

*Getting to know the Authors of*



## **Soul Whispers II**

*Secret Alchemy of the Elements in Soul Coaching*



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

“Follow your enthusiasm. It’s something I’ve always believed in. Find those parts of your life you enjoy the most. Do what you enjoy doing.” I love this quote by Jim Henson, renowned puppeteer and creator of the Muppets. I have had it posted on my refrigerator for over twenty years. It’s been a daily source of inspiration and encouragement as I journey through life. I believe our enthusiasm is like a beacon of light guiding the way to a life of meaning and purpose. I am deeply grateful that Henson followed his enthusiasm.

Where would we be without Kermit the Frog and Miss Piggy?

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

I have been journaling since I was a teenager. It has given me a venue to express my concerns, upsets, thoughts, ideas and inspiration. My relationship with myself has deepened and I have discovered aspects of myself that were previously unknown to me. One of the discoveries I made several years ago was how much I enjoy writing.

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

When I saw that Soul Coaches were being invited to write a chapter in *Soul Whispers II*, I felt enthusiasm bubbling up inside of me. This energy was a strong intuitive knowing that this was right for me. At times this urge seemed to be coming from outside of me like an angel on my shoulder whispering “Do it!” Fear surfaced and I resisted. I had never written anything publicly before and even though I had a strong desire to be a published author, I was afraid to take this monumental step. I had no idea what my topic would be or what I would say. The urge to contribute persisted until one day while sitting at my computer, I decided to follow my enthusiasm and trust that Spirit would support me in the process. I’m grateful I did!

**SWP: What books have most influenced your life and why did you choose to write this particular chapter?**

Almost twenty-five years ago, I read the book *Living A Beautiful Life* by interior designer, Alexandra Stoddard. She inspired me to transform the routines of my daily life into pleasurable rituals filled with beauty and grace. I found myself on a journey of self-discovery opening to the beauty within me and around me. As I mindfully created my home to express and honor me, I began to feel happier and more content. I was creating a soul-nurturing home although, at the time, I didn’t think of it in this way. My work as an Interior Alignment™ practitioner grew from this experience. In my chapter and in my work, my intention is to share the wisdom I have gleaned through my education and experience and to help others discover the inner peace and joy that comes from creating a soul-nurturing home.

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

On my last two vision collages, I have included either a picture or a word that conveyed my dream of becoming a writer. Just last week, I was at a local university teaching a class to the students on how to feng shui their dorm rooms. At one point, I was conveying that the things we place in our homes can be sources of inspiration to us. As an example, I shared my last two vision collages. As I held them up high for the students to see, I suddenly realized I had manifested my vision. I've always wanted to be a published author and now I am!

To order your copy of *Soul Whispers II: Secret Alchemy of the Elements in Soul Coaching*, visit my website at [www.linda-stewart.com](http://www.linda-stewart.com).