

Getting to know the Authors of



Soul Whispers II

Secret Alchemy of the Elements in Soul Coaching



Deb Swingholm ~ Chiang Mai, Thailand

www.floweringmoon.com

SWP: Have you always lived where you live now?

I grew up in a small town in Ohio, USA. Always a lover of art and music, I worked for a firm doing marketing and fundraising for arts organizations, eventually taking me to Houston TX, where I met and married my husband. In 1997, we moved to Saudi Arabia, living there nearly 6 years. And, currently, we are settled in Chiang Mai, Thailand. Along the way, I've had the chance to travel extensively in Europe, Asia and the Middle East. It has been a magical adventure!

SWP: What inspires you to write and why?

I am inspired to photograph and write about my encounters with other cultures, the land, the people and their sacred traditions. I enjoy sharing wisdom gained while visiting with healers, shamans, weavers and other artisans. I am passionate about the ancient places dedicated to the Goddess, and I love to write about what it was like to walk on sacred ground, experiencing the beauty of places like Ephesus, the Nile valley or Chaco Canyon.

SWP: What do you consider the most challenging about writing in general?

Choosing the topic is easy, but then comes the harder part of making it “just so.” The challenges are deciding what to leave out, ordering the ideas, refining the phrasing, making it succinct yet sharing all that I think is important. It takes a while for me to go from an initial ‘feeling’ to words on a page that flow and fit together in a way readers can relate to and find useful.

SWP: Why did you choose to write this particular chapter?

When I first considered the theme of the Four Elements, I was immediately drawn to write about the beautiful Thai festival of Loy Krathong. I thought about Water and its connection to the Divine Feminine, and to ritual and ceremony. As the chapter developed, I wanted to convey the power of ritual and how important it can be to us in our modern world, in every day life.

SWP: What books have most influenced your life?

As a child I loved books. I especially adored Frances Hodgson Burnett's *The Little Princess*. Its themes stayed with me all my life - the magic of stories, belief in your dreams, trust in the kindness of others, and being true to yourself, no matter what the circumstances.

As an adult, I love the writings of Clarissa Pinkola Estes. I keep coming back to her work *Women Who Run with the Wolves* and it has deeply touched my life and my spirit. She is a masterful storyteller who knows the power of archetypes and myths, and how they can instruct and heal. It has served as a guide to reclaiming my own voice and creative power.

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

One word comes to mind: Create. There is a potent link between Art and Spirit. Whatever the medium – be it cooking, poetry, paint or clay - we are happier, more alive and more connected with the Divine when we let our creativity flow! Give yourself permission, overcome your inner critic and enjoy the beauty that emerges.

SWP: Thank you! Where can we purchase the book?

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