

Getting to know the Authors of



Soul Whispers II

Secret Alchemy of the Elements in Soul Coaching



Patti Allen ~ Toronto, Canada

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SWP: Where are you from?

I was born in Los Angeles California, but have lived in Toronto Canada for the last 23 years. It's a beautiful and sane place to live. Well, relatively sane.

SWP: What brings you the greatest joy in life?

My joy is my little grandson's face that lights up when he sees me! No contest, it's the best! But a close second is watching someone open up and grow, whether from a dream whose message is suddenly clear, or any other "aha" moment.

When they "get it", it is an awesome—as in an awe-filled—moment that gives me great joy.

SWP: When and why did you begin writing?

I wrote and illustrated my first book at the age of five. I think even then I leaned toward memoir ("I went to school. I played with my friend Minda..."). I was precocious yet between age 5 and 45, not a lot happened. I did a bit of writing in school because we had to, and the memory of teachers' corrections/criticisms in red ink still can bring a chill to my Virgo moon (I'm hard on myself). I had to work through my "not good enough" mindset. However, being an extremely communicative Gemini, writing is my primary way to communicate. So I write, while dragging a part of myself kicking and screaming to my computer. My five year old self continues to inspire me. She didn't wonder if she was good enough; she just created.

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

I'm not sure "inspired" would be the right word; "abject fear" describes it more accurately. I had previously written a chapter for another professional anthology, and by the time the editor was finish with my chapter, it no longer reflected my voice. So when co-author and Soul Coach pal Michelle Chant suggested I consider writing a chapter, I wasn't too keen. But I know that when something feels huge and scary in the "view finder" of life, I really do need to take a look at it! Fortunately for me Sophia was the most gentle and supportive of editors and a lot of healing of that old fear took place.

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

My inner-critic is my biggest challenge, followed by the voice that says, "What can I possibly write that hasn't been written already by "experts" that know more than I?" Dr. Clarissa Pinkola Estes' words helped me keep going when she said that she has this sign on her desk: "Perfect is the enemy of done". It is now a post-it that now adorns my own desk, keeping me on track.

SWP: Have you ever had writer's block?

My life has been 57 years of writer's block, punctuated by a few aberrant moments of actually writing. I've had to develop ways to trick myself- I mean encourage myself- into writing. First, following the advice of one successful writer, I strap myself into my chair (I imagine it) and don't fall for any excuses my inner critic throws at me, like "If I don't go to the bathroom for the fifth time in an hour, I'll be sorry" or "It's lunchtime (at 10:30 am). Ok, then time for a coffee break..." Then I remind myself of the people I admire who are entirely human and imperfect, yet manage to write often and well. Denise Linn is my hero in that regard!

SWP: How did you come up with your title?

As a Van Morrison fan, the title "Dweller on the Threshold" always struck me as describing the very nature of dreams, where we are standing at a door or portal into the dream world. I was going to save it for my first book but who knows when that will be?

Actually, I'm currently writing that book, which wasn't planned as my first (but it somehow jumped the queue) which teaches adults how to listen to their children's dreams, and I've got a different name in mind!

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

Yes, that dreams matter! Working with our dreams help us navigate and find our way home to our most authentic self; to our Soul/Self. And of course, I want my readers to know that we can use this tool as we follow our Soul Coaching journey. They perfectly complement each other.

SWP: What books have most influenced your life?

There were books I loved as a child and since, and as an avid reader there are too many to mention. But the only ones that I can say have influenced my life (a tall order) is Clarissa Pinkola Estes' masterpiece, "Women Who Run with The Wolves" and the channeled work of Jane Roberts, who channeled a non-physical entity named Seth in the 70's. It just makes so much sense to my soul.

SWP: Can we expect any new writing from you in the future?

After the book on kids dreams, will be a book on a unique way of working with dreams that I am currently developing with my dream groups. And then, if I'm not too busy grand-mothering and running Dream and Soul Coaching groups, a book on mythic-type dreams that I and other women have had that will be part memoir, part mythology and part dreamwork. It's a sewing together of a quilt of my favorite dreams to keep my soul warm.

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

My one bit of wisdom is that we must tell and share our stories. This would include the archetypal stories handed down through each generation but our own stories as well. As a Soul Coach, I help guide people to listen to the voice of their soul and through dreamwork and that voice- in the form of our own unique story- is handed to us on a silver platter, many times each night!

SWP: Where can we purchase the book?

Just visit my website www.pattiallen.com and click on "buy now"!