

Getting to know the Authors of



Soul Whispers II

Secret Alchemy of the Elements in Soul Coaching



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Have you always lived where you live now?

I grew up in Sydney, Australia and moved to Canberra nearly 12 years ago. Canberra has always had a bad rap – it's the Australian capital and of course the seat of government. But before long I fell in love with this city, surrounded by beautiful mountains and nature –I think it's the only city in Australia where you do see kangaroos jumping down the main road, in the middle of the city, or hanging out on the lawns of Parliament House. Even after 12 years I still get a kick out of it.

When did you first know you could be a writer?

Would you believe I was five years old? From a very young age I've had a very active imagination, and I won my first literary award when I was in kindergarten. Writing is something in which I excelled at school, and pursued in my career after leaving school.

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

I like to write what I'm passionate about: and what I'm passionate about is helping people to rediscover the sacredness of their own lives. The combination of Soul Coaching and Chakradance has literally changed my life, and truly set me on the path to following my bliss. I've used this combination of spiritual and healing modalities with many of my clients and am constantly blown away with the transformations I'm blessed to witness.

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

I'm deeply honored to be in such company. Each one of these women has an amazing story to tell and a different lesson to teach.

What are your current writing projects now?

I'm writing a book and coaching program on marketing for wellness and spiritual practitioners. Having worked in marketing for over 25 years, and being a wellness and spiritual practitioner, I'm working to empower practitioners to help them grow their practices.

If you could leave your readers with one bit of wisdom, what would you want it to be?

To follow your bliss, but don't leap blindly into it. Start slowly and build a strong foundation – go part time before you throw your job in. Following your bliss isn't much fun if you're wondering how you will

pay the mortgage, utilities and put food on the table. And remember marketing is every wellness and spiritual practitioner's friend!

Where can we purchase the book?

You can email me at michelle@thesoulcoach.com.au