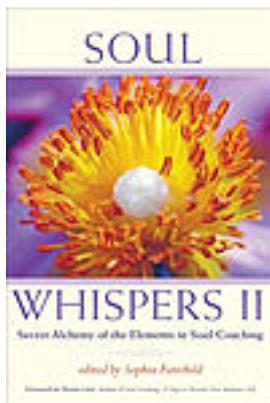


Getting to know the Authors of



Soul Whispers II

Secret Alchemy of the Elements in Soul Coaching



Ilona Warda ~ Mississauga, Ontario, Canada

www.goholisticcyoga.ca

SWP: What do you do to unwind and relax?

One of my favorite methods of relaxation is yoga and meditation, spending time in the nature, listening to the music, reading and...having my favorite Starbucks coffee Caramel Machiatto.

SWP: What inspires you to write and why?

Hope. Even if one-person can get inspired to heal, to transform, to reclaim their life or simply expand their awareness, the writing served the purpose.

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

The wonderful benefits of Soul Coaching Program, which transforms many lives,

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

I wanted to send the message of hope and inspiration. No matter what happened on your journey, with each breath you take, you have a new chance to transform your life. Everything happens for a reason, and acceptance without judgment allows us to understand those reasons.

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

Your living is determined not so much by what life brings to you as by the attitude you bring to life, not so much by what happens to you as by the way your mind looks at what happens.

- Kahlil Gibran

SWP: Can we expect any new writing from you in the future?

Yes, the title will be "Everyday Miracles"

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

Bring your attention to whatever you want to manifest in your life and use your intention to create that, do not waste you energy thinking about something you don't want in your life.

SWP: Where can we purchase the book?

www.goholisticcyoga.ca or info@goholisticcyoga.ca