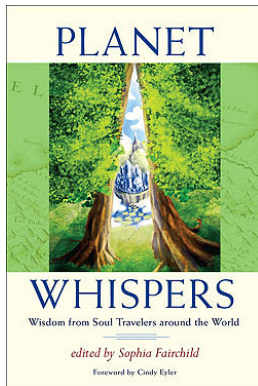




Getting to know the Authors of

Planet Whispers

Wisdom from Soul Travelers around the World



Judy Ward ~ Battersea, near Kingston, Ontario, Canada

www.searchforspirit.ca

SWP: Have you always lived where you live now?

I was born, and have lived in Kingston, Ontario, Canada, all my life. Kingston is a beautiful city located along Lake Ontario. I moved to my current home, which is in a small village called Battersea, just north of Kingston, about 8 years ago.

I now live in a beautiful peaceful haven on Loughborough Lake, surrounded by trees, water and flowers. I do much of my teaching from this lovely spot that serves as a retreat for my students as well as a wonderful home for my husband, our dog Rudy and for myself.

SWP: What do you do to unwind and relax?

I like to walk in nature and do this daily while walking my dog Rudy. I love to take photographs of flowers and of nature. I enjoy cooking, reading uplifting books and travelling to exotic places. I am a lifelong learner and love to take courses and learn new and exciting forms of holistic and spiritual healing. I also belong to a Choir of about 100 women and love to sing. I find that singing uplifts my spirit and soothes my soul and all of our concerts are for charity.

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

I have long had an interest in sharing the many and varied things that I have learned over the past years but just couldn't seem to find the time to actually begin. Perhaps it was just that I didn't quite know how to begin. When I started writing new courses for my students, I knew that I could do it and being involved in writing a chapter in *Soul Whispers II – Secret Alchemy of the Elements in Soul Coaching* [published by Soul Wings® Press] convinced me that I could do it.

SWP: How long have you been writing?

I have been writing for publication for about two years now, although I wrote courses for my students long before that. I also write occasional articles for various newsletters and websites.

SWP: What inspires you to write and why?

I have travelled extensively and studied with some of the most famous Spiritual teachers in North America, and learned many things from them. As I used these techniques on myself, and began my journey to wellness and finding my spirit, I knew that I wanted to share things I have learned with my students. Writing is a beautiful way of sharing what I have learned with my students and even with others whom I have never met.

The more I learn, the more I open to learning and the more I open to learning, the more I want to share. It is truly my desire to make a difference in the lives of others, especially women, and help them to find happiness and their own spirit on their journey of personal growth.

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

When I heard what the title and content of *Planet Whispers* would be, I knew right away that I would write about my experience at Machu Picchu because it has had a profound effect on my life. While in Machu Picchu, I learned some important truths and as I incorporated them into my life, I was able to share them with my students and family. My lessons have not only influenced my life but the lives of others as well. I was inspired to write this chapter to show others that you don't need to sit in meditation to learn valuable lessons - they come with everyday life and wherever you happen to be. The important thing is to stay open to the lessons and watch for them no matter where you are.

SWP: What are your thoughts on being part of this anthology of writers?

I simply love being a part of this anthology of Writers – it is truly an honor to be associated with this wonderful group of authors from all over the world. We all have something valuable to say. It is also wonderful working with Sophia as she gently guides us in her editing, without changing the content of what we are trying to say. For someone who is new to writing, this is an amazing experience in a safe environment. I have learned a lot by being part of this process yet a second time.

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

There is absolutely a clear message in my chapter. It is: when you are feeling disappointed by life or experiences, look deeper and you will see the gift in the experience. When you shift your perspective, everything shifts with it. Some of our most important lessons are hidden in our most challenging experiences.

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

Absolutely I will be writing again. I am currently involved in two other projects involving writing so you'll hear from me again soon.

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

I think the most important thing I could say to my readers is to let go of the past, forgive what needs to be forgiven and move forward into a joyful peaceful life. Life is too short to hold grudges. I am part of a choir and the words of one of the songs we sing is “I Love the Life, I Live, and I Live the Life I Love – don't want to throw it away.” Those are words to live by.

SWP: Where can we purchase the book?

You can purchase the book by Emailing me at Judy.ward@sympatico.ca