



Getting to know the Authors of

Soul Whispers III

Soul Wisdom for Living the Life of Your Dreams



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SWP: What do you do to unwind and relax?

I love reading, gardening, crossword puzzles and going to flower shows. I also love being with friends and family and listening to music. Soaking in a candlelit bath infused with a blend of lavender, geranium and cypress oils is my favorite way of unwinding – bliss!

SWP: How has your upbringing influenced your writing?

The lessons I learned during my upbringing have, without doubt, influenced my writing and the person I am today. Despite needing to work long hours to make ends meet, my parents had enormous inner strength and a great sense of humor. Like them, I usually see the funny side of most situations – which sometimes gets me into trouble when I giggle too much! Whenever I embark on a new venture such as writing, I draw strength from their love, pragmatism and courage.

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

Yes – many times! To overcome it I use the following techniques – writing whatever comes to mind to keep my creativity flowing (rather than trying to write in a 'logical' order); rosemary essential oil to help focus my thoughts; a walk in the fresh air with some deep breaths to re-oxygenate and refresh my mind and body; chatting with my daughter Rachel about our writing and having a good laugh about writer's block!

SWP: How did you come up with your title?

My daughter and I chose our title together. We wanted to share our individual, yet quite different experiences of becoming a Soul Coach and living in tune with our spirit.

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

Each chapter is uplifting and energising, filled with inspiration, strength and love. It is an honour and privilege to be part of this project with this group of wonderful women. I feel truly blessed.

SWP: Have you ever considered anyone as a mentor?

I have been fortunate enough to have several mentors. Some are dear friends and others have been colleagues or Counseling Supervisors. What they each have in common is belief in the person I am, together with support and encouragement for what I want to achieve. I am eternally grateful for the compassion, wisdom and experience they have shared with me.

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

Co-authoring this chapter with my daughter has fulfilled my dream to become an author. Although I'd been secretly toying with the idea, it was her prompting that created the confidence and impetus to go for it! Previously I have written essays and course work but this is my first attempt at writing anything for publication.

SWP: Do you have any advice for writers?

Find a good editor and keep at it! Just write what is in your heart – avoid putting a value on your words. If you get stuck, confused or muddled, separate each sentence and start each one on a new line. This will help you to stand back and evaluate the importance of each sentence in its own right and how well the message you want to deliver relates to what you have written before and after.

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

Whenever you sense or feel a flutter of joy or happiness within your body or mind – pay attention to it. Then do your best to discover its origins. Once you locate the source of your joy, you will be able to access it again and again.

SWP: Where can we purchase the book?

You can purchase the book via my website: www.margaretperry.co.uk