

Getting to know the Authors of



Soul Whispers II

Secret Alchemy of the Elements in Soul Coaching



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SWP: Where are you from?

I live in Gelsenkirchen, Germany. Gelsenkirchen has been an industrial area but this is history now. Today many tourists come to visit the industrial monuments, like old coal-mines etc. This area has gone through many transitions. Where once there was coal-mining there are now recreation areas. If you stay here for a while you become very familiar with constant change.

SWP: What do you do to relax and unwind?

I allow myself to be still in nature. This can be sitting under a tree and looking at nature without naming the things around me. Just being present and being able to perceive - and then suddenly there is space! Opening to that space, resting in that space - allowing your spine and your muscles and your joints to open to that, and to feel it... This is a most relaxing and energizing option to have.

SWP: What inspires you to write and why?

I believe in inspiration and I have to feel it first. I trust in life so when a strong impulse comes, and then I can't do anything but sit down and start writing!

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

The world is changing very fast and for many people this can be a time of great uncertainty. Clients who are doing the Soul Coaching program are looking for a way to achieve more harmony within themselves and with the world. I assist them to find a way of integrating the Soul Coaching *tools* into their daily routine - to make it real for them, to make it practical. And guess what! Suddenly there was this strong impulse to write about it: "Live your ordinary life with extraordinary possibilities." That is the title of my chapter in this book.

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

I love the idea of working together. Imagine a group of Soul Coaches – living in different parts of the world – working in cooperation for one book! This is electrifying! Maybe this is one of the new possibilities for our future life on this planet. The key is partnership - to become a greater community that supports each other by working together, a combined energy that helps to intensify the results.

SWP: Are you reading any interesting books at the moment?

I am reading *Partnering With Nature* by Catriona MacGregor, Atria Paperback 2010. Catriona is a Soul Coach, too. I love the way she is helping people connect to nature. Readers can become open to the power of nature to transform their lives.

SWP: Do you have any specific last thoughts that you want to say to your readers?

Trust life when a very strong impulse comes and follow your heart. Somebody once said: "You see things and you ask: Why? I dream things that never were and I say: Why not?"

SWP: Thank you!

To order the book, contact Ulrike at www.soulcoaching-behrebrandes.de