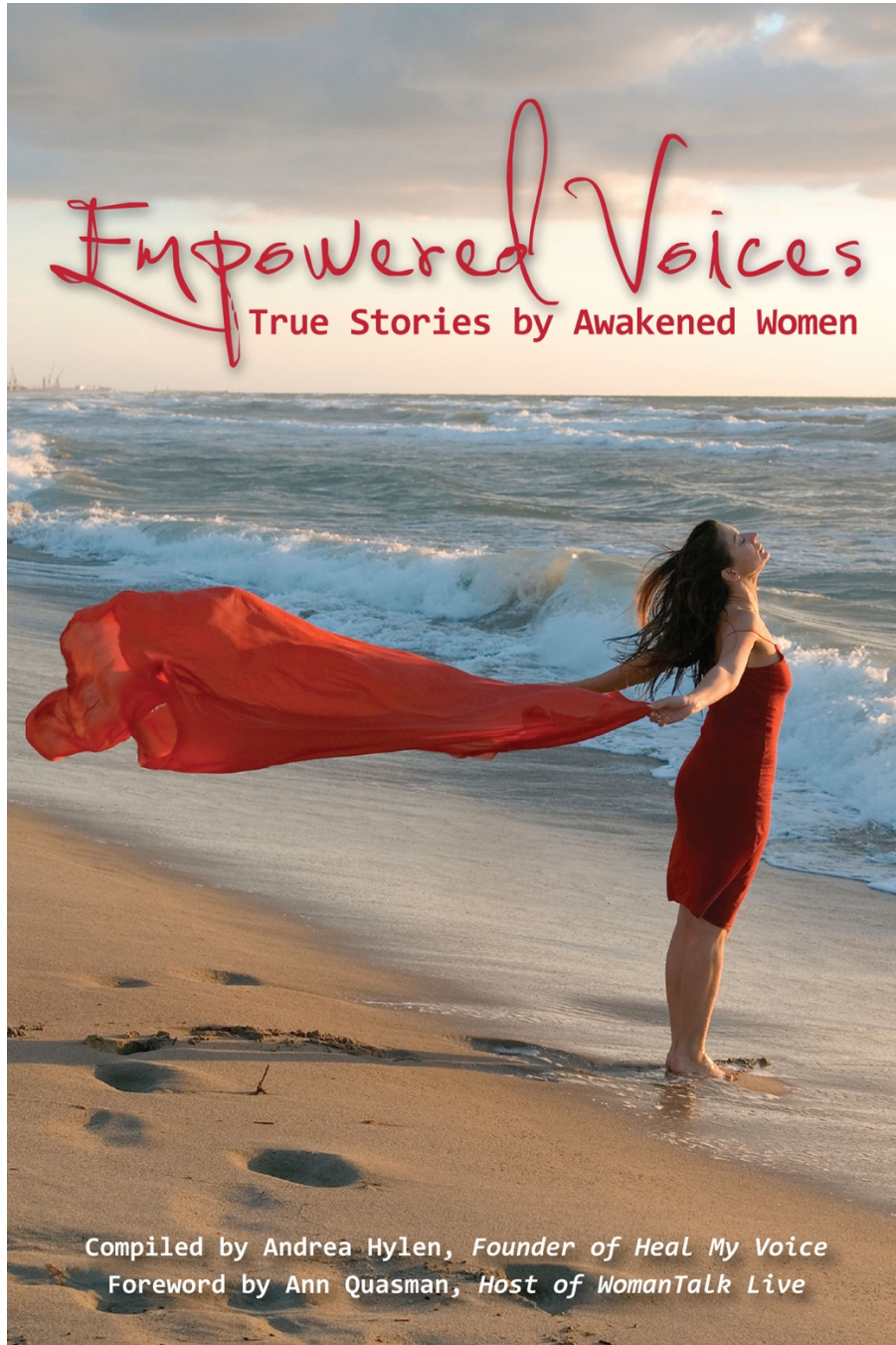


Study Guide

Empowered Voices: True Stories by Awakened Women



Compiled by Andrea Hylén, *Founder of Heal My Voice*
Foreword by Ann Quasman, *Host of WomanTalk Live*

Dedication

To ALL of the readers:

We see you.

We know who you really are.

Our stories are dedicated to you
and your brilliant essence.

We encourage you to write your story now and to shine your light in your
home, your community and the world.

We are listening.

Blessing

Anita Pathik Law

We bless the ancient yearning that is calling; a voice that is reaching up from the deep sacred, beckoning you to reacquaint yourself with the knowledge that the entirety of your life has been in service to evolution and healing.

May you enter into these pages in the most sacred of ways and know, absent of any doubt, the cathartic potential woven into the intimate sharing of these stories.

May the authors be blessed by an exponential exchange of humble gratitude for the courage and willingness to share such bold stories of transformation.

May you, the recipient of this empowering collection, receive these words as prayers for your own revelation of the inborn power you possess to transcend any and all stories of pain, lack and limitation.

May you discover wings and fly mightily towards your dreams.

May you reawaken to a destiny that is revealed through the perfection that is unfolding in perpetual motion with your willingness to surrender to a higher perspective in the telling of your own stories.

In reality, it takes one moment to completely alter the trajectory of one's life; one moment of decision to be welcoming to the transformation that is wanting to take place within you, within all women, and therefore, within the whole of humanity.

May you know that you are the ONE...after all...

It Takes Just One

It takes just one...One moment, one breath, one decision.

It takes just one...One person, one action, one prayer.

It takes just one...One smile, one word, one act of faith, one courageous, willing step towards the bigger yes and the deeper why, the reasons you exist and were awakened to a new day where you could say, "Yes!" when given the choice and release all other alternatives.

It takes just one...One step, one hug, one ear to listen, one choice to forgive.

It takes just one life dedicated to love for the whole world to change, for a life to be lived from aliveness, for a new creation to be born, and for healing to occur...

You are the One...the only, the everything within the whole to make a difference today. So, take one moment to ask yourself the question...

What do I wish to give life to today?

Anita Pathik Law

<https://www.facebook.com/anita.pathik.law>

#healmyvoice #empoweredvoices #blessing #anitapathiklaw #empowered #awakened
#women

Running

By Kimnore Collins

I've spent my life running from here to there,
Running from things too painful for me to bear.

I've spent my life running from place to place,
Running from stuff too painful for me to face.

I've spent my life running always trying to hide,
Always running from the pain deep down inside.

I've spent my life running from a lot of stuff,
But I couldn't seem to ever run far enough.

I've finally stopped running long enough to see,
That all along what I'd been running from was me.

