

*Getting to know the Authors of*



## **Soul Whispers**

### *Secret Alchemy of the Elements in Soul Coaching*



**Kelly Chamchuk, Coquitlam, B.C. Canada**

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

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

My professional background includes operations management, corporate training and coaching and product training for the travel industry. I have also enjoyed careers coordinating volunteers in arts and cultural environments plus coordinating fundraising events for a cancer centre and for a special foundation that promotes hope. Through them all, it is the connections with the people that inspire me and feed my soul.

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

Joy for me comes from the simple things in life, connecting and spending quality time with loved ones or just listening to my cat Alli purr as I rub her belly. I love new experiences, seeing things for the first time, traveling to places I have not been to before both metaphorically and physically. I am in-joy when I see my ideas come to fruition, be it a piece of art, a business idea, a story, or anything else I am manifesting.

**SWP: What is your favorite quote, by whom, and why?**

*“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” ~ Anaïs Nin*

This quote represents many of the clients who are drawn to Soul Coaching; they are ready to burst their beauty onto the world but just need to clear a few things out of the way first. It's about growth and evolving. Staying the same is impossible; we are all here to blossom and I like to guide people as they turn their fear into excitement and possibilities. This quote was instrumental in my personal growth and reading it daily encouraged my own petals to unfold. Holding on is such hard work and exhausting! Letting go feels wonderful! It's time to find a new favorite quote!

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

To be honest, I was inspired to write for *Soul whispers II* out of regret for not doing so for the original *Soul Whispers* anthology. I like to live my life with very few regrets so when this second opportunity came up, I jumped on board; fear, uncertainty and all!

**SWP: Who or what influenced your writing once you began?**

I was happily influenced by our gracious editor Sophia Fairchild who helped convey what I wanted to say. Her early edits provided a sense of direction for the remainder of the work and it is her heartfelt dedication to this project that has made it so successful.

**SWP: Did writing this chapter teach you anything and what was it?**

There were many valuable lessons learned while writing this chapter that could be another chapter in itself! I learned to just begin, apply myself and let go of the need for perfection. It was a wonderful experience to learn about the editing process and work with deadlines as motivators and pace keepers.

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

I consider myself honored and blessed to be part of this anthology of writers, each one of us unique, yet when you read the stories you certainly see the common ribbons and truths that tie us all together as one... we are all on separate journeys, together!

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

I chose to write this chapter on “The Wisdom of Spirit Sticks” as I believe the process of creating them is a powerful healing tool that people of all ages and backgrounds can relate to. It is the process itself that is so wonderfully healing and transformational. I believe that our emotions are not only keys to illness; emotions are a ‘symptom’ for us to tune into and listen to what our soul is saying.

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

The hardest part about writing this chapter was going forward with personal family details. Suicide is something not easily talked about and there is still much stigma attached to it which can dramatically affect one’s life unless dealt with appropriately. Soul Coaching is not therapy as such, but it can help you clear away the clutter and see the truths in your life and finally set them free.

**SWP: Are there any new authors that have sparked your interest and why?**

Sure, all the authors in this wonderful book – *Soul Whispers II*. I see this book like a tree trunk and we are all like branches reaching out in our own directions. It’s very exciting!

**SWP: What are your current writing projects now?**

A current project is a children’s story series based on the antics and adventures of two cats; Alli and Mitzi who teach each other important, touching yet sometimes comical life lessons. The other on-going project is my screenplay, a true heart-wrenching passionate story that grows in detail and may just end up being a novel first!

**SWP: Do you have any advice for writers?**

Be prepared to let go of non-serving beliefs that you may hold. Ask for time and space for the creativity to flow and just write. Persistence is what matters. Find a good editor and let the editor edit. Stay true to yourself, be authentic and enjoy the process.

**SWP: Do you have any specific last thoughts that you want to say to your readers?**

Thank you kindly for your interest in this book. My hope is that it brings you exactly what you need in this moment. I dedicate this to anyone willing to pick themselves up, dust themselves off and soar to heights they never imagined they ever could!

**Where can we purchase the book?**

I invite you to visit my website for your product purchases and my events schedule.

- *Soul Whispers II* Book
- Intuitively Personalized Spirit Stick Kit’s

[www.KellyChamchuk.com](http://www.KellyChamchuk.com) or e-mail [connect@kellychamchuk.com](mailto:connect@kellychamchuk.com)

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