and synchronicity in Persia's book and GYS it felt like I finally had a way to channel my spirituality in a way that suited my other beliefs.

Some people may not even be comfortable with the idea of The Universe or a Higher Power, but the beauty of that is that you just **surrender to the belief that you have the power within yourself, within your gut, to know how to deal with situations, when to hold back, when to go for it, when to open up to someone.** All of that is

something that you know deep down inside, and surrendering is just a way of connecting to what is already within you and using it to guide you through life.

I feel like everything really is happening for a reason and I am seeing challenges as lessons that need to be learned and am so grateful for all of the amazing gifts I have in my life.

The relationship I'm in today actually came about as I was working through Persia's program. It was something that progressed from friendship over a few months, and it was the lessons I learned in GYS that helped me not to be anxious or over-think the situation before it happened.

My gut told me to wait, so that's what I did. **We built a friendship based on honesty, trust, fun, and mutual interests.** It was very laid back and I shared things about myself I'd never told any previous boyfriends, all before I was even sure I wanted this friendship to become something more.

So, for the first time EVER I went into this relationship being 100% myself, not trying to be perfect or be the best version of me, just purely myself.

My boyfriend came into this in exactly the same way, and he has also said it's the first time he's been fully himself in a relationship. It's so refreshing.

There are so many differences between this relationship and my previous ones: we don't try and control or manipulate each other, we're always honest about how we feel, (even if sometimes that feeling isn't positive), we're respectful of each other's need for space and time apart - whilst also still doing things we enjoy together often, and we're caring and loving and kind to each other and ourselves.

Before GYS I always heard people say "when you know, you know" - I always found that so frustrating because I didn't understand it, but now I do.

When it's right it's easy – no anxiety, no controlling behaviour, no drama, just honesty, respect, love, passion, friendship, support, kindness and fun.

And this time I haven't lost myself in him; I'm still being myself, still making time for myself and my friends and family, and always keeping self-worth at the top of my personal agenda, because now I truly know I'm worthy, and I'm loveable.

I feel super emotional writing this now but in a good way! I just wanted to express how much GYS has changed my life, it was/is the next step on my path and I cannot imagine how else I'd have gotten to where I am now.

Persia, your work is so immensely valuable and I am so, so grateful that you have shared it with the world. If anyone else is feeling the way I am, which I know the other soulmates will be, then I honestly believe your work is creating a huge shift in the world and that is just magical!

Mel's Story

Mel Wells, U.K.



I first crossed paths with Persia when I received an invite to go to the book launch of her book 'The Inner Fix'.

I had no idea what this book was about, except I knew that a few other authors were going, and there was to be free champagne.

At the time, I was going through a particularly tumultuous time in my love life, and to be frank, I couldn't drum up the energy to haul myself to London for a networking event.

I wanted to curl up and feel sorry for myself, and continuously check my phone for messages from my on/off bad-boy boyfriend and stalk his Instagram stories.

By the grace of God, somehow I made it to the book launch, and thank goodness I did.

As soon as I met Persia we completely clicked, and even though we barely chatted that evening (because when you're an author at your own book launch, you're busy working the room!) I knew we'd be friends for a long time. I picked up a copy of the book without thinking too much of it.

Six months later, heartbroken over said bad boy and done with playing games, I decided enough was enough and I was leaving England with a one-way ticket to Bali, where I felt my soul home was.

Somehow, 'The Inner Fix' made its way into my suitcase and in my first few weeks in Bali, that book was completely devoured.

I ate up every single one of Persia's stories. Her raw confessions, her practical advice, her honesty, her vulnerability. I connected with her writing on such a profound level that I reached out and asked her if she was working with clients.

What would ensue would be months of 1-1 coaching with Persia (via the program that later became Get Your Soulmate), where she helped me reframe my entire mindset around my relationships. It was brutal, but one of the most liberating experiences of my life.

Through her guidance, patience, and wisdom, I was able to work through all of the patterns around men that I'd had since I can remember. Patterns and beliefs I wasn't even conscious of, but that were wrecking my love life and leaving me feeling so confused.

More than anything else, Persia helped me **take complete responsibility for my romantic life, including every single way I'd been treated that I hadn't thought I'd deserved.**

I can honestly say that through my work with Persia, I became a completely different woman. I **stopped hiding from my real self, stopped trying to subtly control or change the men I met, and finally opened my heart to real love.**

Soon afterwards I found myself in the most soulful, healthy, committed and passionate relationship with the love of my life. This relationship has broken a lifetime of patterns for me, and I know with every ounce of my soul that without meeting Persia, I would be repeating the same old patterns with new faces.

Persia is one of my dearest and most treasured friends, and I can promise you one thing: putting the tools of this program in to practice will completely change your life.

Jessica's Story

Jessica Helyar, U.K.



GYS helped me realise that I'd had a pattern of being attracted to and attracted by unavailable men for nearly 10 years.

I was staggered that it had taken me this long to realise it. **It was time to start behaving like the person I knew I really was.** It was a tough pill to swallow that perhaps this was a reflection on myself and how I viewed myself, rather than anything else.

