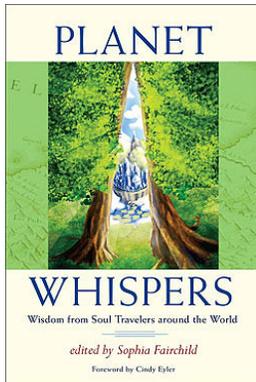




*Getting to know the Authors of*

## **Planet Whispers**

*Wisdom from Soul Travelers around the World*



**Clarissa Harison ~ Lancaster, New York, USA**

[www.awenenvironments.com](http://www.awenenvironments.com)

**SWP: Tell us a bit about your background.**

I grew up in Western New York as a child of Russian/Ukrainian and German immigrants. I have a very diverse background which ranges from corporate positions with international companies as well as a post with a foreign embassy, to interior design, sales and creating my own business to help clients work with the environment of their homes. I've also traveled a great deal and worked very closely with wildlife as a rehabilitator. I've had a very wide range of teachers from universities to individual mentors, and yet most of my knowledge comes from reading and personal experience, as well as trial and error. Because of my diverse experiences, it has enabled me to think outside of the box and have a very

unique and rewarding relationship with this planet.

**SWP: What brings you the greatest joy in life?**

My son has brought me my greatest joy along with my greatest life challenges. I also love spending time in nature and/or my gardens sometimes just observing and listening to the birds singing or admiring the beauty of a flower. I love creating and seeing my gardens evolve, as much as I love traveling to foreign exotic places viewing architecture or experiencing the energy of sacred sites. Several of my more spiritual experiences took place while hiking in the deserts of the Southwest, as well as in my own backyard.

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

I'm most proud of being there for my son and teaching him to have compassion for all God's creatures. I've also done a great deal of work helping injured, orphaned and neglected animals, both wild and domestic, as well as creating healing gardens and helping to rebalance areas of neglect or abuse. Motherhood and caring for another being or the Earth is one of the most underrated responsibilities a woman can have and yet doing it right is absolutely essential to the well-being of this planet.

**SWP: How has your upbringing influenced your writing?**

Surprisingly, I came from a family of non-communicators. We never really talked about our innermost feelings, and so for me to express my emotions to the world has been an extreme challenge. To discuss your views publicly is not something that was favored in my family due to the trauma my parents experienced growing up around the time of WWII. Nevertheless, somehow writing has always been a source of comfort and creative expression for me that I've been proud of—a form of therapy to express feelings of sadness, anger or inspiration.

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

I think I wanted to be part of some greater message to the world. I love the idea of this anthology of experiences from writers around the world. We all greatly respect this planet and have the same intention—to use our own experiences to generate awareness of mankind's need to *change its relationship with the Earth*. Writing about Lake Muskoka in Ontario was also a natural choice because that place has always been a source of joy and enchantment for me since I was a little girl.

**SWP: What was the hardest part about writing this chapter?**

The hardest part was talking about intimate details of my family history without overstepping the needs of my parents and my family for privacy. I wanted to help others through writing about my own personal experiences and challenges, and yet I was concerned about saying too much. Several times I questioned my commitment to write about this topic, but in the end, I felt good about what I had written. There are so many people out there who've had similar experiences growing up as a child of parents who were war victims or victims themselves, especially now with the Wars in Iraq and Afghanistan.

**SWP: Did you learn anything from the process of writing your chapter and what was it?**

I learned to trust the process and push beyond the moments of doubt. Writing this story was a great experience for me because it pushed me out of my comfort zone and I'm so glad it happened. I know that I've grown in terms of my writing skills and confidence as a writer, as a result of being part of this book. It forced me to reflect and put into words one particular soul experience that had a great influence on my entire life.

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

Yes, that everything can be healed if we chose to view our experiences as sources of learning and inspiration, so that we can release the past which no longer serves us or our human evolution on this planet. Understanding the past and how it has affected us is half the battle of changing your life and your future.

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

I think that it's important to speak your truth. We've grown up in a culture that has become too complacent where much that is said and done is similar to the children's fable *The Emperor's New Clothes*. We can no longer afford not to speak our truth and pretend that we see things as others do or follow the "status quo" simply because it's always been done that way. We've got to start thinking outside of the box as a society in order to find the solutions to the problems we are faced with today, so that we still have a *chance* to create a new world.

**SWP: Where can be purchase this book?**

[www.awenenvironments.com](http://www.awenenvironments.com)