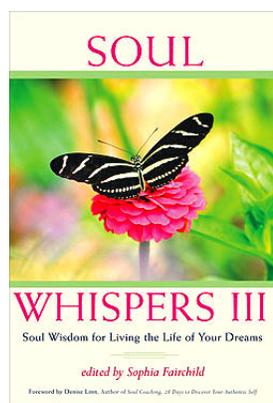




*Getting to know the Authors of*

## **Soul Whispers III**

*Soul Wisdom for Living the Life of Your Dreams*



**Kyla Tustin ~ Balgowlah, NSW, Australia**

[www.yourpowercentre.com.au](http://www.yourpowercentre.com.au)

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

I was born in Christchurch New Zealand and moved to Australia when I was 5. I grew up in Sydney on the Northern Beaches. My life really started to change back in 2006 when I returned home from London and began to re-open the doors to my soul, embarking on personal healing and meditation. When I look back, sometimes it feels like I have totally re-created myself and my life since then, but I guess it is more that I have peeled back the masks and am now a more comfortable and authentic *me*. Now as an author, Soul Coach and Energetic Healer, I often pinch

myself knowing I am blessed every day to meet and work with amazing souls embarking on their own journey of awakening.

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

“There’s beauty in the breakdown.” It’s a song lyric by Frou Frou and for me really gets to the heart and essence of life. It’s so easy to get caught up in the drama, but when we free ourselves and open up to the beauty of all moments, both good and bad, we are free to witness our experiences and move through effortlessly and grow so immensely.

**SWP: What are you most proud of accomplishing so far in your life?**

Trekking Everest Circuit to Base Camp. This 21 day trek was one of the hardest and best things I have ever done in my life. I got really bad altitude sickness and so for someone who is super independent, this experience taught me the power of surrendering to and honoring the energy of Mother Nature and the importance of asking for help and receiving it with an open heart.

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

My passion for writing really came through my I love of reading books. I have been growing my library of personal development books since I was a teenager and have always felt inspired to write and share my own stories, like those that have come before me.

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

The first *Soul Whispers* book was what brought me to the world of Soul Coaching back in 2009. When I read this book I knew in my heart that I was a Soul Coach and so I attended the next Soul Coaching certification program. Two years later when I saw that the final book in this series was being created, I knew my soul was calling me to awaken the author I had always dreamed to be and so once more I followed my dreams and signed up.

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

My clients and my own experiences, I love to share my stories as I teach and write. As my drafts were being written through 2012, which has been such a huge year with so much change, I really feel my story evolved and changed as I did. When I went back to the other drafts I actually think I could have published three different stories, which is really how this year has felt.

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

The power of just going for it and doing it. I was continually reminded and inspired by Denise's sharing of "you don't have to do it perfectly; you just have to do it!"

**SWP: Why did you choose to write this particular chapter, and what did you learn?**

I really wanted this story to be my story, without the mask and to show everyone the power of following our dreams and getting to know ourselves again. I learned how important it is to be open with your story and to share your message from your heart and not your head.

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

That our past does not define us and how important it is to be willing to look behind our masks and defenses to unveil our true self to the world.

**SWP: Who is your favorite author and why?**

It would be a tough call between James Redfield and Paulo Coelho as I love how both of their books integrate story with life learnings. James' adventures and spiritual awakenings draw me in and Paulo's characters open my heart.

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

Definitely, this is just the beginning and has been a wonderful learning curve, so watch this space. I am currently writing a series of three children's books which take them on a fun and daring adventure within to support them to step into their own light and be and love themselves.

**SWP: Where do you see yourself in five years?**

Travelling the world promoting my books and sharing my programs with other amazing souls. Then coming home to *Your Power Centre* to continue my inspirational work to support clients to positively change the way they feel and to awaken their light.

**SWP: What dreams have been realized as a result of your writing?**

I have my first story and words published in hard copy and they are being shared with the world.

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

*All you need is already within you ... so let's go find it!*

**SWP: Do you have any upcoming appearances that you would like to share with us?**

I also have lots of workshops and talks coming up in 2013, so visit <http://www.yourpowercentre.com.au/upcoming-workshops> to find out more and to book in.

**SWP: Where can we purchase the book?**

[www.yourpowercentre.com.au](http://www.yourpowercentre.com.au) or email [kyla@yourpowercentre.com](mailto:kyla@yourpowercentre.com)