I discovered that because of things that had happened in my childhood, perhaps subconsciously I was scared to enter into a relationship that had meaning, because I was scared that I would mess it up and therefore having short “relationships” with unavailable men was a lot “safer” – or so my subconscious thought. Bringing this insight into the light made such a difference.

I decided not to date for 6 months, which included the 8 weeks of GYS. I took this time to get to a place where actually I decided that if I was single forever, I would be ok! It's not something I thought I'd ever be able to say, the thought used to terrify me, but I definitely got to that place.

Post GYS I started dating again, but with a very different framework – I knew that I wasn't willing to waste my time on men who were never actually going to commit to me.

Roll on a couple of months (4th December) and the guy I was seeing came over to my house on a Tuesday night and asked if I'd like to be his girlfriend. He's actually my first proper boyfriend and it's amazing. The dating process was fun and easy, there was no drama and no anxiety.

We're still together nearly 4 months on and completely in love, we talk about the future together and have loads of fun. I have no doubt that GYS played a part in getting to where we are now, and I'm so grateful.

I've learned that it's worth taking time out to figure out what you want and to really take time to be yourself and, as cliché as it sounds, love yourself. Timing is everything and there is no need to rush.

Charlotte's Story

Charlotte Jones, U.K.



I didn't really have many hesitations before investing in GYS Digital, as I had followed Persia for a while and already felt like I had a lot of confidence in her – and what I have learned has been life changing!

The biggest positive change is that **GYS has given me the tools I need to trust myself and my decisions.** When I started this program, I was in a place where I was almost at rock bottom. I had read A LOT of self-help books and was trying my hardest to put them into action, but the blocks I had in my mind meant that I *couldn't* put what I was reading into action.

But, in the space of a few months of working through GYS, I am far more confident, in control of my emotional behaviour and much happier – I honestly feel like a different person in all the right ways!

I feel that the first two or three modules are really hard as they make you look at yourself in a way that you would never choose to do, but what I liked most about them was that I feel they have been the biggest learning curve about myself. Once I became used to that difficult feeling, I found I wanted to dive deeper and deeper into it, as not only did I find it interesting, but I felt that knowing this information about myself was crucial for me and everyone around me.

Module Three was brilliant for me, because (after finding it harder than it should be) it made me realise just how important it was to **put myself first and prioritise my needs just as much as I do for everyone else**, and that has made a HUGE difference in my life.

Writing the 100 things I love about myself and the short essay about what would make me a good partner (Module Five) has increased my

self-confidence more than anything else ever has, along with **setting boundaries for myself and other people; the more I stick to them, the stronger I feel.**

Overall, every module has been invaluable to me, and the meditations are amazing – I will continue to use these going forward. I always felt before doing GYS that meditations had to take up at least 20 minutes, which would be why I wouldn't stay consistent – because I felt like I didn't have time, but these recordings are the perfect length and I have managed to keep up with them SO much better than I have before.

The greatest benefit this program has brought me is that it has stopped me repeating old patterns, learning why those patterns have been created and how to change them.

I have learned how to meditate and journal, which has taught me how to stay in tune with myself, keep my thoughts and feelings in the day and stop things from blowing out of proportion (which I used to do with almost anything!).

The self-confidence, self-trust and self-respect I now have is incredible and something I have never had before. The spiritual connection with my Higher Power and the universe is something I have always wanted but I could never connect to and now I have! That connection feels as if it is getting stronger and stronger every day, and I am so grateful for that.

This program has taught me how to **take accountability and responsibility for myself and really how your own thoughts, feelings and actions create your life around you.**

The biggest behaviour change for me is learning how to **let go and stop trying to control every situation that makes me uncomfortable or nervous. It is bizarre but amazing that as soon as you give up trying to control a situation or person, just how much more in control you actually feel ☺.**

I know this program is mainly to help your romantic life, but I really feel that this has benefitted every area of my life in so many ways.
The more willing and open someone is to want to do better for

themselves, the more amazing this program will make their life in pretty much every way.

There are some modules that feel harder than others, or some that take a little bit longer than others to feel the full benefit, but I think it depends entirely on how willing each person is to push themselves, and how much they really want to take responsibility for their choices. I think if someone is completely willing and open, this program will change their life in all the right ways; it has given me an understanding of myself and provided me with an endless list of tools/skills that have improved my life incredibly.

To be able to turn someone's life around this quickly is amazing - I would usually expect this sort of work to take at least a year if not longer, to be able to get the kind of results I've had in this short time.

This work really is invaluable; GYS really has been everything for me and I am just beyond grateful to Persia.

Abigail's Story

Abigail, U.K.



I came into GYS after 4 years of being single. Prior to this I'd had one relationship that I thought was the only one I wanted, and when it ended my world fell apart.

I fled to the other side of the world and used the bodies of a lot of unsuitable men to help me feel worthy. I liked the power that casual

sex gave me and when I got back from travelling I thought I could carry this on. But, we all know that doesn't end well.

So I was using dating apps and going out with guys who didn't want me, they just wanted to have sex with me which I tried to kid myself I was fine with, when really I was craving connection. I kept hanging on to men who I knew didn't want me, I think because I wasn't really ready to be wanted. I chose men who wouldn't ever commit to me, because I was scared of commitment.

