

INTERVIEW DESCRIPTION

MENU SHORTCUTS

[Interview Description](#)

[Social Media IMAGES](#)

[Email Copy](#)

[About Olga & Unmasked](#)

[STORIES](#)

[Reels/Shorts Description](#)

[Collaboration GUIDE/Links](#)

EPISODE INFORMATION

Item	Details
Episode Title	 00: When the Armor Becomes the Mask Natalie Monbiot
Episode Final Transcript (Docx)	 UNM_Marie Diamond_Final Edit Transcript
Host	Olga Karpman
Guest	Natalie Monbiot
Collaboration Link.	

Episode Description
 00: When the Armor Becomes the Mask Natalie Monbiot What happens when the identity that made you successful no longer serves you? olgakarpman.com/### Natalie Monbiot built a career at the forefront of emerging technology, helping shape the conversation around AI, digital identity, and the future of work. But behind the professional success came a deeper realization: the stories we tell ourselves can become the very things that hold us

back.

As a globally recognized AI strategist, entrepreneur, and pioneer in digital humans, Natalie has spent years exploring how technology is changing the way we work, communicate, and even understand ourselves. Yet this conversation goes far beyond artificial intelligence. It explores motherhood, ambition, identity, reinvention, purpose, and what it truly means to stay human in an increasingly AI-driven world.

In this episode of UNMASKED, Natalie shares the personal moments that transformed her perspective—from letting go of an identity built around achievement, to questioning our growing dependence on AI, to discovering that the most valuable skill in the future may simply be the ability to think, listen, and know your "why." Together, Olga and Natalie unpack the stories we inherit, the masks we wear, and the courage it takes to rewrite them.

This isn't a conversation about technology. It's a conversation about what it means to be human when everything around us is changing.

In This Episode



Key Takeaways

-

Connect with Natalie Monbiot



Website:

<https://virtualhumaneconomy.com/>



Instagram:

<https://www.instagram.com/natlikethat/>



Check out Natalie Monbiot | VHE Twin AI:

<https://virtualhumaneconomy.com/#services>

Connect with Olga & UNMASKED



Website:

<https://olgakarpman.com>



Instagram:

<https://www.instagram.com/unmasked.olgakarpman>



LinkedIn:

<https://www.linkedin.com/in/olgakarpman/>



Facebook:

<https://www.facebook.com/olgakarpman/>

Continue Your Journey:



Free E-Book – *The 7 Masks We Wear*

Discover the hidden patterns shaping your life. Download your free copy:

<https://www.olgakarpman.com/7masks>



Join the Tribe

Connect with a community committed to growth and meaningful conversations:

<https://www.olgakarpman.com/tribe>



Become an Insider

Get exclusive updates, new episodes, and special offers:

<https://www.olgakarpman.com/insider>



Guided Process

Receive Olga's Guided Process meditation and explore a 1-on-1 meditation session:

<https://www.olgakarpman.com/meditation-01>

If this episode resonated with you:



Like this video



Share your biggest takeaway in the comments



Subscribe for more transformational conversations



Share this episode with someone who needs this message today.

You can also Listen to UNMASKED on:

Spotify:

<https://open.spotify.com/show/5Gvs1LhUPTuiVbQ9RJVQym>

Apple Podcasts:

<https://podcasts.apple.com/us/podcast/unmasked/id1889624135>

Amazon Music:

<https://music.amazon.com/podcasts/49283e13-c5e3-4152-935e-edfaca671a88/unmasked>

iHeart:

<https://iheart.com/podcast/329026031/>

#UnmaskedPodcast #OlgaKarpman #MarieDiamond #Leadership #PersonalGrowth
#SpiritualGrowth #FengShuiMaster #Mindset #Transformation #Entrepreneurship #Purpose
#Resilience #Healing #SelfDiscovery #ExecutiveLeadership #Near-DeathExperience #TheSecret
#Feng Shui #DarkNightoftheSoul #Forgiveness #SpiritualAwakening #Manifestation

Email Copy

EMAIL/NEWSLETTER

Subject Line Options

- The story that no longer serves you
- What AI taught me about being human
- A conversation that went far beyond AI

Hi [First Name]

After a full day speaking at a major AI conference, I sat down with Olga Karpman for an unplanned conversation on her podcast, UNMASKED.

