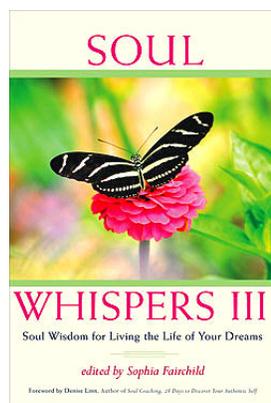




*Getting to know the Authors of*

## **Soul Whispers III**

*Soul Wisdom for Living the Life of Your Dreams*



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

I used to think great joy was created by *doing* something. Today I realize that joy is a state of feeling — of *being* — and that it can happen anywhere, with anyone, while doing anything (or nothing). The spontaneous joy that shows up for no particular reason is thrilling. When I put attention on my breathing and how I am feeling at a deep level, joy is much more available. It seems to me that in the simple awareness of your joy, you open up a space to allow even more to enter.

**SWP: What do you do to unwind and relax?**

I used to be chronically overscheduled with appointments, meetings, work and play. Since I started setting boundaries and designing my day more consciously, I have noticed that creating space around my commitments allows me to live in a more relaxed way. I don't need to seek out relaxation and time to unwind, because I don't let myself get there to start with. If I do find myself stressed, I take a few deep breaths, and that's enough to make me start smiling and laughing at the situation. My theory is that peace always has and always will reside inside of me. This awareness in itself brings me a feeling of calm.

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

I am proud to be a good mother, an accomplished businesswoman, a strong partner, wife and loving person. I'm a dedicated life learner, master gardener and entrepreneur. What I'm most proud of is breaking through social and cultural barriers that prevented me from living my personal truth. By cultivating and embracing vulnerability — perhaps the most important and most difficult part of this whole process — I realized my own divinity and learned to separate who I am from my physical body, material possessions, social roles. Today, this awareness is like a power plant inside me that fuels my work, love and joy.

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

I kept a journal in my early teens. I didn't really let the words flow, however, because of my fear that someone would read it. This stifled my expression, and kept me from creating from a place of complete openness. But I continued to write... In college, I signed up for my first writing class with great excitement, and was devastated when I received a C. It impacted me so deeply that I stopped writing for a while. Eventually, though, I got back on the horse, and have been driven by the desire to write ever since.

**SWP: What do you consider the most challenging about writing in general?**

Because I am a voracious learner and am evolving all the time, my biggest challenge was the resistance of putting something into print that I may later change my mind about or find something even more true to share instead. My thought was, once it's in print, it's captured in time forever, and this hindered me. But a

mentor helped me realize that we write what we know to be true at any given point in time. This released my resistance and allowed me to relax into writing more fully. Thank you, DL.

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

You DO have the power to create the life of your dreams, the life you desire and the life you are compelled to live. When I ask people what they dream of their life being, they light up from within as they touch upon the true answer. When I ask them why they are not living it now, they sink in frustration and despair. The message is, if it is your dream, it is possible for you to live it — no excuses, no stop signs, no settling. You are worth whatever it will take to experience your dream life, so go for it! Honor yourself by living your heart's desire.

**SWP: What books have most influenced your life?**

There are so many books that have influenced my life, listing the ones dog-eared and highlighted the most are:

- *10 Secrets for Success and Inner Peace* by Dr. Wayne Dyer. This book is so simple, yet each time I read it the depth of wisdom opens my heart even wider.
- *The Power of Now* by Eckhart Tolle. This book opened my awareness to presence and the power that resides in the stillness of now.
- *You Can Heal Your Life* by Louise Hay. This book changed my understanding of how powerful our minds really are. The healing I experienced after my diagnosis of degenerative disk disease is directly due to this book. I use it weekly with my family, my clients and myself.
- *Conversations with God* by Neale Donald Walsh. I was raised in a Mormon culture, but the beliefs and teachings didn't ring true to my heart's understanding of God. I listened to this book on my commute every day to work, and the first time I heard God's voice as a woman, I wept with joy. It took me years to figure out why — two words: Divine Feminine.

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

Writing has allowed me to fulfill my dream of teaching others how to find and live their own personal truth. I have realized how very vulnerable it is to write and share your words with others. I am living out loud, and *Soul Whispers III* is a step in that direction.

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

You can purchase *Soul Whispers III* directly from my website [www.MarianneMacKenzie.com](http://www.MarianneMacKenzie.com), which includes a free download of a guided visualization to help you connect to the life of your dreams — your Big Sweet Life.