~May 2012

At the Fearless Voices book event in May 2012, we raised money to donate books to women in a program in Arkansas. Kimnore received one of those free books and was so inspired by the stories by women, she wrote a poem. An example of how when we share our vulnerable stories, we inspire women to write their stories, too. This is evidence of the ripple effect.

Your Voice Matters.

Introduction to Empowered Voices Study Guide

By Andrea Hylan

The authors in this project were a group of powerful women leaders who are passionate about leading, serving and making a difference in the world. Kerri in Australia, Marie in Sweden, Yana in Germany, Fiona in Vancouver, Canada, Karen in Baltimore, Charlene in Chicago, Lynn in Colorado, Brenda in California. In total, twenty-four women who live all over the United States and Canada and around the world.

These twenty-four women initially met through a coaching program called Enwaken, including both men and women, and they were accustomed to 'listening' to one another, practicing the artful trade of supporting and empowering others.

As the coaching program came to an end, we redirected our attention to creating a new sacred space for listening, writing and speaking. The new sacred space was the Heal My Voice project: Empowered Voices: True Stories by Awakened Women. For many of us, the process of writing these stories helped us shed a layer of protection that was so worn, it felt like skin. We began to see ourselves and each other more clearly in the journey of writing our stories, building trust and hearing the wisdom that translates from one person's experience to another.

In many of the stories, women wrote about the ways they had been diminished in religion, families, relationships, school, work and the world. Their confidence, feelings of worthiness, personal power, and open-eyed wonder had been chipped away and doused with someone else's fear, manipulation and control, turning down the switch to our bright shining lights, to stay safe and hide our power to preserve and protect our hearts.

Sharing our stories with the readers was the next step in moving forward.

All over the planet, we are bringing our voices out of the well-lit caves, in which we shared vulnerable stories in circles of women. Now, we are all ready to go deeper and rise higher. It is a time of awakening for women and men to change. The study guide was created as a tool and resource to encourage you to awaken to more of your inner authority, to reflect on your choices and to tune in to the gifts and wisdom gained from your own experiences. It is divided into sections by each woman's story. There is a short description of the story topic, reflective questions about the story, resources that the author shared and a quote from the author's story.

The book is available on Amazon. This link will take you to all of the Heal My Voice Books: <https://www.amazon.com/Andrea-Hylan/e/B002C1XZCU/> if you are interested in reading more of the stories and from this study guide: Empowered Voices:

True Stories by Awakened Women. For now, look through the study guide, read the quotes, notice the stirring of your voice, go to our Instagram page and share with others. <https://www.instagram.com/healmyvoice/>

Individual Reflection

The study guide can be used for individual reflection, meditating and journal writing. If you have a copy of the book, read the story and write about what it stirred in you. A feeling, a memory, a desire. If you do not have the book, read through the questions and reflect on them in general. The questions are for you to discover more of you, in whatever way you choose. Let the quote inspire and awaken something in you that wants to be healed and expressed now.

In reading the stories in this book or reading the quotes, you may want to start a journal and explore your relationships with women: A grandmother, mother, sister, aunt, cousin, neighbor, teacher, mentor, classmate, friend. Is there something you want to heal? Do you have a different perspective now?

Conscious Book Circles

If you want to start a conscious book circle to read the books, here are some tips and suggestions.

Set a structure

*Is this an ongoing circle or a defined amount of time. (4 weeks, 8 weeks, 12 weeks)

*How often do you meet? Once a week? Once a month?

*Choose a Day and Time

*Pick a location: This can be at different homes or the same home or a quiet, safe space in a library or coffee shop.

*Is this free or is there a cost? Donation? Fee?

*Do you want a co-leader? If you are going to different homes, is the woman who is hosting the circle, the leader or facilitator or time keeper of the group?

Confidentiality:

Ask everyone to give a verbal yes to confidentiality. We each need to feel safe and to know that we can share our voices. Confidentiality creates safety in the group, enhances our ability to be vulnerable with each other and it helps expand the potential for new

awareness, healing and exploration. Ask all group members to respect and honor one another and the sacredness of this conscious book circle space.

Open and close the circle with intention:

Light a candle. Close your eyes and breathe together for a few moments. Turn off your cell phones. A short centering or meditation. Read a quote. Ask everyone to take a moment to tune in to their own intention for being in the group today.

Holding Space:

Some women share easily and can speak for a long period of time. Some women need silence and a space to formulate their thoughts and feelings before speaking. Allow space and quiet in between each woman's sharing. You can go around the circle or do it like popcorn style but make sure that every woman says something. Set a timer for a first round of sharing and then go around again. Welcome all feelings. One woman may have had the worst day of her life. Another woman had the best day. Encourage women to share feelings that are loss and celebration, anger and joy. All feelings have the same importance and value in the circle.

Setting Intentions:

An intention is a starting point and an opportunity to set a conscious desire. An intention may be to listen, to speak up, to decompress, to open to new awareness, to learn something new. It is a way of setting your internal GPS to keep you focused on bringing your heart and mind into a connection.

Establish Guidelines for the Group:

A women's circle with friends can be tricky during a time when one or two members are going through a crisis. Divorce. Cancer. Death of a loved one. Set a boundary around the intention of the group. Set up time to provide additional support for the women who are in crisis outside of the circle. Follow the intention of the book circle and create a separate space for supporting the friend in her crisis. A group can quickly deteriorate and fall apart if you turn this into a crisis management circle.

Set up boundaries:

No fixing or giving advice. Share your own experiences. No formal teaching. This is a space for sharing and reflection. A place for sharing vulnerability and to process

experiences that can be turned into wisdom. It is not a space to preach to other people. Create an environment for asking questions, sharing your voice and sharing your process. We are all teachers for each other by being who we are and sharing our own journey. We all have our own inner guidance and it is important to honor and respect that.

Start and end on time

One example is to open the doors and have 15 minutes for going to the bathroom, informal conversation and getting settled into a space to sit. Then, begin. Keep track of the time, bring the conversation to a close and have a closing.

General Questions for Each Story Reflection:

The women who wrote endorsements for the inspiration of this story wrote some ideas of questions to ask when reading every story.

*How is this story like my own?

*What conscious choices will I make now?

*Is there a new perspective I see now at this age?

It is my greatest hope that reading the questions and the quote in each section, will help you to remember your own stories. Your voice is needed in your family, community, business and the world.

Your voice matters.

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To purchase book: <https://www.amazon.com/gp/product/0615685692/>

Foreword: *Empowered Voices* **By Ann Quasman**

In this Foreword, Ann Quasman writes about women waking up and claiming their personal power. Ann weaves the story of finding her own voice and accessing her personal power that led to WomanTalk Live, Conscious Conversations Café and Girls Gone Great.