I expected to talk about AI twins, the virtual human economy, and the future of human–AI collaboration.

We did talk about those things.

But the conversation quickly moved somewhere much more personal.

We spoke about the difference between the version of ourselves we present on stage and the person who exists behind the scenes. I shared parts of my journey that I don't often discuss publicly: the armor I built during my years as a New York executive, the process of letting go of stories that no longer served me, and what changed when I stopped moving so fast.

Watch the full interview with Olga Karpman here:

[Insert YouTube Link]



One idea has stayed with me since recording:

A story doesn't have to be bad for you to let it go. It may simply belong to a different season of your life.

In This Conversation we talked about:

- ✓ How ambitious women navigate career, relationships, and identity;
- ✓ Why I believe AI should expand human potential rather than replace human thinking; the risks of outsourcing too much of our cognition to AI systems;
- ✓ Why purpose and emotional intelligence may become the most valuable skills of the AI era.

Olga has a gift for creating conversations that feel less like interviews and more like genuine exploration. I left the recording feeling both energized and unexpectedly seen.

As a special gift from Olga, you can also download her complimentary eBook designed to help you begin your own journey of deeper self-discovery.

Download your Gift here:

[\[Get my Copy Now\]](#)

You can also stay connected with Olga and discover more episodes of Unmasked through the links below:

 Website:
<https://olgakarpman.com>

 Instagram:
<https://www.instagram.com/unmasked.olgakarpman>

 LinkedIn:
<https://www.linkedin.com/in/olgakarpman/>

 Facebook:
<https://www.facebook.com/olgakarpman/>

I hope our conversation leaves you feeling inspired and reminds you that every challenge holds the potential for transformation.

With Love and Joy,

Natalie Monbiot

About Olga Karpman & Unmasked

Who Is Olga Karpman?

Approved Images



About Olga

Olga Karpman is the creator of [UNMASKED](#) — a podcast and YouTube show dedicated to the conversations most people never have out loud. Each episode goes beneath the surface of identity, transformation, and the human experience.

She is the co-founder and executive producer of [Dream Big Podcast](#) — the #1 kids and family podcast on iTunes with over 3M+ downloads and conversations with *Kobe Bryant*, *Simon Sinek*, *Mel Robbins*, *Mark Cuban*, and dozens more names recognized globally.

Over the last decade, Olga has also built one of the largest transformational communities in the Russian-speaking world — becoming a sought-after international speaker and entrepreneur across two continents.

She believes the most important conversation you'll ever have is the one that brings you back to yourself.

What is UNMASKED?

[Thumbnail of the SHOW](#)

What is UNMASKED?

UNMASKED is a podcast about what lives beneath the surface of success, ambition, and the roles we play in life.

Through honest, deep conversations with entrepreneurs, thinkers, creators, and public figures, Olga Karpman explores transformation, awakening, and the moments that change how we see ourselves and the world.

 unmasked.olgakarpman.com

Where to Find Us

PLATFORM	Links
Visit the Main Website	olgakarpman.com
GIFT: e-book “The 7 Masks We Wear”	olgakarpman.com/7masks
GIFT: Guided Process (Meditation)	https://www.olgakarpman.com/meditation-01
INSIDER (for Exclusive Updates)	olgakarpman.com/insider
Join the Tribe (Community)	olgakarpman.com/tribe

UNMASKED Podcast Platforms

PLATFORM	Links
YouTube	youtube.com/@Unmasked.OlgaKarpman
iTunes	podcasts.apple.com/podcast/unmasked-575abf94-304a-4ca3-b841-5f3ff60a485b/id1889624135
iHeart	heart.com/podcast/329026031/
Amazon	music.amazon.com/podcasts/49283e13-c5e3-4152-935e-edfaca671a88/unmasked
Spotify	open.spotify.com/show/5Gvs1LhUPTuiVbQ9RJVQym

