

Defining happiness: Monroe consultant can help clients find real success

Krysta Gibson is happy. It's not just due to her successful consulting business, or the ever-growing journal she publishes, or the fact she is something of a celebrity in Spain, where her books sell like hot cakes and her appearances are standing-room only.

It is because she is happy with who she is.

And she can help you learn to be happy with who you are, too.

Through her business Flowing River Consulting, Gibson teaches people how to live happier lives.

"That is the overarching mission statement of everything we do," she said.

Gibson has been involved in the human potential field, as it is called among the community of people interested in helping people live their best lives, for most of her adult life.

The San Antonio native moved to Vancouver, Canada, in her 20s and worked as an employment consultant.

Then she bought the company. Although the plummet in the Canadian economy shortly thereafter rendered the business unprofitable, she remains an entrepreneur and consultant to this day.

The fact that Gibson knew nothing about journalism didn't stop her from taking the next opportunity that came her way.

The newspaper in the small community of Point Roberts, Wash, needed an editor.

So she took the job, applied her management experience to the business end of it, and learned on the fly how to sell ads, write copy, interview people, do layout and editing, and handle distribution.

A tool that helped her succeed was a technique called "What if?"

"What if I were an experienced journalist," she asked herself. "What would I do?"

She loved journalism, but felt there was other work for her. Then one day, it came to her all at once; she should move to Seattle and start a spiritual newspaper.

No matter that she had little money and no job in Seattle.

"I played 'what if?' and found that people were hungry for what I was doing," she said.

She started the New Times, and quickly it became a prominent publication. The first two years were "nip and tuck," she said, but then the readership grew to more than 40,000.

She eventually sold the paper, and Gibson pursued an interest in tarot.

There are two types of tarot, she said, one that tries to predict the future, and one that helps interpret the present. She studied and practices the later.

"I do readings about the energy surrounding a particular issue," she said. "Carl Jung was very interested in tarot, he saw symbolism in everything in our lives."

While still publishing the New Times, Gibson wrote a column, and decided for fun to do a series of 22 columns based on the major arcana of the tarot deck.

She hid the name of the card in question in each column, thinking only she knew that they were based on the tarot deck.

But others caught on, and began requesting reprints of the columns.

Among the many requests was one from Spain, that Gibson quickly forgot about.

The columns became a book, called 22 Steps to Success: Your Guide to a Fulfilling Life.

And in 2005, encouraged by readers who missed the New Times as it had been when she owned it, she started publishing a paper called New Spirit Journal.

Three years later, it has grown nearly to the size of its ancestor.

One day in 2007, Gibson got a phone call from a man with a heavy Spanish accent, asking her to do a speaking engagement in Spain.

It was the man who had requested reprinting rights nearly 10 years before. He had been publishing her columns faithfully all those years, and there was to be a conference in Barcelona soon with many spiritual leaders speaking.

Would she come?

"I thought, the worst that can happen is I'll get over there and then I'll bomb and have an all-expense-paid trip," she said.

But so popular was her talk that crowds of grateful people surrounded her in the auditorium. One talk turned into four, then into return engagements.

Her book is now being published in Spanish, and her publisher has created a series of DVDs based on her talks.

There is no doubt that Gibson has experience creating success for herself in her life, as a writer, publisher, entrepreneur, and as a fulfilled person.

Now, through Flowing River Consulting, she is making herself available to show others how to find happiness in their own lives.

Much of her consulting work revolves around helping people become successful in business, particularly spirit-based businesses like herbal therapy or energy balancing.

"People come to me who are stuck in some way, or who are just starting," she said. "What I do is find who they are, what they have done with their business, where they are."

Usually, she said, she finds people

are struggling with marketing, she said.

"Usually they're not willing to put themselves out there," she said. "I help them do that."

One of the first steps, she said, is to help her clients define success for themselves. In most cases, success doesn't look like the classic definition of material wealth, she said.

"What I find for most people, is success is nothing like that," said Gibson. "Success is happiness, usually, and happiness for me is being content."

Gibson is by her own definition, a

success. "I'm happy," she said. I am happy right now. I have a good relationship, my business supports me and what I want to do, I have a house, my car is paid for, and I feel I'm giving in society and people are giving back to me."

There are things she hopes to change, but that is good, she said.

"That's part of the excitement of life, the becoming," she said. "You don't ever want to arrive. The trick is to enjoy who you are."

To learn more about Flowing River Consulting and how Krysta Gibson

can help you find success in your personal or professional life, or to access copies of Gibson's books, newspapers, DVDs or affirmations CD, call (425) 356-7237, visit www.krystagibson.com, e-mail krysta@krystagibson.com, visit www.newspiritjournal.com, or write to Krysta Gibson at 14911 Chain Lake Rd., #431, Monroe, WA 98272.



KRYSTA GIBSON tapes a DVD in Barcelona, Spain, where her lectures on achieving personal fulfillment are very popular. Gibson's enterprises include a book on use of the Tarot to achieve success, a newspaper of spirituality, a CD of daily affirmations and a consulting business, but her chief success, she says, is personal happiness.

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