Reflective Questions:

**What relationships do you have with women? Colleagues, friendships, circles, tribes?*

**What have you learned about yourself in your relationships with women?*

**Make a list of some of the books that have impacted your personal growth.*

**What are some of the things you learned from reading personal growth books? What changes did you make after reading the books?*

Resources:

The Wisdom of Florence Scovel Shinn
WomanTalk Live
Conscious Conversations Café

Quotes:

"I am truly honored to have been asked to be a part of this important book. Important because it shares the stories of twenty-four women who woke up and claimed something of real value that belonged to them; something that was already there, but which had been hidden away, put to the side or just forgotten. In other words, stories of women who woke up and found themselves, who claimed the truth of who they were, and made conscious decisions, about what they were willing to let go of and how they would choose to live, going forward. Powerful stuff." ~Ann Quasman

"Each story provides us with an opportunity to witness a woman stepping forward and sharing her truth from a place of deep knowing. Each woman becomes a role model for other women, demonstrating that when we tune into the essence of who we are, and when we are willing to speak up and out and live that truth, nothing will ever be the same." ~Ann Quasman

To learn more about Ann go to: <http://womantalklive.com/>

#healmyvoice #empoweredvoices #womantalklive #annquasman #maryland #vermont
#awakening #girlsgonegreat #mcasa #consciousconversationscafe

Acknowledgements

To all the writers and community members connected with this project, thank you for saying, “Yes!” You held the space for something new to emerge from each of us in a secret Facebook group, on group phone calls, in individual coaching sessions and in workshops. It was your courage and willingness to write one vulnerable word at a time that made this book project come to life.

I bow down in gratitude to each of you for trusting me and calling me into greater leadership. You held a safe space with me for each woman to step into a fuller expression and offer her unique leadership in the group. Believing in each other created an environment for bursts of brilliance. The week we ALL read our stories out loud was one of the most powerful, vulnerable, intimate experiences of my life. Your words...your voices...your unique expression...Better than chocolate and fireworks and a spectacular sunset! Delicious!

The sacred space of reading led Yana Mileva to suggest an audio book and Charlene Sansone stepped into her brilliance. Holding the space, sharing her technical skills and hours too numerous to count! Our voices out in the world! All thanks to you!

Ellen Koronet, you have become my most trusted editor, word muse, word smith or whatever it is you do to help me see where my words want to travel. Thank you for jumping in to read my story, the introduction, and offer your fresh perspective and creative expression. Thank you for continuing to cheer me on to the finish line!

Thank you to David Morelli, who created an energy coaching program and provided a space for all of us to meet and build a strong community. Connecting with the authors of this book was one of many amazing gifts in the year-long program.

Karen Porter...your belief in this process and all of the energy you bring to it is an important element in driving this train. Thank you for fully stepping into the role of President of the Board of Directors and for picking me up whenever I think I can't take one more step. You have held the vision with determination, grace, and Love. Eternal gratitude!

To my three daughters, Mary, Elizabeth and Hannah who continue to be the carrots at the end of the stick that compel me to grow, stretch and heal my own voice over and over again. You have inspired me to always reach to be the best role model of a woman living life and growing into her fullest potential. Stay tuned! The best is yet to come!

Endorsements

"When women journey into the depths of their heart to bare their soul, the whole world awakens with them. Empowered Voices is a beacon of light, not to be missed!"

~ANDREA COSTANTINE~

Co-Creator of the Speaking Your Truth: Courageous Stories from Inspiring Women

<http://andreacostantine.com/>

"It can be so easy to get stuck in your story; to allow yourself to be defined by a tragedy or loss. But how do you move forward after hurt and violation? How do you stop making excuses and start making a difference? Empowered Voices is a wake-up call for us all. Each provocative chapter is proof that we have a choice about whether we will be prisoners of our past and circumstances, or conscious creators of our life. Proof that fully living requires fully opening our eyes."

~SUSAN BISHOP, CPCC~ Creativity & Innovation Coach Unlocked Box, Inc.

<http://www.unlockedbox.com>

"Here are twenty-four Empowered Voices -- gifting the reader with deeply intimate, articulate reflections on the power of innate wisdom and vibrancy. This book is a beautiful tribute to the process of awakening, lovingly shepherded by Andrea Hysten."

~KAREN RIBEIRO~

Author and Life and Business Coach <http://www.innerfortune.com/>

"Collections of short stories are only as powerful as the inspiration behind them and the thread that binds them. "Empowered Voices" harmonically emerge from a deep place, crafted through a partnership these twenty-four women formed and driven by Andrea Hysten's brilliant process of inward journeying through community. Individually and collectively, you will feel the chords these women strike as they reverberate right into your heart. From the striking metaphors each author summons to the agonizing lessons

they have transmuted into hope and confidence, these women offer a truly gentle gift of support and inspiration.”

~ELLEN KORONET~

**Principal at LNK Creative, LLC Marketing Research for the Entrepreneurial Spirit
www.LNKCreative.com**

“One of the most powerful tools people have are the words used to connect to one another. Telling our heartfelt stories in an open and honest way changes our vibration, lifting all who are touched by the passages. Never underestimate the power of women who have found their path. "Empowered Voices: True Stories by Awakened Women" conveys what we all know in our center--that we are unlimited potential. Women are waking up to their vocal chords and this book is what it sounds like when put to paper, reading their stories, you hear your own. It fills me up to be connected to such integrity.”

~LAURISSA HELLER~ Author, Radio Show Host, Astrologer, Coach

“Reading the stories in this book I recognize how many things that happen to us effect our lives. Often, we are who we are because of what happened, but, if we are wise, we become who we are in spite of what happens to us. These courageous women have given us a glimpse into what it's like to rise above circumstance and live out loud.”

~REV. GRACE LOVEJOY~

**Center for Spiritual Living, Camarillo, CA
<http://www.csllcamarillo.org/>**

“Courageous are these women to speak out. And Archangel Ariel blesses all of these words. These transforming stories help us stand up in the light for our beliefs-- and know that we are spinning gold of what was into greatness.”

--LORE RAYMOND~

**Founder & Chief Inspirator, Women as Visionaries
WomenasVisonarieswithLoreRaymond.com**

“Andrea Hylan’s Empowered Voices gives voice to ALL women, regardless of our personal journeys. It includes beautifully crafted stories ranging from traumatic experiences to the stuff of everyday life. Every woman’s story spoke to some part of me and moved me deeply. Empowered Voices is a must read for any woman who is on a journey to know herself better - and to show up as the authentically powerful woman she truly is.

--MARIAN HEAD, Author, Keynote Speaker~

Revolutionary Agreements

<http://revolutionarychoices.com>

Introduction

by Andrea Hylan

This is the introduction from the book, Empowered Voices: True Stories by Awakened Women. It is an overview of the project and a reflection on the power of women healing in community.