Social Media Platforms

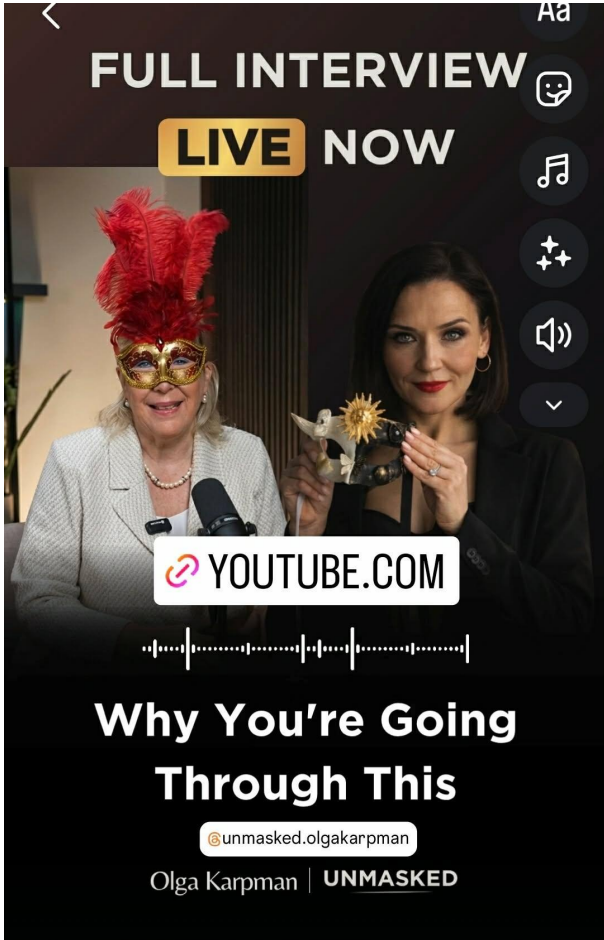
PLATFORM	Links
Instagram	instagram.com/unmasked.olgakarpman
LinkedIn	linkedin.com/in/olgakarpman/

Thread	threads.com/@unmasked.olgakarpman?hl=en
Facebook	facebook.com/olgakarpman/

STORIES

We have prepared a **Promotional Stories** that you can post:

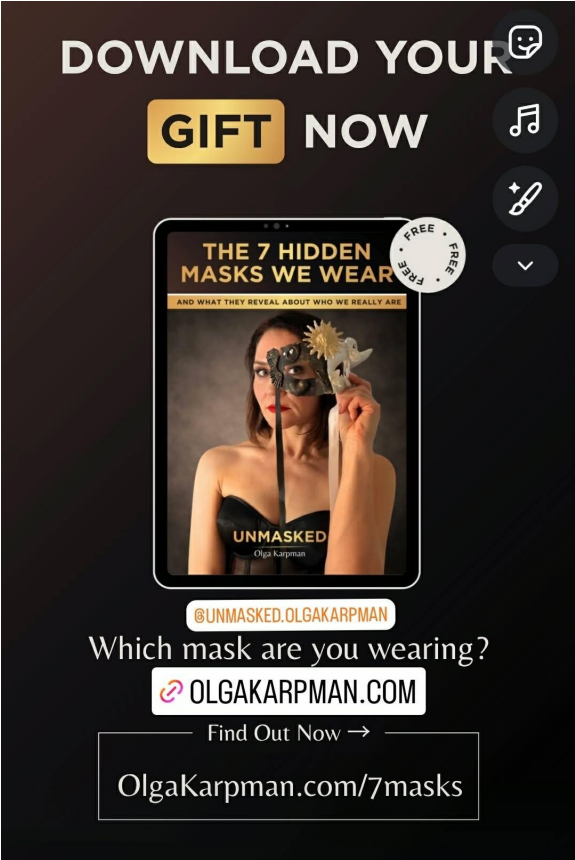
1. **[STORY: EPISODE ANNOUNCEMENT](#)**

LINK OF THE EPISODE	
FULL EPISODE: https://www.youtube.com/watch?v=5Y1T1Nw6cHE	
OLGA KARPMAN IG: @unmasked.olgakarpman	
	Please tag Olga Karpman's profile and link the Full episode: NOTE: This is just a sample format.