I came to GYS sick of this cycle and ready to do the work that would let me be at peace until I found my partner. **It wasn't even about finding 'the one', I truly just wanted to realise that I was enough.**

So, I did the work and I waited. Somewhat impatiently, but I waited (during which time ALL my friends were married/ living with/ got kids with their partners and it really upset me, until I found that switching my view of it really helped. So, instead of being like 'OMG I'm so jealous of what they have', I changed it to 'I'm so excited for what I have to come', and if people asked if I was seeing anyone I'd answer along the lines of 'I will be when I find someone who deserves me!' – which helped change my mindset on it, too.

And then along came J (via Bumble – I'd deleted it to do the work on myself, but I work only with women and don't have many male friends, so **once I felt secure enough in myself and my boundaries, I introduced dating apps again and it felt fine!**)

5 months later and we've literally just made it official. 5 months would've felt like an eternity to the old me, the one that thought she was desperate to feel loved and find a man. But, to the me that's done the work it felt natural and right to wait that long. I've learned that it **cannot be rushed – and, with the right person, slow feels so amazing. Because you're not rushing to secure an infatuation, you can enjoy the sensation of this beautiful growing mutual love between you.**

It's no coincidence that on the same night we made it official we said 'I love you' because we're both on the same page now.

He is everything I asked for and everything I thought I didn't deserve.

He is kind, funny, sensitive, protective, empowering and hot as hell!
We can talk about a future that before would've terrified me. Now it
only excites me, because I know it's attainable and I feel like I do
deserve it.

It's taken a lot to learn to let go of my negativity and self-doubt
around relationships, but **once I started to value myself I found a man
who valued me too. The universe rewarded my hard work** and I am so
thankful for everything that brought me to Persia and her wonderful
GYS group.

I'm on cloud 9 and I couldn't be happier. Thank you GYS for allowing
me to be the best person I can be and meet the best person I could
hope to meet 😊 (I constantly feel like this emoji now: 😊👩)

Maeghan's Story

Maeghan, Canada



Almost a year ago, in March 2018...

Sick and tired of having persistent feelings of loneliness, desperation,
frustration and anxiety around my love life, I googled 'Love Coach'. I
couldn't find any in Canada and when I came across Persia, I really
resonated with her. She was close to my age, had a spiritual side to
her and didn't have any cheesy catch phrases like 'Tired of Being
Single?'

It's amazing how far I've come. I remember saying "I feel like I'm

spiralling downward because I'm never going to find someone". Persia's response was **"you need to realize that YOU are the person you've been looking for"**. And I finally get it!

I never realized that **the underlying issue regarding my romantic life was so deeply woven into every other aspect of my life – friends, self-sabotage, alcohol, depression**. This work has brought up a lot of pain but it was all therapeutic and totally worth it.

Now I feel like I'm made of steel (in a good way... maybe a steel magnolia!) I've learned to **be present and surrender and practice self-love and not care what others think**. My friendships are healthier, I've attracted my dream job and I've gone from binge-drinking to barely drinking at all.

I have fewer dark moments than I used to and, after learning from them, I can very easily step back into the light.

I feel peaceful and happy and at ease. Open, confident and resilient... and I can even feel HIM on his way. But, as Persia said, **"that is just the cherry on top"**.

Lauren's Story

Lauren, U.K.



Before I found GYS & Persia I knew that I had issues within my love life, and I had began on the journey of personal development and trying to better understand myself, but I just couldn't seem to make

the pieces fit. I had a mishmash of a picture in front of me that I couldn't make any sense of, no matter how hard I tried.

With the help and insight of Persia, I was able to finally see exactly why everything was happening the way it was. I could see that I **attracted and ended up with the same type of guy every single time** - controlling, jealous, manipulative, volatile. Things that I could recognise within these partners, but would always discard or ignore because I didn't believe that I could ever do any better.

And that is exactly where all of my issues stemmed from: my own lack of self-worth and self-love, and it was seriously lacking. I was so blind to this. I let people walk all over me, I never implemented my own boundaries, I didn't even have boundaries, I had no life outside of my relationships, everything and everyone else, myself included came second to my partner. I didn't believe I was ever good enough, I constantly worried that they would find someone better, I always believed that my needs weren't worthy and that I would always come in second best, every time.

When my most significant relationship of 3 years came to a very toxic, abusive and explosive end in September of 2017 I had finally reached breaking point and was a complete and utter mess. I wasn't strong enough or brave enough to end this relationship myself and had he never done it, I'd probably still be stuck in it today.

Even though by this point I could see exactly how destructive and detrimental this relationship was, I couldn't walk away. I didn't believe that I deserved any better than being made to feel like everything was my fault. I didn't deserve better than him messaging and flirting with other women. I didn't deserve better than walking on eggshells every single day of my life. I didn't deserve better than my phone being gone through and every single message or interaction I had with other people examined for any tiny shred that he could lash out at me for. I didn't deserve better than being questioned, controlled and manipulated into doing exactly what he wanted.