Reflective Questions:

*What are you ready to heal that will enable you to speak up and use more of your voice?

*List all of the communities where you can share your voice and speak what you feel, think and want. If your list is blank, do some research and find an on-line or in person community to join. Keep trying different groups until you find a place that feels right for you.

*What does empowerment mean to you?

*Reflect on your answers and write down feelings and awareness about how you use your voice.

*Do you ever watch old television shows or films? What do you notice about the roles of women and men? Have things changed? What would you like to change?

Resources:

Writing

Community

Television/Film

Quotes:

"It may seem like I am making a big deal about such a small phrase, but the, 'Hey Worthless' exploded in my ears like a trumpet blast. While we could debate the genius of Hitchcock and his cleverly disguised insult, the blasting in my ears created a frozen state in my body. This was one of the ways women had been programmed to think they were worthless, less than, not enough or wrong. This is how their voices were shut down. It began with one slippery, biting word at a time;

demeaning, dishonoring, invalidating abuse intermixed with food, shelter, belonging, and 'love.'
From men, from women, from the media and more." ~Andrea Hylen

For more information on Heal My Voice, go to: <http://healmyvoice.org/>

#healmyvoice #empoweredvoices #community #andreahtylen #awomansvoice #healing
#writing #awakening

Part I:

I Am Powerful

Your own words are the bricks and mortar of the dreams you
want to realize.

Your words are the greatest power you have.

The words you choose, and their use, establish the life you
experience.

~Sonia Choquette

Story One: *Living My Life as A Question*
By Adrienne MacDonald

This story is about the author's decision to live her life as a question. Throughout the story, Adrienne shares questions she used to spark her intuition with answers.

*Make a list of questions that you can use to stimulate ideas and answers.

*What has been your experience of asking questions and waiting for the answers?

*Do you have a relationship with God or Universal Intelligence? What does your heart tell you about the relationship? What does it feel like?

*What does freedom mean to you? How do you define freedom?

Resources:

The Oprah Show

A Return to Love by Marianne Williamson

A Happy Moment's Journal

Access Consciousness

Quote:

"I have always thought that there has to be more to life than what I was living. I felt like maybe there was some rulebook out there that I had not received. Even after I began to allow change and expansion to happen in my life and open up to the opportunities around me, I still knew that something was missing. That was when I decided to live my life as a question. I wondered if, just maybe, my life was a question waiting to be revealed. ~Adrienne MacDonald

To learn more about Adrienne, go to: <http://www.vibrationalreadings.com/>

#healmyvoice #empoweredvoices #awaken #theoprahshow #returntolove #gratitude
#happymoments #accessconsciousness #braveheart #adriennemacdonald
#vibrationalreadings #livingmylifeasaquestion

Story Two: *Finding Me*

By Kerri Jones

This story is about a rock bottom moment in the author's marriage and life and the steps she took to climb out and begin to rebuild her life.

*Have you ever had an experience of moving away from family and friends? Write about some of the things you experienced during that time. Or write about what it felt like when a friend or family member moved away from you.

*Have you experienced some rock bottom moments? Write about the rock bottom moments, turning points and gifts you discovered about yourself and life.

*Who have been some of the role models around you who you value? What have you learned from them? How has that supported you in life?

Resources:

Support Groups
Healing modalities
Massage
Swimming

Quote:

"One major thing we had going for us was that we wanted to stay together. So, we dug deep! We tried counseling for a while and did a course for couples. We had an open line of communication. I was able to communicate my feelings, even though this was painful for us both. We had strong family support on both sides and I am deeply grateful to my sisters and my friends for their love and light. One friend in particular was a shining example for me throughout these dark years."
~Kerri Jones

#healmyvoice #empoweredvoices #support groups #healing modalities #awakening
#australia #workingonamarriage #couplestherapy #familysupport
#postpartumdepression #kerrijones

Story Three: *Choice*

By Sandy Kobrock

This story is about the author's experience of seeing the tick, tick, tick, of her life and the power of living more in the present as she asks the question: "What am I choosing right now?"

*Reflect on experiences you have had that disrupted your life and got you thinking about who you are and what you really want. It may have been illness, the loss of a loved one, the witnessing of a tragedy in the news.

*Pick one of the experiences and write about how that helped you to live more in the present. What were the changes you made in your life?

*What choices are you making right now? Are they in alignment with the desires you have for your life?

Resources:

Essence Coaching

Quote:

"I don't want death to be the sole reminder to bring awareness and gratitude in each moment. I can choose to pay attention to be present. I can ask, "What is it I am choosing right now?" I can choose to be gentle with myself and others. I can choose to notice when I impose limiting beliefs - and make a different choice. Tick...tick...tick... I can make that choice now." ~Sandy Kobrock

To learn more about Sandy, go to: <https://wolfcreekbackcountry.com/>

#healmyvoice #empoweredvoices #awakening #coaching #adventuresports
#sandykobrock #trusttheuniverse #liveinthepresentmoment

Story Four: *From Darkness into the Light* **By Lynn Wertheimer**

This story is about self-esteem and some experiences that helped the author begin to see her own light instead of darkness.

*Are you aware of your inner critic? What does the inner critic say to you? What does it sound like?

*What are the songs you listen to when you are feeling low self-esteem? How about when you are feeling joy-filled?

*Have you ever felt disconnected and isolated from people? When was that? How did you begin to connect with yourself and others?

*Have you ever had suicidal thoughts? The author talks about making a commitment to take care of her cats and how that stopped her from acting on those thoughts. Is there someone or something outside of yourself that is a reason for living?

*Do you see the light in you?

Resource:

Energy healing practices

Quotes:

"My coaching buddy suggested I turn on the light inside me. It helps me keep an awareness of the light, my coaching friends see, in my essence. I am beginning to feel lighter. It is still a choice and sometimes a challenge for me to choose the light instead of darkness. Now...I wonder...what else is possible?" ~Lynn Wertheimer

To learn more about Lynn, go to: <https://www.linkedin.com/in/lynnwertheimer/>

#healmyvoice #empoweredvoices #awakening #innercritic #rape #suicidalthoughts
#seethelightinside #lynnwertheimer

Story Five: *The Power of Self: When You Believe...All In* **By Cathi Ketterling**

This story is about how the author re-evaluated her life and career and made changes to design a life that was in alignment with her essence.

*Reflecting on your life, write about some moments when you felt the most confident.

*Who have been some of your mentors? In your community or work? Authors?

*How have they impacted you? What were some of the things you learned?

*What are some of the tools you use when you are stressed? Do you have daily practices like meditation, walking in nature, Tai Chi? How do those practices benefit you?