2. [STORY: PROMOTE OUR E-BOOK](#)

HELP US PROMOTE OUR E-Book

7 Mask We Wear E-Book Link: <https://www.olgakarpman.com/7masks>
OLGA KARPMAN IG: [@unmasked.olgakarpman](#)



Tag IG [Olga Karpman's](#) profile and our [lead magnet](#) page to help us grow our email list.

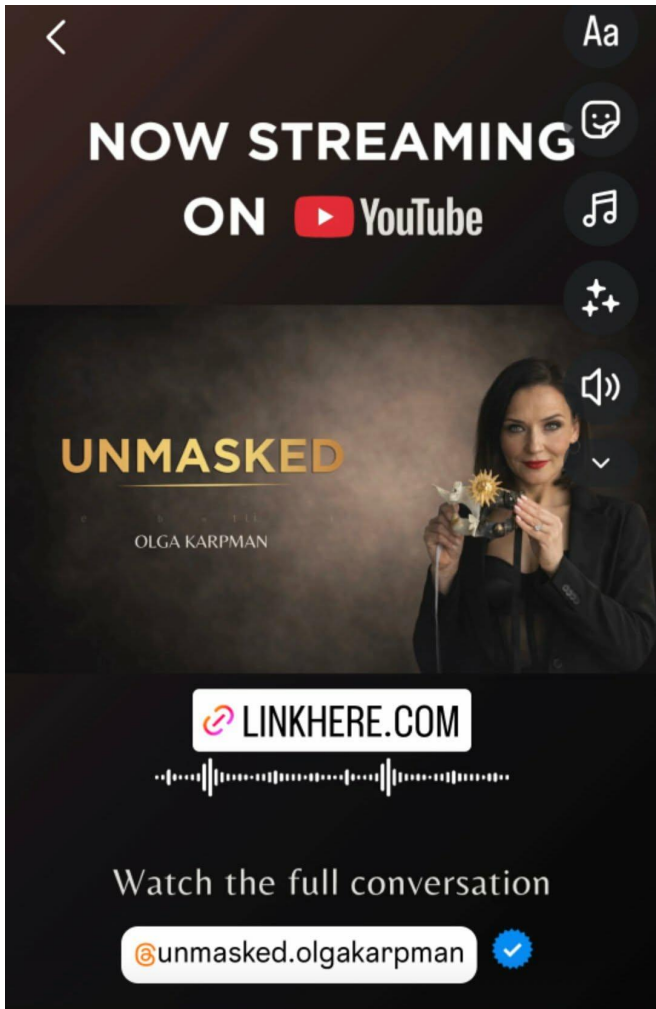
NOTE: This is just a sample format.

3. [STORY: INVITATION FOR SUBSCRIPTION](#)

HELP US GROW OUR CHANNEL

UNMASKED YT CHANNEL:
<https://www.youtube.com/@Unmasked.OlgaKarpman/videos>

OLGA KARPMAN IG: [@unmasked.olgakarpman](#)



The image shows a vertical Instagram story template. At the top, it says 'NOW STREAMING ON YouTube' with the YouTube logo. Below this is a video thumbnail of Olga Karpman holding a microphone, with the word 'UNMASKED' in large yellow letters and 'OLGA KARPMAN' in smaller white letters below it. To the right of the video is a vertical sidebar of icons: a back arrow, a text box 'Aa', a speech bubble, a music note, a plus sign, a volume icon, and a dropdown arrow. Below the video is a 'LINKHERE.COM' logo with a red link icon. Underneath the logo is a white audio waveform. At the bottom, it says 'Watch the full conversation' above a white pill-shaped button containing the Instagram handle '@unmasked.olgakarpman' and a blue verified checkmark icon.

