



Getting to know the Authors of

Soul Whispers III

Soul Wisdom for Living the Life of Your Dreams



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SWP: Have you always lived where you live now?

I was born and raised in Lebanon, Oregon, and after graduating from college with a Bachelor of Science Degree, I traveled to California and Hawaii where I joined the officer-training program of the United State Air Force as a Staff Sergeant. Once the officer-training program was completed at Lackland Air Force Base in San Antonio, Texas, I was assigned to Kessler Air Force Base in Biloxi, Mississippi as an Administration Management Officer. I married at Kessler AFB and transferred to Lowry Air Force Base in Denver, Colorado where I completed my tour of duty.

We moved to Sunnyvale, California for three years and then a company transfer brought us back to Colorado where we lived in Loveland and Fort Collins for a number of years. I personally made a few interstate moves settling in Westminster, Colorado. Each move played a role in the clutter challenge described through my chapter 'Clearing the Way'.

SWP: Do you recall how your interest in writing originated?

My interest in writing originated from sorting through the thoughts and feelings that filled my head. It seems I have been on a quest to understand and learn from within how my life experiences connect with this thing called 'Life' on 'Planet Earth.' By journaling or putting my mental activity in writing, I have discovered clarity in the introspections, and a sense of freedom knowing that I can revisit the words on paper whenever I wish.

SWP: What inspires you to write and why?

I am inspired to write because I feel closest to and under the guidance of the Divine during the moments of formulating my thoughts and writing them down. It is as though I become a channel for the unfailing Power to express, in and through me, the truth about my life experiences and the deliberation of them for the awakening and enlightenment of those reading the narrative. As I open my heart, mind and soul to tune into the guidance of the Divine, I believe that the message I share is an opportunity for an invisible dialogue with the reader to consider new blessings and new joys in actively participating more fully in their growth and spiritual attunement.

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

I was inspired to write my chapter 'Clearing the Way' for the *Soul Whispers III* because of the deep personal challenge I faced managing my clutter from the inside out. The intention was to present the account from a perspective that is often times dismissed, or considered irrelevant - that being the inner dialog and inner hold that the outer appearance has on the individual so desperately attempting to manage their clutter.

SWP: Have you ever had writer's block? If so, what do you do about it?

Yes, I experienced writer's block as I wrote my chapter 'Clearing the Way'. The gentle nudges were uncomfortable until I finally recognized that I was attempting to control the journey rather than letting the experience flow from my heart and soul. Since I was living the experience as I wrote, the final draft was practically a complete rewrite. I weathered the challenge by putting my ego in my back pocket and remembering the guidance Sophia, the editor, had shared with me previously. She explained the classic 'writer's ego' and the ways to acknowledge it by presenting me with 10 ways to 'trick' the writer's ego in order to complete a draft. Her angelic editor voice played over and over in my head, "the drafts don't have to be good at first, the important thing is to get something down on the page, and to stay focused on servicing and benefiting the reader through the message shared." Her words of encouragement and clarity gave me the fortitude to stay with the project, expressing myself the best way possible. It was fun to give myself permission to do it badly and just go for getting words on the page knowing that the flow of words would eventually create a valuable message for the reader. I cleared the way with each editing process to reach the best account possible to benefit the reader.

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

Yes, I want my readers to understand that the message in my chapter 'Clearing the Way' is written from my heart to their heart. Only the readers know the message or gift that is meant for them as they read along, allowing the experience to move them to receive showers of blessings.

SWP: What are your current writing projects now?

I have a couple of current projects in the beginning phases. The first is to expand the three-step action plan outlined in my chapter, 'Clearing the Way' into a 40 (plus or minus) Day adventure to become a 'Clutter Control Manager' extraordinaire from the inside out. My second writing project is writing a book entitled *Becoming a Verb*, based on developing the highest and best possible self-esteem.

SWP: Where do you see yourself in five years?

I see myself writing and sharing my personal life experiences. My intention is to share my growth stories in such a way that readers gain insightfulness, courage and soulful instinctive knowingness to enhance their lives with more wonderment and fulfillment.

SWP: Do you have any specific last thoughts you wish to share with your readers?

I am grateful that you have read my chapter 'Clearing the Way' in the book *Soul Whispers III*. I hope you were able to glean insightfulness into yourself that truly allows you to step forward beyond 2012 to "Living the Life of Your Dreams" more fully. The greatest gift you can give yourself is unconditional love and setting aside time to be still to listen and hear the guidance of your soul whispers. In being centered with your creator, the ultimate gift of living your life to the fullest and touching others profoundly is inevitable.

SWP: Where can we purchase the book?

You can purchase the book *Soul Whispers III – Soul Wisdom for Living the Life of Your Dreams* by emailing me at jpcandoit@mac.com.