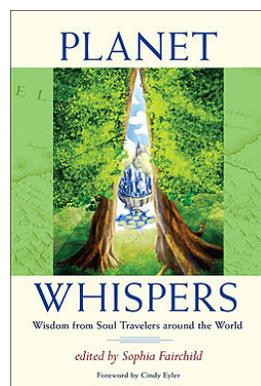




Getting to know the Authors of

Planet Whispers

Wisdom from Soul Travelers around the World



Angela Talarico ~ Sudbury, Ontario, Canada

www.angeltherapist.org

SWP: Where are you from?

I was born and raised in Sudbury Ontario. As a child we travelled more than the average household. This allowed me to appreciate and recognize how beautiful this planet really is!

SWP: What do you do to unwind and relax?

As a sensitive individual, I really crave and look forward to my alone time. A sea salt bath with rose quartz crystal in the water allows me to nurture my own body and soul with love when I have giving all day long. Also, my daily nature walks. I not only crave this time, but also seek it when I feel worn out, confused or just need a little boost of inspiration.

SWP: What are you most proud of accomplishing so far in your life?

By far, I feel that the experience of childbirth has been the most magical and transformational part of my life. It inspired great change within me. Changes I always wanted to make but procrastinated like most of us do. My son continues to inspire me in ways I never thought possible!

SWP: What inspires you to write and why?

Nature inspires me! During my nature walks, I often tote my journal with me and sit by the water under the shade of a tree, connect and write whatever or whoever comes through. My chapter in this book is made up of excerpts from my journal through the stages of my pregnancy tied in with the events that were occurring around me at the time.

SWP: How long have you been writing?

Well, I have been journaling for quite some time, and this will be my first time being published.

SWP: What inspired you to write your chapter for *Planet Whispers*?

My pregnancy was the most amazing experience to date. I tell you, the bar is set pretty high now! So, I felt like it was a great story to tell coupled with the fact that it was a book about our planet, I felt a calling to share my story. Being the nature junkie that I am!

SWP: What are your thoughts on being part of this anthology of writers?

I feel blessed and honored to be a part of such a beautiful group of writers.

SWP: How did you come up with your title?

Well, I did change it a few times, and nothing felt right. So, like I do with other issues in my life, I meditated on it, and allowed the answer to come. "Into the Light" instantly felt right, as it not only represented my own growth spiritually, but my unborn baby emerging from the womb into our world.

SWP: Is there a message in your chapter that you want your readers to grasp?

Fear cripples us. If you partner with nature, and anchor yourself in faith, miracles really do unfold right before your eyes.

SWP: Where do you see yourself in 5 years?

Well, I keep my heart open to walk forward in my life purpose. Since writing this chapter, I have received guidance to enroll in a Theta Healing® course (which I never even heard about until my angel mentioned it). This life is an adventure and I continue to take the steps one at a time.

SWP: If you could leave your readers with one bit of wisdom, what would that be?

Trust in the beautiful shining light that is within you! Lately I find a lot of my clients are searching so much in their outer atmosphere for answers to whatever it is they are seeking. One thing I can't emphasize enough is: YOU are beautiful, powerful and wise. The answer is always there, are you listening? Quiet your mind, stop the outer search for answers and look within.

SWP: Where can we purchase the book?

www.angeltherapist.org or 444lovelight@gmail.com