Please tag IG [Olga Karpman's](#) profile and link Olga Karpman's [YouTube Channel](#)

NOTE: This is just a sample format.

4. [STORY: ANNOUNCEMENT 2](#)

HELP US GROW OUR CHANNEL

FULL EPISODE: <https://www.youtube.com/watch?v=5Y1T1Nw6cHE>

OLGA KARPMAN IG: [@unmasked.olgakarpman](#)



Please tag [Olga Karpman's profile](#) and [link the Full episode](#):

NOTE: This is just a sample format.

Reels/Shorts Description

Reels/Shorts Description

1.  Marie Diamond_Assets_SHORTS 01.mp4

INSTAGRAM REELS

Forgiveness isn't something we do once. It's a practice we return to, again and again.

In my conversation with [@unmasked.olgakarpman](#), we talked about how easily we carry yesterday into today—our judgments, our regrets, the moments we wish had gone differently. Over time, those things become heavier than they need to be. When we choose to forgive ourselves, we create space to move forward with greater balance, clarity, and compassion.

Healing isn't about pretending the darkness never existed. It's about acknowledging it, learning from it, and allowing it to become part of a more complete and conscious life. The more healing we do within ourselves, the less we pass forward to the generations that follow.

I'm grateful to have shared this conversation with Olga, and I hope it offers something meaningful to you as well.

Watch the full conversation through the link in [@unmasked.olgakarpman](#)'s bio, and let us know in the comments: What is one thing you're ready to forgive yourself for today? ❤️

#MarieDiamond #UnmaskedPodcast #Forgiveness #SelfForgiveness
#HealingJourney #PersonalGrowth #SelfAwareness #ConsciousLiving
#EmotionalHealing #InnerPeace #Transformation #OlgaKarpman

YouTube SHORTS

Forgiveness is a practice we return to throughout our lives.

In this conversation with Olga Karpman, I share why healing begins when we stop carrying yesterday into today. Every moment of self-forgiveness creates more space for peace, clarity, and a deeper connection with ourselves.

If this conversation resonated with you, stay connected with Olga and UNMASKED:

 Website:

<https://olgakarpman.com>

 Instagram:

<https://www.instagram.com/unmasked.olgakarpman>

 Facebook:

<https://www.facebook.com/olgakarpman/>

 **Watch the full conversation on UNMASKED here:**

 <https://www.youtube.com/watch?v=5Y1T1Nw6cHE>

As a special gift from Olga, you can also download her complimentary eBook designed to help you begin your own journey of deeper self-discovery.

Download your Gift here:

[\[Get my Copy Now\]](#)

Watch the full conversation on Unmasked and let me know in the comments: What is one thing you're ready to forgive yourself for today? ❤️

#MarieDiamond #UnmaskedPodcast #OlgaKarpman #Unmasked #SelfForgiveness #Forgiveness #HealingJourney #PersonalGrowth #SelfAwareness #EmotionalHealing #InnerPeace #ConsciousLiving #Mindset #SpiritualGrowth #Transformation

2. UNM_Marie Diamond_SHORTS_Is Your Space Supporting Your Depression_.mp4

INSTAGRAM REELS

Many people focus on changing their mindset when they want to transform their lives.

In my conversation with [@unmasked.olgakarpman](#), we explored another piece that is often overlooked: your environment.

Your home is constantly influencing your thoughts, emotions, and energy. The colors you choose, the amount of natural light you receive, and the objects you surround yourself with all send messages to your subconscious every single day.

When I began making intentional changes to my own space, I noticed that it became much easier to move through a difficult period of my life. My environment didn't solve my challenges for me, but it supported the inner changes I was already making.

Transformation isn't only about changing what's happening within you. It's also about creating a space that supports the person you're becoming.