This feeling of unworthiness was only cemented further into me when just weeks after we broke up he was already with someone new. Someone that he went out of his way to tell me just how amazing she was. His claws of control were so deep within me and he was messing with my head. I wasn't eating or sleeping properly. I was blindly

stumbling through each day, only to return to crying my eyes out in bed every evening wondering how it could possibly get any better or easier!?

Work was a minefield – I was going through the hardest breakup of my life and I worked in the wedding industry, I'm sure you can imagine. I was having to excuse myself to run off to the toilets and cry at so many of my weddings. How crazy that I genuinely believed that I didn't deserve anything better than all of that!?

I had a bit of 'wake up call' when I ended up on a solo holiday a couple of months after the relationship breaking down. Terrified, alone, mentally a total mess, I was dreading every second of the holiday. I couldn't not go, I had a wedding booked out there, I had no choice... Being half-term in the UK as well, all flights were fully booked and my hotel was non-refundable. I was looking at an entire week alone in a foreign country, having never been away on my own before. This holiday was also supposed to be for the two of us.

A total mixed bag of emotions I cried the entire flight over and hid in my room and ordered room service on the first night. I have no idea why, considering I hadn't read anything properly for years, but I took a couple of books with me on this holiday and ended up devouring them. They blew my mind and finally made me start to see things from a different point of view. **I stopped hiding in my room and starting paying attention to the beauty that was surrounding me.** I sat on the beach and watched the sun set over the ocean with a beer in my hand and realised that actually, **if you let them, endings can be so bloody beautiful.**

I decided that I did not want to feel like this anymore. I was done with crying myself to sleep and my heart hurting terribly. I wanted to genuinely laugh and smile again. I wanted to feel some semblance of happiness again and I committed to myself in that moment. I had no bloody clue at all how I was going to do it and the thought of the amount of work I would have to put in to make this change was terrifying me, but for the first time in my life **the desire to want to feel better than this was so much stronger than staying in the suffering.**

I started showing up for myself more and learning and discovering about what I actually enjoyed doing in life. I'd always wanted to do

yoga and I discovered how much I loved it. **I took trips that I never would have dreamed of doing before**, I climbed mountains figuratively and literally and I started to learn who I was for the first time in my life. I was able to be happy again and happier than I had even known I was capable of being. **I spent all of this time alone, thoroughly enjoying getting to know and love me again.**

I dated a little bit here and there but nothing serious and nothing that made me want to commit to another person. I got too comfortable and too okay with being independent and alone.

On reflection since working with Persia, I realise now that I was actually scared, terrified of losing myself again and ending up back in that awful place. I was not allowing myself to want to be with another person, I wasn't okay with even admitting that I wanted that. But then along came a guy and my aversion to wanting to commit to someone was broken down. This guy was nice, he was kind, he was caring, he was thoughtful - they all start off this way, as did everyone of my ex's, but something felt different this time. It felt right to see where this would go and to commit to this guy.

We spent around 6 months together, that was fun, that was happy, that was laid back and had no pressure or expectation. There was no jealous manipulation or controlling behaviours and it actually felt easy. I didn't even think relationships *could* be easy. Every relationship I had ever had was a struggle and hard work and this was all so new and foreign to me and it was to him too. Unfortunately we did separate and a few of the insecurities and niggling beliefs I had about myself started to resurface.

During this breakup I found Persia, through no slight accident at all. I discovered her on Instagram and also her book within 2 days of each other and felt so drawn to her. I couldn't explain why but I wanted to work with her. I went on to her website and saw that the GYS programme was currently closed, I signed up to her newsletter and I debated getting in contact to see whether or not she did any 1:1 work, when the very next day an email came through saying that she was opening up 1 spot only to work through GYS with her on a 1:1 basis, and I knew I had to jump at the opportunity.

This was a sign from the universe, and I knew I would be an absolute idiot if I didn't apply. The thought of opening myself up to someone

and being so vulnerable was terrifying, but through all of the work I had done up until this point, I knew that there was still a big gap in 'me' and a lot more that I needed to discover about myself.

I rambled off an email without hesitation and was blown away when Persia said she wanted to work with me, too. We arranged our first session for a week later, and during this time my ex had actually reached out to me and asked if we could talk about us. With the help of Persia **I was able to approach the whole situation with an open mind and calmness, instead of overthinking and getting anxious** like I usually would.

We had a really honest and open conversation about us and both realised that we wanted to try again and for the first time instead of running headfirst into something blindly and unknowing and ultimately sabotaging it before it had a chance to grow, I was able to really implement boundaries, to be patient and calm and trust myself. I didn't know that I was able to do that and without working through GYS I never would've seen this side to myself.

We spent a couple of months together that was filled with happiness and laughter, fun and a true acceptance of each other, but again this came to an end. This time however, I didn't feel unworthy or not good enough. I felt fine. Totally fine. It wasn't because I didn't care about this person or cherish the time we spent together, I really did, but **I finally realised that my own fulfilment and happiness came from ME! Not anybody else, just me.**

It was the healthiest relationship I had ever had and it also was the healthiest breakup I had ever had. There was no nastiness, no bitterness, no hatred, no anger and lashing out. There was no jealousy or name calling or aggressiveness at all that usually ends up coming from a break-up (well at least all of the ones I'd had prior to this). It wasn't fuelled by uncontrollable emotion. **We were able to sit down and honestly and openly talk about us.** We could recognise that even though we were both so close to being that 'one' for each other and what we wanted out of a relationship, it just wasn't quite there and we were both accepting and honest about that.

