



*Getting to know the Authors of*

## ***Soul Whispers***

*Secret Alchemy of the Elements in Soul Coaching*



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

The original intention for writing my chapter was honestly to be part of an amazing group of authors and to have the experience of writing a book. Retrospectively, I see that this past year has offered so much more. Soon into the project it became apparent the significance of documenting my personal story of transformation and the relevance of bringing closure to the process.

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

As my chapter was all about allowing grace to unfold, much of the writing process for me was about learning how to let go of “perfect.” My 23-year-old daughter, an English major and an amazing writer herself, one day early on in this project was observing my writing technique. She was shocked to see that I spent over an hour perfecting one piece before I would move on. “Mom, you need to get in the flow. What are you doing?” What a great metaphor for life, to just get in the flow. So I learned to just keep writing and to be in the flow of what wanted to surface. A much more cathartic process I might add.

**SWP: How did you come up with this title?**

Interestingly, the title *As Grace Unfolds* came first before any ideas around what I would write about. Months prior, I had been guided intuitively to explore the idea of ‘grace,’ which then brought me to the art of surrender and how relevant it was in my life. From that point forward the word “grace” just kept showing up in so many synchronistic ways. It was a message from the Universe. And it just unfolded from there. No pun intended.

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

Yes, most definitely. I am hoping that I have been able to convey the importance of being in the flow with your internal compass and always remembering to take action from a heart-centered place. This is a lesson that has not come easy to me, but one that has served me of late in so many awe-inspiring ways.

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

The most important dream as a result of writing this chapter has been to learn how to connect with my own personal voice. I would like to offer a huge thank you to my mentor, Denise Linn, who through her infinite wisdom guided me to make changes in my chapter that helped me to find my own voice. It was a pivotal and transforming moment for me to connect with and speak my own truths.

**SWP: If you could leave your readers with one bit of wisdom, what would you want it to be?** As my wise twenty-year-old sage of a son told me last month, “Go find your happiness Mom.” I consider him to

be one of my greatest teachers, so I will pass on his infinite wisdom to my readers. As a Soul Coach, helping others find happiness is my greatest joy. I would challenge each and every one of you to go find your happiness. By the way this is not a one-time deal, but rather an ongoing process.

**SWP: Thank you!**

You can order the book by contacting Maria at [www.InspiredIdeas.me](http://www.InspiredIdeas.me)