



Getting to know the Authors of

Soul Whispers III

Soul Wisdom for Living the Life of Your Dreams



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

To follow my dream and soul guidance to fulfill my commitment in 2008 that I wrote to the universe, to attend and finally meet my mentor, and complete Denise Linn's Soul Coaching® course in America. From leaving everything I know, living safely and routinely for 48 years to trusting in something unknown, unseen. But it felt so strong I was drawn daily to pursue it. Trusting (OMG so many past betrayals kept the self-doubts replaying) that my family would be okay without me, that they would still be there when I returned, that I would be strong enough to cope, have enough money, be safe, it wouldn't be a farce etc. Overcoming all my inner child fears, bullying, beliefs,

limitations and negative memories to be able to live in the moment, each day trusting the universe to provide and protect me always. One huge lifetime month to find ME! Have you heard the song 'I've been to paradise but I've never been to me' (my words – 'everyone else' instead of 'paradise'). This was me finding ME! It was amazing, inspiring and I am so grateful for how my Soul finally got my attention and organized it all when I finally 'got my controlling fingers out of it' and trusted the universe to provide. Then my soul, my body and my life changed forever, and continues to do so.

SWP: When did you first know you could be a writer?

I have always taken notes and am writing more notes all the time, pieces of paper and written notes everywhere and not knowing the reason behind it, never wanting to type it out just handwritten all the time, like an addiction. Then while on the Soul Coaching course, I had a Past life regression in which I was a writer in the book of Kels 700 BC. I didn't know anything about this book of Kels but I described the whole thing in detail; then when my Soul coach friend showed me the details on the internet, I was blown away. I was writing the truth for all people to have access to and not be dominated by the religious order of the time. This is what I am doing today, as well teaching and coaching people to uncover the truth of their soul, inner child beliefs and to live their truth passionately.

SWP: What inspired you to write your chapter for Soul Whispers III?

It was in the back of my mind, on the bucket list, always wanting to write a book. But too many self-doubts blocked me from beginning. I started many times but self-sabotage is a bitch. Then last year the email came from Sophia inviting soul coaches to participate in this book. One of my mantras is: "There are 2 times in your life, right now or too late, live without regret!" Stephen Covey and Bronnie Ware said "never get to your deathbed with regrets; it's never what you did in life, it is always what you didn't do or say that eats you up, but by then it is too late to change." So here I am at the end, at the completion of my dream goal. It's such an amazing feeling, sensation and gratitude to my Self and inner child on the completion of my dream goal.

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

To do the Gratitude and Surrender Journal and burn or shred the ugly bits every day as a gift to yourself and then witness the miracles the universe gifts back to you. In the past, we had diaries with locks on them and we wrote our honest emotions in these, trusting no one would read them. How many people committed suicide or were on drugs to numb the guilt or shame back then compared to these days? Our childhood beliefs hold us in a magnetic force field with the wounded inner child constantly bringing people or situations to us reminding us of the unresolved past memory so that we can learn the lessons, and freeing the memory to move us to the next stage of living. It was said "never cross the path of a scorned woman" but in my practice, I am realizing "never cross the path of the wounded inner child." Some people have amazing stories about these memories replaying unconsciously, running out of control until they have a Soul Journey or Wounded Inner child journey to uncover

and change the memory and then change their future. We are the only ones who can rescue our own Inner child and change the past perception to have a brilliant future. I hold private sessions and teach this process to clients. Stop talking about it and, as Nike said, 'Just do it!'

SWP: Where do you see yourself in five years?

1. As a Speaker to groups around the Australia and the world. It isn't just about prevention; you need to be able to clear the Wounded Inner child cellular memory with the emotion that is stored in the body. Otherwise the negative emotion unconsciously becomes the time bomb or triggers the person to repeating the same thing later on to others, hurting yourself and others.
2. I want to be sponsored by philanthropists to change the world, by allowing the people to access my sessions or resources. I love this quote by Bill Wilson: "To the world you are one, but to one, YOU are the world." I hope to bring to that 'one' person a Soul clearing and message to keep that person here on the earth plane to live his/her life purpose and make a difference in this world for themselves as well as others. Imagine when this person clears the bucket of guilt and shame they carry, to become the best person they were born to be, giving hope to others. It happens to all my clients and it is amazing to be part of the Soul process.
3. Holding many sessions, classes and teaching others to spread the Soul wisdom and DIY-Self Health Healing, Crystal Bed Energy Healing, then ultimately 'Healing your-Self back to Truth'.
4. Living a fulfilled balanced life with my husband, children, grandchildren and pets.

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

Believe in yourself/soul and the universe will divinely guide your way. You just have to learn to Trust, (very hard after childhood betrayal) then Believe, (once you are connected through the Soul it is easier) then you *will* receive all the abundance by your soul's divine right. Out of all the bodies in the universe, your soul picked yours to carry it through this life to learn the lessons it needed to. This is so amazing and how are we treating this wonderful body? We usually speak of and treat it badly, saying in the mirror 'OMG I can't go out looking like that' or we see ourselves as disgusting. Your Soul, Inner child will never ever give up on YOU! YOU are the only one who can rescue and change your-Self and inner child for the better. When you do this, the abundance that was denied in childhood comes back to you after your session in miraculous ways, through the law of giving and receiving. Trust, Believe and Receive and have an awesome life, the one you always dreamed of!

SWP: Where can we purchase the book?

At innergetic.coaching@bigpond.com