Through Persia's coaching and knowledge I learned so much more about myself that I wasn't able to do alone. I recognised exactly why I had ended up in all of the relationships I had and **I am now aware of**

my anxious attachment style and the things that trigger my feelings of insecurity. But, I have the tools to be able to overcome these when they hit - and through working on myself so deeply, they happen less and less.

The most life-changing lesson I have learned through this journey is how important it is to truly love yourself first. This was the biggest thing missing in my life and was the root of all of the problems I had faced up until this point. This wasn't just apparent within my romantic relationships, but also in those with friends, family and within work. You hear it all over that the most important relationship of your life will be the one with yourself and you know it, but I don't think you really listen to that message. But, I can tell you now that it is. **Nothing and no one will ever be as important as you are.** I finally realise that with every part of me.

I am happily single today, but not to the point where I have closed myself off to the possibility of love like before. I have managed to love myself, truly love myself for the first time in my life. **I've accepted, cherished and nourished all parts of me, inside and out. I trust myself, deep down into my soul and I give my body exactly what she needs to thrive and be happy. I've made myself my number one priority and I give myself what I need to be happy for me, not for anybody else.**

Solo travelling is now one of my favourite things ever, and to think I was so scared of being 'alone'! Life is incredible and I am filled with so much gratitude for every day that I get to experience. **I've learned to be so much more present in every moment** and my appreciation for the world around me has grown. My connections with everyone in my life have strengthened, and it's all a result of showing up for myself more, respecting myself, loving myself.

I trust life, I trust the universe. **I've stopped trying to control everything that happens to me and I've learnt to appreciate it all, the bad and the good. I fully believe that every single thing happens to us for a reason and we really do attract into our lives the lessons that we so desperately need to learn from.** I look back on everything I went through and that feeling of being completely broken, with nothing but unwavering gratitude. I wouldn't be in this amazing position now were it not for all of that, and to become the person I am today, I would definitely go through it all again. I have a much deeper

understanding of myself and of others and I now finally know my own worth and I value myself.

I let fear control too many aspects of my life that were beyond amazing, just on the other side of it. **In surrendering fully to the universe and to myself, I am so excited for what lies ahead. I am committed to my growth and I'm not worried or obsessing about meeting someone or needing to be with someone else, because I am loving every minute of the life I already have.**

I know that the person I'm meant to end up with will show themselves at the exact right moment in the right way, but that the one great love of my life is already here. She's amazing. She's beautiful. She's captivating. She's successful. She's excited. She's divine. She's a goddess.

She's me.

Tania's Story

Tania, U.K.



I decided to purchase the GYS Digital program after putting off sorting out my love life since an initial consultation with Persia back in 2017.

I'm not sure if **the intention and vibration of the program and online community was powerful** enough alone, as shortly after doing Module 2 I met an amazing soulmate I am currently in a wonderful relationship with, which is all the things I asked for and more (after 4 years of being single!)

So thank you hugely for your work Persia – for the mini seminars and exercises you continuously put up on social media, which help and inspire me to keep on top of personal development related to relationships. You're bloody incredible for your dedication to helping people get the soulmate they deserve.

Ella's Story

Ella, U.K.



I was raised by a very strong independent single mum; my dad left us when I was a baby and went on to have a second family. Even though I saw him every week growing up, that feeling of rejection would soon be a blockage for my later interactions with men. I went to an all girls school and felt uneasy around boys as a teenager, as I put on a face of bravado, but inside was terrified of them paying me attention.

Fast forward to University and I stood and watched on the sidelines, paralysed by fear as many of my friends easily flirted and hooked up with boys. I pushed these feelings of shame and loneliness deep inside myself and told myself I didn't need a man.

I reached my mid-twenties with a handful of unsatisfying sexual encounters, when the shit really hit the fan when a good friend passed away as I left my career in teaching. I couldn't cope with the pressure. I went out a lot and drank my feelings away and now found that I could easily sleep and feel 'confident' around men, yet I could never really look myself in the eye in the mirror the next morning.

At this time (thank the lord) I came across Persia's work in Addictive Daughter and did some truly intensive work that helped me to understand my patterns and see myself in a new positive way. **I felt more connected and trusted myself and things started to go well again in my life.** My new career in TV was flourishing and I felt I had found my bubbly self again. I then met my first love (speed dating if you can believe it) and for the first time felt fantastic with a man. We had a lovely relationship for over a year, however I didn't face up to the niggles inside me that we weren't quite making each other happy anymore. I tried to ignore these feelings and it culminated in us breaking up.

Luckily, I was soon doing the GYS work and felt that **it was time again to assess and do some work on my love life, whilst not beating myself up for the failed relationship.** Doing this work has not been easy, it has shown me **why and how I had invented these stories around my love life and myself that are not true - they are just fears.** Through each module, I felt my guard coming down and a new kind of confidence emerging. I also love how supportive everyone is in the group and **seeing women cheer each other on is so wonderful.** I can honestly say now that I am happily single and am not fretting about how and when I will meet my soulmate.