I'm grateful to have shared this conversation with Olga, and I hope it encourages you to look at your own environment in a new way.

Watch the full conversation on UNMASKED through the link in [@unmasked.olgakarpman](#)'s bio.

#MarieDiamond #UnmaskedPodcast #FengShui #HomeEnergy #PersonalGrowth

#Transformation #IntentionalLiving

YouTube SHORTS

The space around you quietly shapes the life within you.

In this conversation with Olga Karpman, I share how transforming my environment became part of my own healing journey. Sometimes the smallest changes—a little more light, warmer colors, or surrounding yourself with what inspires you—can gently shift the way you see yourself and what's possible.

If this conversation resonated with you, stay connected with Olga and UNMASKED:



Website:

<https://olgakarpman.com>



Instagram:

<https://www.instagram.com/unmasked.olgakarpman>



Facebook:

<https://www.facebook.com/olgakarpman/>



Watch the full conversation on UNMASKED here:



<https://www.youtube.com/watch?v=5Y1T1Nw6cHE>

As a special gift from Olga, you can also download her complimentary eBook designed to help you begin your own journey of deeper self-discovery.

Download your Gift here:

[\[Get my Copy Now\]](#)

Watch the full conversation on Unmasked and let me know in the comments: What's one small change you could make to your space that would support the life you're creating? ❤️

#MarieDiamond #UnmaskedPodcast #OlgaKarpman #Unmasked #FengShui
#YourHomelsAVisionBoard #PersonalGrowth #SelfAwareness #HealingJourney
#Mindset #ConsciousLiving #HomeDesign #IntentionalLiving #Transformation
#PositiveEnergy

3. 📺 Marie Diamond_SHORTS_Died at 15 and Came back with a Mission.mp4

INSTAGRAM REELS

When I was 15 years old, I had a near-death experience that changed the direction of my life.

At the time, I couldn't fully understand what it meant, but I left that experience with a deep sense that my life had a purpose. That inner knowing stayed with me through many challenges and became something I returned to whenever life felt uncertain.

I recently had the pleasure of talking with [@unmasked.olgakarpman](#) on **UNMASKED**, where we explored this experience, the lessons it taught me, and how difficult moments can shape the path we're here to walk.

I hope this conversation encourages you to look at your own journey with fresh eyes. Sometimes the experiences we would never choose become the ones that teach us the most.

 Watch the full conversation through the link in [@unmasked.olgakarpman](#)'s bio.

#MarieDiamond #UnmaskedPodcast #NearDeathExperience #Purpose
#PersonalGrowth #Transformation #SelfDiscovery #FengShui #OlgaKarpman

YouTube SHORTS

There are moments in life that change everything.

When I was 15 years old, I had a near-death experience that completely transformed how I see life. During that experience, I felt there was a greater purpose waiting for me—even though I couldn't yet understand what it would become.

Looking back, I realize that experience gave me hope during some of my darkest seasons. It reminded me that even when we cannot see the path ahead, life may be preparing us for something far greater than we can imagine.

I recently had the pleasure of sharing this story with **@Olga Karpman** on **UNMASKED**, where we explored purpose, transformation, and how our most difficult moments can become the beginning of a new chapter.

 **Watch the full conversation on UNMASKED here:**

 <https://www.youtube.com/watch?v=5Y1T1Nw6cHE>

As a special gift, Olga is also offering a complimentary eBook to support your own journey of self-discovery.

 **Download your free copy:**

 [\[Insert eBook Link\]](#)

#MarieDiamond #OlgaKarpman #UnmaskedPodcast #Purpose #Transformation
#PersonalGrowth #NearDeathExperience #SpiritualGrowth #Leadership

#SelfDiscovery #Mindset

Collaboration GUIDE/ Links

YouTube Collaboration Guide

Thank you for helping us share this conversation with your audience!

We've included a selection of approved YouTube collaboration links for this interview.

