



*Getting to know the Authors of*

## **Soul Whispers III**

*Soul Wisdom for Living the Life of Your Dreams*



**Rachel Perry ~ London, United Kingdom**

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**SWP: Have you always lived where you live now?**

I grew up in Cheshire, near Manchester, but I've made London my home for the last 6 years. Through my studies and travels I've enjoyed stints living in the US and Australia.

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

Being outside and experiencing the beauty of nature. Gazing up into the infinite, clear night sky. Feeling the beat of live music. Being with the people I

love. Laughing!

**SWP: What inspires you to write and why?**

I love writing because it is all-encompassing and stills my mind in a meditative kind of way. Crystallizing my thoughts on paper gives me a sense of satisfaction and accomplishment. I also enjoy looking back at my work years later as it brings back those happy memories. The process of writing is challenging at times but the sense of satisfaction it gives me makes it truly worthwhile.

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

I enjoy the challenge of a new project. And I thought it would be amazing to work with my mum, Margaret. By sharing our ideas and experiences, we helped each other work through each stage of the writing process, not to mention writer's block and lots of proof reading! Working together in a different dimension to anything we have done before has given us a deeper understanding of each other.

**SWP: What was the hardest part about writing this chapter?**

My excitement and anticipation in waiting for the book to be printed!

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

We called our chapter "The Soul's Truth – A Mother's & Daughter's Perspective" because we wanted the reader to be able to identify that we had written the chapter from two different yet related viewpoints in a way that would interest them. We also wanted to reflect how two people can go through the same process and have a completely different experience.

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

It's amazing to be part of such a wonderful journey with Soul Coaches from all over the world and see our individual stories come together. Most of us haven't met, other than in cyberspace, yet there is something special that unites us. I hope the universe brings us together one day so that we do all meet in person.

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

*Soul Coaching* – Denise Linn

*How Your Mind Can Heal Your Body* – David R Hamilton

*The Power of Your Subconscious Mind* – Dr Joseph Murphy

I love reading books that give me food for thought and fulfill my curiosity about how the mind, body and spirit are intrinsically linked. I'm fascinated by the evolving evidence of how our state of mind can alter brain chemistry.

**SWP: Do you have any advice for writers?**

Listen to some inspiring music while you're writing – on repeat so that you're unaware of the hours whizzing by. Go with the flow – write down whatever thoughts come to mind, you can edit it later. Discuss your writing with close friends. Most importantly, set your computer to auto-save every few minutes so you don't lose any of those beautiful words you've crafted.

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

Please send me an email: [rachel@rachelkerry.co.uk](mailto:rachel@rachelkerry.co.uk)