Before I resented a close friend as she got married, now I see her relationship and think it's possible to meet the love of your life. **There isn't a limited amount of love in the world, it all starts with the love you have for yourself.** Persia and the GYS programme have really proved that's the most important thing.

Emma's Story

Emma, Switzerland



You know that moment when you wake up the day after your works Christmas party to realise that you slept with a colleague that everyone assumes is gay? No? Just me then....

This would be what can only be described as a low point for me - and the moment I reached out to Persia because I realised that my behaviours when it comes to my romantic life were not reflecting the person I really am.

My past relationship history has been "colourful"; at a very young age I was subjected to three years of domestic abuse. When I managed to escape that relationship, I was left deeply angry at men, and for the next few years made it a point to treat all men I interacted with the way I felt I'd been treated, somehow trying to gain back the power I felt I had lost in my previous relationship. But powerful was never what I felt, as these meaningless interactions only chipped away further at my self-confidence and left me feeling emptier and emptier.

When I met who would become my husband, this level of disdain for men and excruciatingly low self-esteem within me was not a good foundation to build a safe, loving and secure relationship on. My husband had issues with alcohol and drugs, and a complete disinterest in sex..... needless to say it was doomed to fail. So then I found myself divorced at 32, and someone who appeared to be terrified to be alone. In the years that followed I became a serial dater and reverted back to behaviours I'd displayed before meeting my husband, lying to myself that casual sex was empowering.... How I truly felt inside was far from this.

(Don't worry ladies – there is a happy ending to this! Bear with me!)

About two years ago I started heavily investing in my self-development, and I'd began to cool off from the dating scene, **taking more time to invest in myself and to understand who I was and what I wanted for my life.** I was feeling great in general, in terms of my attitude to life.... But where relationships were concerned, I still seemed to descend into chaos as soon as I attempted to date, classily always trying to mould the wrong men into what I wanted them to be.

One night, following the end to another disastrous relationship attempt, I was feeling totally disillusioned, crying while simultaneously scrolling through Instagram, and a notification pops up to tell me “Persia Lawson has started a live story”, I clicked, and there she was, in what felt to me, like she was speaking directly to me in that exact moment, describing how I was feeling and offering a solution of 1:1 coaching alongside her GYS program, I took it as a sign and within minutes had sent her an email asking to work with her.

Working with Persia forced me to dig very deep with regards to my feelings surrounding my experience with relationships. Some of it certainly wasn't pretty, there was a lot of shame associated with this, but she created a space free from judgement and full of understanding for me to talk openly. I feel very connected to her in many ways, as our past experiences are not too dissimilar from each other, and there's great comfort in knowing someone just “gets you”.

What started as a process wishing to gain guidance in my love life has turned into almost a complete life overhaul, as I've a greater understanding of what's important to me. This has now led to me considering a total career change and beginning my own entrepreneurial venture.

I also made the decision not to date at all and have decided to remain totally single for the time being because I finally feel I am beginning to connect with who I truly am, which has been the most rewarding experience.

Persia helped me understand my worth, that **my life is already full and complete and I have such a solid confidence that the partner I desire is on his way to me, so I don't need to desperately seek him out or worry about when, I just know it will be.**

You see, the greatest gift I have had from this experience is finally feeling proud of the woman I am, finally feeling I'm allowed to showcase who I truly am and more importantly, worthy of the love I do deserve.

My soulmate was always right in front of me and was always overlooked, but now I see and understand that my greatest soulmate resides within me.

Stephanie's Story

Stephanie, U.K.



When I first joined this program I was a heartbroken wreck of a human whom had/was experiencing the worst heartbreak I have ever & deep down I believe will ever experience.

I completely lost who I was & what life meant anymore, this may sound dramatic but it honestly was my darkest of days. I joined in the hope that something good would come from it.

I started the modules & found myself skipping parts or telling myself some of the modules weren't 'important to me.'

A couple of months later I found friendships blossoming with the one & only Hannah Houghton & Lana whom I couldn't love, admire & respect more if I tried!

They both helped me & listened when I cried & felt as though I was never going to be happy again, we have laughed together, cried together, shared secrets, opinions & so much more!

There are quite frankly not enough words on the planet to explain how wonderful a pair of humans I believe and know them to be.

I came here heartbroken having lost whom I felt was my soulmate & actually found two incredible soul sisters ♡

Following on from their advice, I found myself beginning to find myself again, **I started to be friends with myself again, I came home too myself & sat with my thoughts & feelings.**

As the time passed & the friendships continued I found myself feeling more myself than ever before.

More accepted than I had ever felt or known.

I want you all to know that love, in every glorious form is worth being insanely grateful for & before I continue I wanted to thank them both for their love, time & patience.

After finding my soul sisters & a new part of my tribe, and coming home to myself I felt it was best I was honest with myself, & with their support, love & acceptance I decided it was time to allow myself to love who I wanted, to admit I was bisexual & continue on this journey to see where it would take me.

