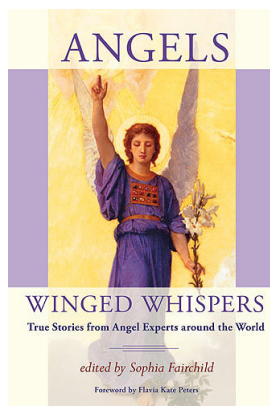




*Getting to know the Authors of*

## **Angels: Winged Whispers**

*True Stories from Angel Experts around the World*



**Robyn Ridley ~ Wagga Wagga, NSW, Australia**  
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**SWP: Tell us a bit about yourself.**

I have a background in Health and Complimentary Therapies and have been working in these fields now for over fifteen years. I enjoy a good massage, undertake meditation and connect with nature as often as I can. I just love spending time in water and I find it very rejuvenating. Personally, through Inner Peace I find the most joy. I also enjoy my connection with others and experience great joy from seeing others become empowered.

**SWP: What is your favorite quote and why?**

I love the following quote: *‘Cut not the wings of your dreams, for they are the heartbeat and the freedom of your soul.’* – Flavia. This is awe inspiration and reminds us that our dreams and our inner essence are most important. We must embrace them and ourselves.

**SWP: What are you proud of accomplishing?**

More recently I was ever so grateful to have held a successful Women’s Wellbeing Conference here in Wagga Wagga. The greatest accomplishments to me are those that have a ripple effect.

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

I have always enjoyed teaching, and writing can be another form of sharing and teaching. I began writing about 10 years ago as a result of life experiences that I wanted to share with others. I’m inspired to write to inform others that they aren’t alone with their life experiences. As far as genre’s go, I lean towards descriptive and narrative.

**SWP: What inspired you to write your chapter for *Angels: Winged Whispers*?**

I wanted to increase public awareness surrounding the issues within my chapter. Once I began writing, the editor influenced my writing greatly.

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

Writing this chapter taught me that we all have something to offer and share. The most challenging part for me was keeping things simple for all to understand and getting the

content across. My advice for overcoming writer's block is to stop procrastinating and just do it! Throughout the process I found meditation, relaxation and centering excellent tools to continue writing.

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

I really enjoy sharing with like minded people and I know that each and every author has so much to offer. It's been a privilege to contribute to this book.

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

Sitting in a meditative state in the stillness, the title of the chapter came to me and I am sure there was Angelic influence there. I chose to write this chapter because the issues are very dear to my heart and I know that many others are touched by similar experiences.

**SWP: Did you learn anything from the process of writing your chapter?**

The hardest part for me initially was being able to critique my work. With editorial assistance I found that this was much simpler. Secondly, being real and cutting to the core, showing my emotional vulnerabilities... that writing about things which are so close to your heart is also a healing experience. I learned that 'dreams do become reality.'

**SWP: Have you started any new writing yet?**

I've almost completed my works for a book that is for people who've experienced the loss of a baby. I've been fortunate to have input from others who have encountered such loss. Within the next five years I expect to have a couple of books published.

**SWP: Do you have any upcoming appearances that you'd like to share with us?**

I will be presenting another Women's Wellbeing Conference in Wagga Wagga again this year that is back by popular demand.

**SWP: Do you have any last thoughts that you wish to share with our readers?**

Take the time to really embrace each individual chapter of *Angels: Winged Whispers* as each story is so heartfelt and real. Know that you are awesome and perfect right now and you are capable of achieving your dreams!

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

The book is available on my website [www.crystalclearreflections.com.au](http://www.crystalclearreflections.com.au)