Resources:

Bob Proctor, author and self-help teacher
Energy Healing

Quotes:

"It is amazing to look back at it all and to deconstruct it. No layering of failure, fear, or self-doubt had occurred. Just pure passion as I pursued the path I was choosing for my life. It was almost child-like as all I saw were options and possibilities. As I sit here and write, I take a deep breath going back to that place and energetically re-living it in my mind. It was pure spirit in action. So, what the heck happened?" ~Cathi Ketterling

To learn more about Cathi, go to: <http://cathiketterling.com/>

#healmyvoice #empoweredvoices #awakening #bobproctor #essencecoaching #health
#wellness #longevity #cathiketterling

Part II:

I Am Love

When you forgive, you heal your own anger and hurt
and are able to let love lead again.

It's like spring cleaning for your heart."

~Marci Shimoff

Story Six: Waking Up

By Elizabeth Love

This story is about the author waking up to a crumbling marriage and making different choices to rebuild her life from the inside out.

*Have you experienced an innocent whisper trying to tell you something about your life?

*What was the whisper telling you?

*What did you see in the moment of listening and waking up?

*Have you asked yourself, "Is it okay to be me?" What was your answer? How did it change your life?

*What strengths did you discover you had? Write about the strengths and what they led you to discover about yourself?

Resources:

Energy Healing

Retreats

Coaching

Quote:

"Somehow, I'm not afraid of the tears anymore, or the grief.

It didn't kill me.

My life came apart but I'm still here.

I learn how to lean into the pain now...purging wounds that have festered for decades. There's no illusion left to protect.

With that fear gone, I'm gaining strength.

I still don't like the pain. Who does?

But, it's different.

I'm raw. I don't have patience for protecting illusions.

Many who were my friends avoid me.

More loss.

More tears.

And on the other side...more strength."

~Elizabeth Love

To learn more about Elizabeth, go to <http://elizabethlovekennon.com/>

#healmyvoice #empoweredvoices #wakingup #retreats #coaching #equineassistance
#lettinggoofthepast #spiritanimals #awakening #elizabethlovekennon

Story Seven: *Is There Perfection in Imperfection* **By Catherine Foster**

This story is the author's experience with her eyesight and double vision that she was born with and the perspective it brought to her art. She asks: Am I the healer or am I the artist?

*The author asked, as a child, "Why am I different?" Did you feel that way? What was different about you? (physically, emotionally, mentally)

*Were you in the hospital when you were a child? Was it traumatic or did you have a good experience? Write about the details, the things you remember.

*Where in your life have you tried to fit in, and realizing that the thing that makes you different is a strength and a unique part of who you are? Have you learned to accept, understand and benefit from the things that make you different?

*Have you ever experienced a deep surrender where you threw up your hands to God and said, "I give up?" What happened next? What did you learn during that time?

Resource:

Reiki
Painting
Energy Healing

Quote:

"I often wonder now if vision plays a part in both our physical and spiritual lives. Am I the artist I am today because of my vision? If I did see as one, would my artwork change? My world is abstract images overlaid together weaving patterns, shapes and colors. Maybe this is why I love abstract art. Have I become the healer today from this search to be healed?" ~Catherine Foster

To learn more about Catherine, go to: www.catherinefoster.com

#healmyvoice #empoweredvoices #abstractart #CatherineFoster #painting
#inspirationover50 #art #awakening #newvision #energyhealing #reiki

Story Eight: *Breaking the Smoked Glass* **By Yana Mileva**

This story is about how the author discovered that she could rewrite the story of her life from the perspective of her higher self. She shares her story and how her life began to change.

*Think about a time in your life when everything fell apart. What grew out of that time? If you are currently in a time like this, what glimmers and seeds do you see that are being planted or sprouting?

*What is your relationship with your father, now and in the past? How has that relationship supported you or limited what you feel is possible?

*What did you want your childhood to look like? Write a new story and give your inner child what he or she wanted.

Resources:

Zumba
Akashic Records
Re-write your life story

Quotes:

“Both of those stories are true. The first story is written by my five-year-old self, who was running my life, from a space of fear and sadness. The second story is written by my higher self, who realizes that we all have our path and our lessons to learn, who does not blame and who is here to create from a space of love. Both stories are valid. I just choose to live my life from the place of the second story.” ~Yana Mileva

To learn more about Yana, go to: <http://joyridecoaching.com/>

#healmyvoice #empoweredvoices #awakening #YanaMileva #Zumba #Germany
#akashicrecords #rewriteyourstory #joyridecoaching

Story Nine: Gift of Love

By Brenda Jacobi

This story is about the author's journey with finding the freedom to love, as she wanted to love. A story filled with teenager music and a longing for true love.

*What were some of your childhood dreams? Did they come true?

*How have your dreams changed in the past five to ten years? What is different now?

*Do you have a relationship with God or a higher power? How has that relationship changed?

*Write about your first experience with love. It may have been five years old or seventeen, like the author, or younger or older. Write about the feelings and things you remember.

Resources:

Energy healing
Music

Quotes:

"Peering out the window, in search of the first star, I still remember being deeply engaged in conversation with God and The Universe as I entertained myself on that 10-hour drive across the desert to grandma's house. I was 8 years old and I decided that there was no time like the present to take action on what I wanted most, to Know True Love! "Star light, star bright, first star I see tonight, I wish I may, I wish I might, have the wish, I wish tonight..." ~Brenda Jacobi

To learn more about Brenda, go to: <https://www.linkedin.com/in/brenda-jacobi-9075b114/>

#healmyvoice #empoweredvoices #brendajacobi #awakening #truelove #wishingonastar

Story Ten: *A Spy in the House of Art* **By Lisa Morningstar**

This story is about the author's self-exploration in a café in Berkeley as she tuned into her artist, writer self and observed the world around her.

*What tools and resources have you used for self-exploration?

*Do you feel connected to your intuition? Make a list of examples when you made choices and decisions based on intuition.

*What were some "toe-dipping" experiences of seeking to awaken and discover puzzle pieces to explore?

Resources:

Astrology
Numerology
Tarot
New age books
Bohemian literature
Coffee shops

Quotes:

"I've always looked at life through the lens of an artist. What I mean by that is that there is more to life than just what simply lays in front of you - there are the symbols and metaphors and colors and layers, each one having their individual interpretations that weave and patch together like a quilt to form the big picture. I wasn't taught to think along those concepts; it just evolved quite naturally, allowing me to play with my creativity in a way that was fun and different from the standard way of thinking." ~Lisa Morningstar

To learn more about Lisa, go to: <http://lisamorningstar.com/>

#healmyvoice #empoweredvoices #lisamorningstar #awakening #businessplayshops
#energizeyourevent #california #henrymiller #anaisnin #bohemians

Part III:

I Am Alive

The whole point of being alive
is to evolve into the complete person
you were intended to be.

