

## Featured Interview: Ali Skiba on Daring to Dream

This month, we're thrilled to introduce a woman whose story has stirred something deep within our community: **Ali Skiba** – breathwork facilitator, sound healer, vocal activation guide, and soul-led mentor.

Ali's path from high-flying San Francisco tech executive to spiritual entrepreneur and creative artist is nothing short of extraordinary. After years of climbing the corporate ladder at companies like Fitbit and Sony PlayStation, she found herself feeling unfulfilled, disconnected, and burned out. A one-way ticket to Panama changed everything — launching her into a wild and soulful quest across continents in search of healing, purpose, and truth.

What followed could be described as her own version of *Eat, Pray, Cry, Eat, Repeat* (as she calls it!) — a journey that took her from the depths of Ayahuasca ceremonies in Peru to a sound healing training in an Indian ashram, before landing in Bali, where a single breathwork session cracked her heart wide open.

Ali eventually made her way to Manly with little more than a backpack, a guitar, and 6 kilos of Tibetan singing bowls. Today, she runs a thriving wellness business offering mentorships, voice activation courses, corporate events, and transformational healing experiences. She travels the country performing and facilitating at festivals, and this June, she's releasing her debut album — a powerful embodiment of the healing power of voice.

Ali's story is not just inspiring — it's a reminder of what becomes possible when we stop living on autopilot and start listening to the quiet whispers of our soul.

In our conversation below, Ali shares the moment she knew she had to walk away from the life she built, the fears she faced when choosing a new path, and what it truly means to live in alignment with your purpose. If you've ever wondered what it would feel like to follow your heart — even when it makes no sense on paper — Ali's story is the sign you've been waiting for.

### **Ali, was there a moment that felt like a breaking point — one that lit the spark for your transformation?**

It was an accumulation of many moments, but one stands out vividly.

I'd just pulled another 10-hour day at the office, wrangling engineering tasks for software teams with an endless to-do list that seemed to only grow. I shut my laptop and boarded a packed train, surrounded by fellow corporate souls - some hunched over their phones doom-scrolling, others asleep, and a few still typing away on their laptops (likely working on their own never-ending to-do lists).

As I looked around, I felt this deep knowing in my heart and soul that there *had* to be more to life than this hamster wheel I'd been spinning on for so many years. I looked down and noticed my boots were falling apart - pleather peeling, the soles worn thin. It hit me: I'm making six figures in a job I can't stand, and despite having all the money I thought I needed, here I am in broken boots watching the *souls* slowly fall off - much like my own.

And as I tiptoed around a homeless man sleeping on the bus, stepping over a trail of urine, I decided: enough. I went home that night and vowed to program-manage myself onto a new path - even though I had no idea what that path looked like.

### **When you started down that new path, what fears did you face — and how did you move through them?**

The biggest fear? Financial stability - huge.

I was also terrified of being seen going against the grain, especially after being labeled a “wild success” by friends and family. What would they think? I’d spent what felt like my whole life crafting this corporate persona. I had no idea how I could possibly earn money any other way.

The second fear - just as big, but more hidden - was around needing support from others. I had such a deep fear of being taken care of. As a little girl, I promised myself I would make it on my own. I wouldn’t rely on a man, and I definitely wouldn’t depend on anyone else for my success or survival. That fierce independence drove me to pursue an Electrical Engineering degree - I wanted to prove I could thrive in a male-dominated field, completely self-sufficient. It was me against the world.

So the idea of pivoting into a path where I’d have to need others - to show up for my classes, book my workshops, support my vision - was terrifying. It felt vulnerable to ask, to receive, to allow others to care. I equated needing help with weakness, and feared that leaning on anyone would mean losing my power or autonomy.

But the deeper I went, the more I realised that wasn’t weakness at all - it was my soul’s calling. I began to understand that I wasn’t just shifting careers; I was stepping into a life of greater authenticity and purpose. I had to acknowledge that I actually had something to offer - gifts I’d buried beneath layers of logic and productivity. Dare I say... magic.

I had to trust that my voice, my presence, and my work had real value - and that allowing myself to be supported was not a failure, but a part of reclaiming my wholeness. It was a sacred initiation into co-creation, into honouring the beautiful balance of giving and receiving - and into finally letting life hold me, too.

### **What has this path taught you about self-worth and surrender?**

This path - from corporate exec to soul-preneur - has been about peeling back layers of societal conditioning and letting go of the burden of “doership.” I had to learn to surrender, to be guided by a force greater than myself, and to trust my inner knowing even when it defied logic and reason.

I was terrified of the unknown, but the pain of staying put became far greater than the fear of change. I learned to *feel* again - after years of numbing and putting on a brave face, thinking that’s what it meant to be a strong, successful woman. I discovered that my softness, my feminine energy, could be my superpower.

The more I leaned into what felt *good*, the more the Universe showed up to support me. I started to trust the whispers of my soul, and the more I surrendered, the more aligned people, opportunities, and miracles appeared.

Most importantly, I realised: we don't get what we *want* - we get what we believe we're *worthy* of. I had to take a long, honest look at my beliefs and behaviors and consciously craft a new reality. I had to *believe* I was worthy of the life I dreamed of - and that it was possible

### **What does living an aligned, soul-led life mean to you now?**

To me, living a soul-led life means living in resonance with my deepest Truth. Life is like an instrument - our job is to discover our highest frequency, align with it, and play it boldly and beautifully in service to humanity.

When we're in tune with our truth, we become living instruments of love and purpose. That's alignment: not chasing, but allowing. Not forcing, but flowing. And from that space, life becomes art.

### **If you could speak to the version of you still sitting at her desk in San Francisco, what would you tell her?**

I'd tell her: *Your wildest dreams haven't even been dreamed yet. And they're waiting for you - just on the other side of your greatest fears.*

Dare to dream. Anything is possible.

### **What would you say to the woman reading this who feels like she's "too late" to change her life?**

I'd invite her to question where that thought is even coming from. *Too late...* according to what? According to whom?

Thoughts like these aren't helpful - they're often just clever excuses to avoid trying. But the truth is, we are creating our reality with every thought we entertain. So take stock of your beliefs. Ask yourself: *Are these thoughts expanding me or limiting me?*


As vibrational beings, we're constantly emitting signals into the field - and those signals reflect what we believe is possible and what we believe we're worthy of. The moment you shift that inner signal, you begin to attract new realities into your life.


Make tending to your vibration your #1 priority. From that place, watch how a higher power steps in... and miracles begin to unfold.

Ali's journey reminds us all that it's never too late to rewrite your story — and that the life you dream of is waiting for you to say yes. Here's to more soul-led living, more softness, and more power in surrender.

**Want to dive deeper with Ali? Here's how you can connect with her:**

 **Listen to the Podcast:**

 *You can listen to more of Ali's story and teachings on her website and podcast appearances here: [melodiousyogi.com/media](https://melodiousyogi.com/media)*

 **Work With Her 1:1 or Join a Workshop:**

From intuitive mentorship to transformational workshops, Ali offers powerful spaces for women to reconnect with their voice, vision, and worth.

*Learn more about her offerings and upcoming events at: [melodiousyogi.com](https://melodiousyogi.com)*

 **Follow Along:**

Find her wisdom, warmth, and wild honesty on Instagram [@melodiousyogi](https://www.instagram.com/melodiousyogi)