I completed the program, correctly & with honesty & oh so many tears. It took me a while & it was still hard to swallow some parts, mistakes I had made, situations I'd been put in & people I had allowed to treat me like shit.

I accepted I was a human whom had made mistakes & allowed myself to forgive myself.

So, I started dating again, openly men & women. The universe sent me a few little twists & turns along the way -
(doesn't it always?) 😊

Then, when I least expected it I met B, my beautiful girlfriend. Who is everything I ever wanted and also everything I never knew I wanted. She compliments me more than any other person ever has. She makes me smile harder than I ever have before.

We have so much in common & are also polar opposites. We can joke around together & we are forever laughing. She brings a sense of calm to my life that I've never had before & she soothes my soul more than I could have ever dreamt a person too!

This isn't to say we have a perfect relationship, we bicker, we have found ourselves at a couple of hurdles nearer the beginning & we have definitely had to open up & express ourselves, allow ourselves to be vulnerable & trust that we will be ok!

She is fast becoming my most favourite human, and I feel incredibly lucky to have found such an honest, pure, open, love.

We are off on holiday to Florida in 6 weeks & I have never been more excited!

I want each & everyone of you in here to know that you are worth it & this program works!!

Love isn't perfect, love is still a journey & there are always going to be bumps in the road. There will never be a 'perfect' person but, she is perfect to me & she is my love.

This, is love ♡

Cristina's Story

Cristina, Germany



I am 33 years old now, and as long as I can think I used to crave for a romantic, committed relationship.

Though I would describe myself as a pretty “good catch” with lots of qualities, humour, good looks, a huge heart, I’ve not been in one since 2006 (if you would even call this one a true relationship...).

Since then I attracted men who are not willing to commit at all (at least not to me). They came in all forms but the result is the same, they just used me for their personal interests and didn’t want to commit when things got serious. They could appreciate me one day and tell me I was their soulmate, but disappear a day after without saying a word.

People never got why I was always single, but I only chose men that weren’t choosing me (or let’s say, only chose me for their interests). This scenario happened to me endless times in my life and I really wanted to change it!

Before doing Get Your Soulmate, I felt really desperate with the repeating cycle of unavailable, even abusive men I attracted. I couldn’t understand my part in it at all, though I knew somehow that I was playing a role as well.

When I discovered Persia I started to realize, that as much as I always had the choice to choose these men, I always had and still have the choice to act differently.

I always heard people say “Love yourself first!” But I didn’t know how to do so! I **now absolutely know how self-love works. It means setting**

boundaries, saying no, walking away from unhealthy people, taking care of my body and spirit, enjoying me-time, saying no to addictive behaviour.....

I told my best friend about the love coaching I would join and she was really doubtful, saying “What are you learning there, how to impress men? How to manipulate them to stay with you?”

Luckily, I knew better. **I knew that the whole program was about inner work only.**

From the first moment I came across Persia I fell in love with this woman, who is not only 100% dedicated to her clients, but also full of love and incredibly caring.

Since doing Get Your Soulmate, my life has gained a new structure and way more calmness. I have built a strong bond to my Higher Power, **knowing that whatever happens is exactly right for me and I will someday know why.** I committed to myself that I am absolutely not ready for a relationship yet, because I've not been happy and creative with my life on my own for long enough.

After 3 months I went to a Spa on my own - for the first day of my life, pampering myself. On the way home I started to cry and couldn't stop, because I **hadn't felt this alive in years!** Now I visit the Spa often and have **cultivated some other beautiful daily habits that make me happy :)**

The biggest lesson I learned from this program was that to get a soulful, committed partner, I have to become what I crave for in the first place!

It took me 7 months to realize how addictive my behaviour towards men always was and that I am definitely not stepping back! It sometimes felt like being an alcoholic, trying to persuade a friend to get the ok for that one last drink, which wouldn't harm me.

This program has been the most inspirational time I ever experienced and I am really admiring Persia for the work she is doing!

I would recommend this GYS to everyone who is willing to look inside, even if it's uncomfortable at times. It's like an operation, that first hurts but heals you in the long run.

Every woman who is experiencing an amount of pain due to unavailable partners, who is sick of the behaviour she has to take and who is willing to give her all to become happy again, should join this program.

GYS was the best investment I ever made. Friends, family, colleagues, told me that they've seen me developing like crazy during the last couple of months (mostly people who didn't know about the program).

I have done therapy since age 15 (living in Germany, I am lucky that therapies get paid by insurance), but this coaching is so actively changing your everyday life and this makes a huge difference! You have a clear step-by-step guide, which changes you deeply.

I started this program to meet the love of my life. My view shifted and I now focus on becoming my happiest, healthiest self.

I am not in a rush anymore.

I will take my time to evolve, become happy and full of life and love.

And my future husband is going to meet me on the way at the very right time. This is what I know now.

I love you Persia, you were heaven-sent!

Victoria's Story

Victoria, U.K.



If you'd asked me where my head was at back in April 2019, when I started Persia's Get Your Soulmate program, I'd have told you the following:

I was too tall for any guy I went on a date with.
I never stood up for myself in romantic scenarios.
I was successful and opinionated and therefore too intimidating to them – and too much for someone to ever want to date me more than once or twice.