~Oprah Winfrey

Story Eleven: *Glastonbury: The Heart Chakra of Our Planet* **By Kathleen Nelson Troyer**

This story is about several trips to Glastonbury, England and the lessons the author learned about self-love while letting go of the need for approval from others.

*Think about some of the mistakes you made when you were younger. Now, close your eyes, connect with your heart and send love and compassion to your younger self.

*How does that feel? Ask your younger self some questions.

*What are some practices you have to stay connected to self-love and self-compassion?

*Have you traveled to Sacred Sites in the world? What is sacred about the place you live? What can you do to create a sacred space in your home?

Resources:

Crop Circles

Crystals

Sacred Sites: Stonehenge, Avebury, Glastonbury

Quotes:

“As I sat in the Chalice Wall Garden, I realized that once we fully love ourselves, we have so much more to offer the world. The approval of others becomes so much less important than being aligned and congruent with my essence and my true self. These realizations shifted me into a deeper alignment with my purpose.” ~Kathleen Nelson Troyer

To learn more about Kathleen go to: <http://kathleennelsontroyer.com/>

#healmyvoice #empoweredvoices #Glastonbury #themistsofavalon #England
#divinefeminine #healingarts #thechalicewell #selflove #awakening
#KathleenNelsonTroyer

Story Twelve: *The Dance*

By Holly Eburne

This story is about the author's reflection of dancing in life with all circumstances and especially with her husband's rare form of dementia, 'Frontotemporal dementia' diagnosed at the age of 57.

*What have you learned in life experiences that is more than you could have ever learned from reading a book?

*Did you have a pet when you were growing up? Write about the gifts and lessons you learned from your pet.

*Where have you witnessed someone else's pain or physical illness? What did you learn about yourself in that situation? How did it expand who you are?

Resources:

Music

Dance

Nature

Pets

Quote:

"This morning, I was hiking with our spaniels thinking about my life with my husband, Dave. Five years ago, he was diagnosed with a rare form of dementia: Frontotemporal dementia. He was only 57. I wondered if I would have said, 'I do' in 1978 if I had known "the way it all would end, the way it all would go." Would I have married Dave if I knew I would become more of a parent, than a partner? Who knows what my decision in 1978 would have been, but in 2012 I am certain that I wouldn't trade my life for anyone else's. Despite the challenges and pain of slowly losing my husband to an incurable, shameful disease, I wouldn't miss the dance." ~Holly Eburne.

To learn more about Holly go to: <https://hollyeburne.com/>

#healmyvoice #empoweredvoices #thedance #hollyeburne #dementia #ihopeyoudance
#physicaltherapist #awakening #britishcolumbia

Story Thirteen: *Just Write*

By Adrienne Yeardye

This story is about how the author connected with her writer self to find the meaning in everything: Happiness, homeopathy, energy and life.

*What does it mean to be happy?

*How do you connect with joy?

*What is your relationship with energy practices? Have you studied, been trained, received or practiced?

*What has been your experience with energy practices and healing?

*Do you have questions that you ask your intuition, like, "What's Next?"

*Do you have a writing practice? How do you use writing in your life?

Resources:

Homeopathy

Reiki

Energy Coaching

Writing

Quote:

To hear the truth meant: if I don't start to live my purpose, my Divine self was going to start looking for another Body with a Mind that was willing to take more than the proverbial back seat. Is that how I choose to be? Absolutely not. My Life is a Miracle. ~Adrienne Yeardye

So, here I am with all the miscellaneous parts and pieces falling out of my head, and down into my belly to feed me. I don't have a clue where I am going next, but I have made a contract with my Divine self, in reverence to my body, not my details, to write it all down. The truth and nothing but the truth, as it speaks through me, whatever the hell that means. ~Adrienne Yeardye

To learn more about Adrienne, go to: <https://consciouslywoman.com/> and <http://adrienneyeardye.com/>

#healmyvoice #empoweredvoices #awakening #justwrite #adrienneyeardye #justwrite
#homeopathy #reiki #consciouslywoman #writing #energycoaching

Story Fourteen: *Discovering Power in Vulnerability: Healing the Feminine* **By Dawn Angeloe**

This story is about the author's journey from pursuing goals to surrender to being in flow and in the moment.

*What were some of your favorite activities when you were a child? Did you feel you could do or be anything?

*What were some of the ways you felt limited by your gender?

*What is your relationship to masculine and feminine energy? Do you feel balanced?

Resources:

Intuition

Reading Energy

Quote:

"I began to experience life as being in flow. There were no more goals to pursue, because just being in the moment was sufficient. Whatever was needed, whatever I needed to do would be brought to my awareness, to my consciousness, in the right moment. I began to trust, really trust in the wellbeing of myself, in the wellbeing of others, and in the wellbeing of the world around me for the first time ever. I began to live my life in collaboration with all of creation. I no longer had to strive, just to be, just surrender, just invite an experience and allow it to be brought to me." ~Dawn Angeloe

To learn more about Dawn, go to: <https://www.betterhelp.com/dawn-angeloe/>

#healmyvoice #empoweredvoices #dawnangeloe #awakening #healingthefeminine
#livinginflow

Story Fifteen: *The Physical Side to my Love Affair* **By Meenal Kelkar**

This story is about the author's awareness of the "frozen and collapsed," state of her body because of a physical trauma on an airplane and the way she found a way back to sensation and connection.

*Have you had a physical trauma? A sexual trauma? *How long did it take for you to seek help?

*What are some of the practices you have used to reconnect to the sensation in your body?

*Is this a moment of realizing that you have untreated trauma? What is the next step you can take to begin healing?

*The author's question to her body: "How would it be to love and appreciate all that my Body has done for me?"

*What are some other questions you could begin to ask your body, in opening a dialogue and conversation?