How it works

1. Make sure you're logged into your **official YouTube account** before clicking the link.
2. Click the collaboration link provided for our best-performing videos.
3. Accept the collaboration invitation.
4. Once accepted, the video will appear on your channel and reach your subscribers automatically. No uploading or editing required — the videos are final and ready.

If you have any questions or run into any issues, please reach out to our team:

hello@olgakarpman.com or WhatsApp: +63 935 898 4288 (look for Zia) . We're happy to help.

Collaboration Links

Natalie Monbiot - Full Interview

No.	Full Interview on Unmasked YouTube Channel	Collaboration link for approval
1	Why Your Darkest Night May Be the Beginning of Your Greatest Life Natalie Monbiot	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aV-AQt8SjVnGHX7hJ-licA

Natalie Monbiot - Video CLIPS

No.	Clip on Unmasked YouTube Channel	Collaboration link for approval
1	Why High Achievers Feel Alone at the Top: Navigating the Dark Side of Success with Natalie Monbiot	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aV-AQt8SjVnGHX7hJ-licA
2	Why Your "Darkest Night" is the Key to Your Next Level of Leadership	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aV-AQt8SjVnGHX7hJ-licA
3	How to Silence Your Ego & Trust Your Intuition Natalie Monbiot on Awakening Your Soul's Voice	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aV-AQt8SjVnGHX7hJ-licA
4	Heal Yourself & Future Generations Natalie Monbiot on Forgiveness & Breaking Family Patterns	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aV-AQt8SjVnGHX7hJ-licA

Natalie Monbiot - Video SHORTS

Below are collaboration resources available for your review. Please use any that best support your content and feel free to include as many as you'd like.

No.	Short on Unmasked YouTube Channel	Collaboration link for approval
1	What does it take to forgive someone who never stopped hurting you?	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
2	Even as a child, she trusted that her soul knew something she didn't	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
3	When it feels like there's no way out — there is.	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
4	We used to go through difficult times alone. We don't have to anymore.	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
5	There is not a straight path forward. The path is up and down.	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
6	I chose pole dancing. It changed everything about how I see myself.	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
7	The dark night of the soul isn't a breakdown. It's a becoming.	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
8	For me pole dancing is not just movement, it's my therapy.	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
9	Even in the darkest times... I trusted myself	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
10	Awakening isn't always celebration. Sometimes it's sitting with your shadows.	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
11	When I Started Saying This... I Left the Matrix	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA

12	<u>Even in the brightest times, remember who you are.</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
13	<u>If you do a certain thing, does it bring you down or lift you up?</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
14	<u>The first thing we need to change... is our self-judgement.</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
15	<u>After my near-death experience, I returned to enlighten millions of people.</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
16	<u>Nobody talks about this daily practice. But the moment you skip it, you feel it.</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
17	<u>I Worked on Me. Now My Kids Win in Life</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
18	<u>Is your room helping you heal... or keeping you stuck?</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
19	<u>The body can be weak. But the soul is unbreakable.</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
20	<u>There's always a way out. Always.</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
21	<u>Your Home Is Quietly Creating Your Future</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
22	<u>Start with your space... everything else will follow.</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA
23	<u>Your Brain Reacts to Your Room More Than You Think</u>	https://studio.youtube.com/channel/UCXjNJRAmwUN5WpB0asq2BHA/collaboration/UC4aVAQt8SjVnGHX7hJ-licA

CLIPS DESCRIPTION

CLIPS Posting Description

YOUTUBE POST

VIDEO LINK: [Download the Video Here](#)

THUMBNAILS: [See all Thumbnails](#)

When you're feeling uncertain about your future, the answer isn't always to do more. Sometimes it's to create space for clarity.

In this conversation with Olga Karpman on Unmasked, I share two simple practices that have helped thousands of people reconnect with their next chapter: activating your Success Direction through Feng Shui and releasing the emotional energy of the past through a forgiveness ritual.

When your environment supports your vision and your heart is ready to let go, you naturally create space for new opportunities to enter your life.