That, urgh, 'what could I change?' because I was clearly destined to be on the dating scene for ever.

This program – or should I say **'working really fricking hard on myself during this program'** – and the amazing girls in the Facebook group, helped me **cherish who I am and the things I enjoy doing, the value I bring to the work I do, and the people I love.**

I am confident now that I bring joy and love and humour and value to the world and that I have a great life.

Not only this but I started a great new job 4 months ago, that I negotiated a really good pay rise for after 3 months there. I've never felt able to do that before but **I just believed in what I brought to them!!**

I am also writing this a few weeks after having stopped dating a lovely guy. Whilst we liked each other, I realised that now was not the right time for us as he was not in the right headspace for a relationship.

Deciding that that wasn't going to be particularly healthy, I suggested giving him space, which he appreciated - but I think we'd only come to that conclusion because **we'd been open and honest and vulnerable with each other from Day 1** (all things I had prioritised following GYS).

In fact, I had never realised that those 3 things could be as fun, and as important, as they were.

Crucially, I really like myself now.

I feel that one day I'll meet someone else who wants to share that - maybe next week, maybe next year, maybe in 5 years' time. Who knows.

Regardless, when it happens, **it will just be a bonus on top of what I already have.**

I feel so happy writing this. Thank you thank you 🙏❤️😊

Rachel's Story

Rachel, U.K.



I'm a 37 year old single mum and for as long as I can remember I have always been in toxic relationships, abusive relationships, volatile relationships, relationships that have always made me feel like I'm worthless, relationships where I question who I am.

Why? Because that is the way I thought life was and I was ok with that.

I was naturally the rescuer when it came to relationships, I would put so much effort into trying to help the guy I was with that when my actions were not reciprocated I would literally go into turmoil.

How can he not see what I am doing for him?

Does he not know how amazing he could be if he just let me love him?

How dare he not thank me for putting all my efforts into this relationship?

I was not living in reality, I was living for the potential and hoping he would change.

My life changed 18 months ago.

My Nan, my best friend, my family took her own life.

I have experienced death before but suicide was a whole other level.

I cracked on and was “dealing” with life.

I met someone about 2 months later and things were great, we were texting each other at least 20 times a day, were seeing each other at least 5 times a week - and this happened from the get go.

A couple of months into the intense relationship I broke down.

I suffered from anxiety, I couldn't sleep properly, I was always “overthinking”.

But, I was pouring so much attention, so much effort into the relationship I was in, but he was treating me like shit. He made no effort at all.

I tried to end it a couple of times, but he always had the right words to say. The perfect words, the words that would make me forget all the shitty behaviour. The words I loved hearing.

But his actions and investment never matched his words.

I decided to end it, I just couldn't keep pouring my love into him and trying to cope with my anxiety.

A few days later, I completely broke. I couldn't stop crying, I couldn't get into work because I physically couldn't face anyone.

I pulled up to a pub car park and lost my soul. I needed someone, I needed him.

I texted him to call me, half hour passed I didn't hear from him. So I called him, left a message in a state begging him to call me.

He said he loved me, surely he would be there for me in my darkest hour?

An hour passed and I knew I had to go in to work. So I called my HR manager and she met me. (That is another story).

I didn't hear from him that day, I didn't hear from him that week, I didn't hear from him that month.

He messaged me 5 months later asking me to meet him.

This man who wasn't there for me in my darkest hour, who never even checked in with me to see if I was ok (he would've heard my state on the phone), never showed any interest in me at all that day had just messaged 5 months later asking me to meet him.

What did I do?

Of course I met him.

WTF!!!?????!

He never apologised, didn't ask about me, nothing.

And, guess what happened?

We got back together (ohhhh how I cringe at the thought now).

During the 5 months apart, I began bereavement counselling and realised I had a problem with myself and the way I looked at things, so I had relationship counselling which was a massive eye opener.

During the first month we were together (January 2019) I came across Persia.

Everything she said resonated with me and I knew I had sign up to GYS.

Doing the first module was a wakeup call.

The first chance I had I dumped his ass.

The amount of red flags there were that I see now is unbelievable.

I could go on forever about the patterns I followed, about the red flags I saw but chose to ignore, but that is for a different day. Finding Persia and the GYS program literally saved my life. I am not over exaggerating.

My journey has been tough, the GYS program is tough, as you strip back who you are and find out some ugly truths.

But, if you're committed and you are aware now that something isn't right then you need to do this program.

Staying on the same path is easy, changing the direction and treading in unfamiliar territory is scary.

Please believe me when I say dumping that guy, healing, seeing my worth and continuing to grow has been the best thing that has happened to me.

I have been where you are and there is a light through the darkness.

I am happy, I am content, I am loving who I am, I am single.

My success story isn't about finding Mr Right, it is about finding MYSELF.

I am ready to meet him, but I'm not going to force it. The universe will tell me when it is right.

Until that day, I will continue to live my life to its fullest.

This document will be updated often, so make sure to check back regularly for new Love Stories!