Resources:

Yoga

Acupuncture

Peter Levine: Somatic Experiencing

Quotes:

"I began by asking myself questions, "How would it be to love and appreciate all that my Body has done for me?" "How would it be to offer that same patient, loving tenderness to my Body, as I would to a frightened, wounded animal?" "How would it be to slow down and truly listen to what my Body has been telling me she needs, for so long, in the only way she knows how?" "How would it be to accept and celebrate my Body as a wise partner in doing this thing called Life?" Truly accepting, and taking action, on my answers scared the breath right out of me because I could see they meant I had to slow down, something I had

absolutely no skill in doing after spending decades perfecting Overworked, Overwhelmed, Overachiever. And yet, I knew that I had to take a step, any step, down this path because I knew deep within that this would lead me to a very different outcome from all my previous attempts. ~Meenal Kelkar

Within this new enlivening chapter of my Life, my Body began to rewire herself and I feel excited to write that my previously deeply trapped life force energy has begun to emerge, along with my libido. It is a year later, and I wish I could tell you that everything is perfect. Honestly, I find myself in transition, like a caterpillar transforming with the deep knowing that the butterfly will emerge. I wish I knew when that will be, but I don't. And yet I can see evidence of tremendous change and inklings of what can emerge from these fresh, fragile Self-Full habits. ~Meenal Kelkar

To learn more about Meenal, go to: <https://onetaste.us/coaches/meenal-kelkar>

#healmyvoice #empoweredvoices #meenalkelkar #california #india #somatic
#mindbodyspirit #physicaltrauma #sexualtrauma #awakening #libido #loveyourbody

Story Sixteen: *Falling into Place: A Midlife Journey* **By Marilyn O'Malley**

This story is about the author waking up to herself and deciding to leave a 20-year marriage to begin a new life for herself and embracing her life in a fuller way.

*What are some of the turning points in your life that have opened you to feel more alive in your body?

*What are some of the changes you made to explore and feel that aliveness all the time?

*Make a list of some of the changes you would like to make in your life.

*What is one step you can take today to start changing and living your life in a fuller way? One small step...

Resources:

Meditation

Exercise

Women's support groups

Friends

Intuition

Plans A, B, and C

Quote:

"I knew I was turning our lives upside down and inside out by leaving. I needed to put myself first this time and decide what I had to bring to my game of life. I wanted my children to see what a healthy, respectful and deeply caring relationship was like. I wanted them to know that they could be in a relationship where they could fully express who they are and be celebrated. I wanted them to know sacrificing yourself is not an option. I wanted them to know you're never stuck. I wanted them to know they are responsible for creating how they feel about their life."

~Marilyn O'Malley

To learn more about Marilyn, go to: <https://www.marilynomalley.com/>

#healmyvoice #empoweredvoices #theunknown #marilynmalley #divorce #midlife
journey #awakening #iamalive #empowerment

Story Seventeen: *Going into the Dark to Find the Light* **By Charlene Sansone**

This story is about the author's childhood and uncovering a suppressed memory when she was 42 years old, of being doped and raped in college, 20 years earlier.

*Think of a time when you felt lost and you may have asked the questions, "What happened? Where did I go?"

*How did you find your way back to yourself?

*What were some coping mechanisms or habits you learned as a child to protect yourself or someone else? (The author shared how she learned to smile, even when she didn't feel happy.)

*Have you learned to be more authentic? What did it take for you to change?

*What were the coping mechanisms covering up?

Resources:

Energy healing
Energy sessions

Quote:

"What I have learned over the years of my life journey is that when you numb (or deny) the pain you also numb (or deny) the joy. Before I really understood this, I would commend myself for the amazing amount of "neutrality" I had. I was always in the middle, never to one extreme. I was really proud of myself and it for me. Until..." ~Charlene Sansone

To learn more about Charlene, go to: <https://www.linkedin.com/in/charlenesansone/>

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#energyhealing

Part IV:

I Am Beauty

I don't think of all the misery
but of the beauty that still remains.

~Anne Frank

Story Eighteen: *My Journey Back to Love* **By Maryann Hesse**

This story is about the author reflecting on love relationships from the past, and healing, as she learned it was time to enjoy life, instead of hiding from it. She discovered the power and love within herself.

*Have you ever had a desire to help someone else, only to realize that what you really needed was to help yourself first? Spend some time reflecting and writing on the feelings or experience that just popped into your consciousness.

*Who was your first love? How did it end? Is there anything you need to say to him or her? Write some thoughts about it and explore the feelings.

*The author talks about different ways her body gave her messages that led her to better nutrition, homeopathy and exploring her spirituality. Is your body giving you messages? What is it saying to you?

Resources:

Homeopathy

Nutrition

Exercise

Energy work

Teachings of the Masters

Muscle Testing

Quote:

"There is an old saying that pain is inevitable, but suffering is optional. We always have a choice. What is so ironic to me is that driving cross-country years ago, after leaving my marriage and my teaching career, I knew I wanted to help women know they have a choice no matter what their current circumstances. What I didn't realize then was that, "I" needed to know that, so I could open my heart and fully participate in this wonderful gift of life." ~Maryann Hesse

To learn more about Maryann, go to: hessemaryann@gmail.com

#healmyvoice #empoweredvoices #maryannhesse #awakening #ascendedmasters
#wellness #selflove #nutrition #exercise #energywork

Story Nineteen: Pause, Reset, and Hit Play

By Fiona Goorman

This story is about the author reflecting on the depth of pain in the breakup with a man and the steps to rebuilding her life through hitting bottom emotionally, forgiving herself and reclaiming her body.

*The author interrogates herself with the question: “*Why do I hurt so much?*” What are a few questions you could ask yourself about a situation you are in now or from your past?

*Think of a time when you felt empty. What were the steps you took to find your way back to yourself? What did you discover about yourself?

*What are some of the ways you take care of yourself?

Resources:

Kayak
Nature
Writing

Quote:

“This body will never know his touch again, but I feel like he is tattooed all over me. My body. This is my body. When did I give myself to you?! When did I abandon these parts of me? When did I give up on myself? Whose life am I living? When did I decide that who I am, what I say, how I act, how I feel isn’t good enough?... I am at my lowest. I need to feel the bottom because I don’t want to feel this way ever again. I don’t want to have so much of me, my worth, how I value and define myself, to be rocked like this again. To be so entangled with another person that to pull out these bits of him from me, I abandoned the pieces that were mine.” ~Fiona Goorman

To learn more about Fiona, go to: <http://medalta.org/lifelong-learning-fiona-goorman/>

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#forgiveness #selflove

Story Twenty: *Eight Gifts*

By Andrea Hylan

This story is about eight gifts, in the form of lessons, the author received during the birth and death of her 19-month-old son.

*Have you lost a loved one to death? What are some of the gifts you received during their life and healing after their death?

*Do you believe that life goes on after death?

*What are some of the symbols that your deceased loved one leaves for you? How do they contact you?

*How have deaths in your life changed the way you see life? Do you fear life?