✨ In this conversation, you'll discover:

- How to activate your personal Success Direction using Feng Shui
- Why your environment influences your confidence, clarity, and future
- A simple forgiveness practice to release the past and move forward with greater ease

📖 Continue Your Feng Shui Journey

Your Home Is a Vision Board

Learn how your home can become one of your greatest tools for creating success, abundance, and fulfillment.

🌐 Website:
<https://www.mariediamond.com/>

📱 Download the Natalie Monbiot App:
<https://www.mariediamond.com/app>

📷 Instagram:
<https://www.instagram.com/mariediamondofficial/>

🎧 Watch the Full Conversation on UNMASKED

I'm grateful to Olga Karpman for creating a space for conversations that explore what lies beneath our success, our challenges, and our personal transformation.

Connect with Olga & UNMASKED:

 <https://olgakarpman.com>

 <https://www.instagram.com/unmasked.olgakarpman>

 <https://www.facebook.com/olgakarpman/>

 <https://www.youtube.com/@Unmasked.OlgaKarpman>

As a special gift, Olga is offering a complimentary eBook to help you begin your own journey of deeper self-discovery.

Download your Gift here:

[\[Get My Copy Now\]](#)

 I'd love to hear from you:

What is one thing you're ready to release so you can move forward with greater clarity?

#MarieDiamond #FengShui #YourHomelsAVisionBoard #OlgaKarpman
#UnmaskedPodcast #LawOfAttraction #PersonalGrowth #Forgiveness
#SuccessMindset #Leadership #Transformation #Mindset #Energy #Manifestation

LinkedIn Post

One of the questions I hear most often is:

"How do I find clarity when I don't know what's next?"

Many people assume the answer is to think harder.

I have found that clarity often begins somewhere else.

Our environment influences how we think, how we feel, and ultimately how we make decisions. When our space supports us, it becomes easier to recognize opportunities, reconnect with our vision, and move forward with confidence.

There is another part of this process that is just as important: letting go of what no longer belongs in your future.

One practice I often recommend is writing a forgiveness letter—not necessarily to send, but to release. By acknowledging the experiences, disappointments, or failures you've been carrying, you create space for new possibilities to emerge.

These are some of the ideas I had the pleasure of exploring with [@Olga Karpman](#) on UNMASKED. We talked about how small changes in your environment, combined with intentional inner work, can create meaningful shifts in both your personal and professional life.



Watch the full conversation on UNMASKED here:

<https://www.youtube.com/watch?v=5Y1T1Nw6cHE>

As a special gift, Olga is also offering a complimentary eBook to support your journey of deeper self-discovery:



Download your free copy here:

<https://www.olgakarpman.com/7masks>

I'd love to hear your perspective:

When you're facing uncertainty, what helps you find clarity?

#Leadership #PersonalGrowth #DecisionMaking #ExecutiveLeadership #Mindset
#SelfLeadership #FengShui #Transformation #ProfessionalDevelopment
#OlgaKarpman #UnmaskedPodcast #MarieDiamond

Facebook Post

How do you find clarity when you don't know what's next?

One of the most powerful tools we often overlook is the space around us. Our environment has a profound influence on how we think, how we feel, and how we move forward.

In my conversation with [@Olga Karpman](#) on UNMASKED, we talked about simple Feng Shui practices that can help create more clarity during times of transition. I also shared one of my favorite exercises—a forgiveness letter—to help release the energy of the past and create space for new possibilities.

Sometimes, a small shift in your environment and your mindset is all it takes to begin seeing your future differently.



Watch the full conversation on UNMASKED here:

[\[Insert YouTube Link\]](#)

As a special gift, Olga is also offering a complimentary eBook to support your journey

of deeper self-discovery:



Download your free copy here:



[\[Insert eBook Link\]](#)



I'd love to hear from you:

What helps you find clarity when you're facing an important life or career decision?

#MarieDiamond #OlgaKarpman #UnmaskedPodcast #FengShui #PersonalGrowth
#Leadership #Mindset #Transformation #SelfAwareness