Resources:

Cross Stitching
Laughter

Quote:

“On the last day of Cooper’s life, Hurley sat in a rocking chair with Cooper on his lap. With my belly full, pregnant with our 4th child, I sat on the floor with my head resting on them both. We signaled the doctor with a nod of our heads that it was time to turn off the life support. When I saw Cooper take his last breath, I felt a solid hug from behind. I turned my head to acknowledge my sister-in-law, Patty, and to thank her for being there with us. The hug was so strong I felt it had to be her. But, she was still on the other side of the bed. There was no one behind me. I knew in that moment that life goes on...” ~Andrea Hylan

To learn more about Andrea, go to: <http://andreahtylen.com>

#healmyvoice #empoweredvoices #awakening #deathofachild #grief
#unconditionallove #andreahtylen

Story Twenty-One: *My Boring Old Story*

By Marie Ek Lipanovska

This story is about the author reviewing her childhood and finding that she can give her inner child the love she was longing for and that everything is love. It started within herself.

*What kind of an environment did you grow up in?

(Physically, emotionally and spiritually. And what mindset ruled in your family?)

*When did you lose the pure innocence of your heart and mind?

*What did you inherit from your parents that is still writing your life story?

*When do you feel connected to, 'Her' – the deep feminine in your own body and soul that is the holy life in God?

*Are you still committed to becoming who you are if it takes a whole lifetime to unfold that mystery? If not, why?

Resources:

Art

Writing

Prayer

Quote:

"I could write a whole book for everything I am grateful for that has come out of my childhood, my marriage and my soul mate relationship. I treasure the gifts. I honor them. They have made me who I am. And I am proud of myself. But I am tired beyond infinity. I don't want to be a warrior any longer. I want to be the princess and grow up to be the queen that rules the kingdom with love and compassion. I want to be healed and to let go of this boring history of mine. I want to live, not only survive. I want pleasure and ease. I want love, love, and even more love. 24-7."

~Marie Ek Lipanovska

Updated Bio: *Seven years after I wrote my boring old story I am where I desire to be. I am now the author of a new life, written by God's love for me.*

Marie is a Christian author and illustrator living in Sweden. She is devoted to finding the Woman in Christ and share her story with the world. Marie spreads her love for Jesus in her own vulnerable, feminine style. Through books, Youtube, blogging, and her spiritual drawings, she allows her gentle voice to sing the graceful message of the Gospel. Marie is also the founder of Heal My Voice Sweden and a publisher of three anthologies written by women.

To learn more about Marie, go to: <http://www.enbok.se>
www.healmyvoicesweden.com Youtube: <https://www.youtube.com/user/sjalaglad>
G+: <https://plus.google.com/u/0/+MarieEkLipanovska>

#healmyvoice #empoweredvoices #awakening #sweden #marieeklipanovska
#oldboringstory

Story Twenty-Two: *Betrayal*

By Karen A. Porter

This story is about the author's healing journey after childhood sexual abuse and her relationship with her aunt, the abuser's wife. As the aunt was dying in hospice, Karen writes about the last days of her aunt's life and closure.

*Did you experience sexual abuse or trauma when you were a child? Do you still have a relationship with the abuser?

*What have been some of the tools or resources you have used to heal yourself? How do you stay connected to your feelings and continue to heal?

*In *Heal My Voice*, we acknowledge that trauma is an ongoing journey of healing, that emotional wounds have scars, just like a physical wound. Is it time for a ceremony of closure, something that will bring you more peace in this moment?

Resources:

Therapy
Energy Reading
Writing Christmas cards
Creating family photo albums

Quote:

"A few hours later, I was on a call with some of the women in this book project, and through sobs, asked for their support, sharing with them what needed to be done. After the call, I went to see and talk with Aunt Pearl. She had begun sleeping more each day and I woke her, saying that there was something I needed to tell her. I told her that I loved her, and that I did not hold her at all responsible or to blame for what her husband had done to me. (sexual abuse) She replied, "Good. I hoped you felt that way." Aunt Pearl passed away 36 hours later." Karen A. Porter

To learn more about Karen, go to: <http://www.mamaporter.com/>

#healmyvoice #empoweredvoices #awakening #karenaporter #sexualabuse #grief
#childhoodtrauma #healing #mamaporter

Story Twenty-three: A Short Story of My Long Life

By Teri Keating

This story is about the author reflecting about her childhood and reflecting on her purpose on the planet with a daily ceremony at 11:11.

*What is the purpose beyond this life you have chosen? Why are you here? Allow yourself to reflect and imagine and make a list of your skills and talents, even things like the author, "I reflect back light to everyone I see."

*Do you have a ritual or ceremony that you use on a daily or weekly basis? How does it serve you to do this ritual or ceremony? Are other people included?

*What are your thoughts and feelings about, "the birthright of my abundance." Take some time to reflect on what you believe or don't believe.

*Do you have a series of numbers that get your attention regularly, like 444 or 11:11? What does it mean to you?

Resources:

Ceremony

Prayer

Writing

Quote:

"As I approach my mid-fifties, I continue down my path of hard lessons learned, and I am sure a few more to come. My burning question that has so eluded me my entire life just may have been answered now! The answer I can find in each day, in every present moment, the choice to serve myself so I can serve humanity with the message I came here to give. My message is to simply love and be love, in a state of grace and deep connection with every breathing creature on the planet. I can now, hear, feel and welcome, with all my being, that big fat, YES!" ~Teri Keating

To learn more about Teri, go to: <http://bewellnow.bemergroup.com/en-US>

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#spiritualguides #angels #archangels

Story Twenty-Four: A Poem: Open for Space
By Anita (Ani) Pathik Law

As Anita (Ani) Pathik Law was writing the Blessing for the book, a poem appeared. She gifted it to include in the book, if it would serve and bless.

*We think it does!
A beautiful gift!
Enjoy and feel the Open Space.*

Open the Space
For love divine
To dance over your edges
Transforming reason into rhyme

Breathe in the majesty
Of both joy and despair
Breathe in the light
That lingers invisible in the air

See through new eyes
Tuned to beauty and perfection
Embrace all of your shadows
And they'll fade in their projections

Love in the ways
You never dreamed you could
Dare to dare the dreams
Your creator said you would.

Be all you've thought
You'd never get to be
Unimpeded by doubt and expectation
Lays your path to free

Awaken in this instant
To a reality wishing for its birth

Blessing this brief second
That you exist on Mother Earth

And in one electric moment
With faith held high in hand
The space of God within you
Shall greet the great expand

Of consciousness reborn in love
The great belonging shall take place
An unimagined potential
Of oneness, love and grace

The waves of transformation
Reach out as pebbles entering pond
Dismantling humanity's self-perception
Of collective emergence, a new dawn.

Anita Pathik Law

<https://www.facebook.com/anita.pathik.law>

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#women

To purchase the book, Empowered Voices: True Stories by Awakened Women, go to Amazon. Available in Kindle and Paperback: <https://www.amazon.com/Empowered-Voices-Stories-Awakened-Women-ebook/dp/B00BFFQ3IW/>