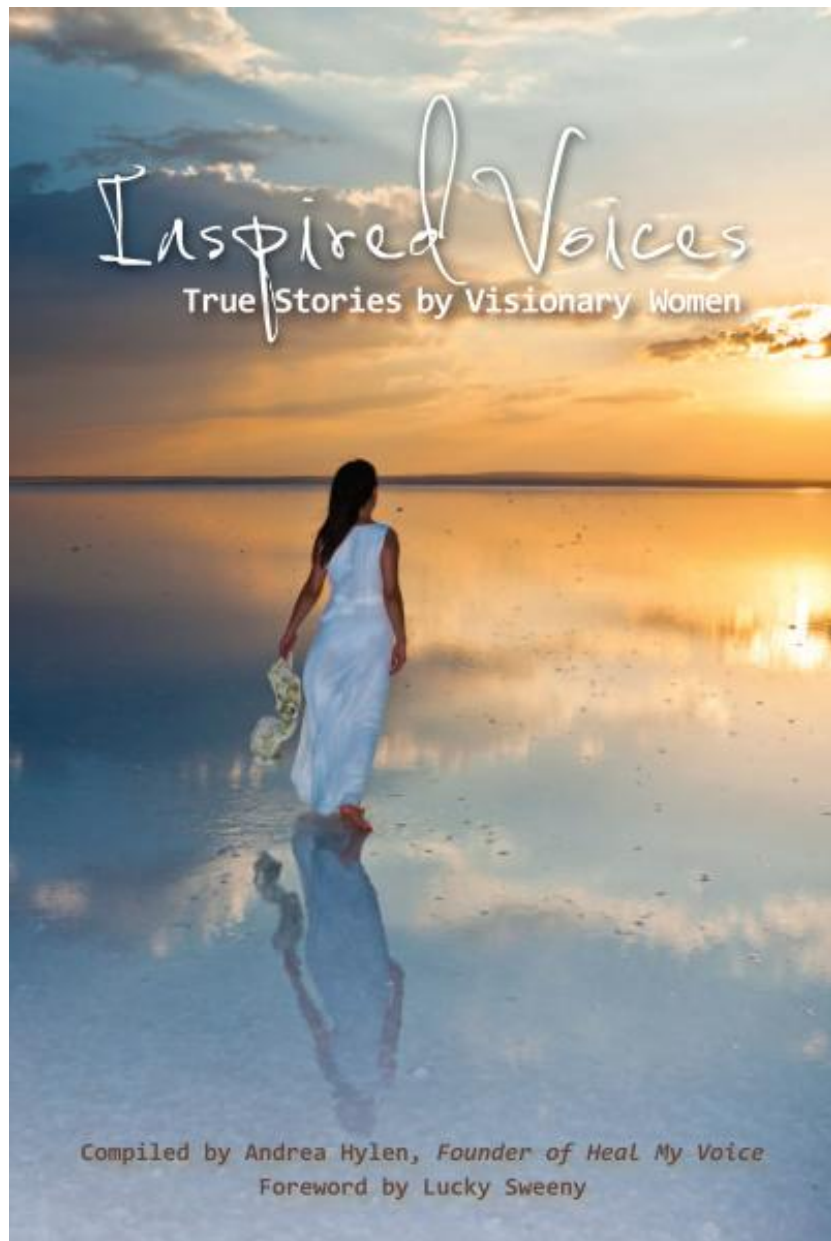


# Study Guide

## Inspired Voices: True Stories by Visionary Women



# Dedication

To the Visionaries:

The everyday women in the grocery store lines, volunteering in the elementary schools, the entrepreneurs, the Girl Scout Leaders, the conscious business owners, the mothers, the teachers, the CEOs and more.

YOU are the Visionaries of our Time.

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

Your voice is making a difference.

# Blessing

Marie Ek Lipanovska

Blessings from One

Inspired is the star on a dark sky at night showing us the way to salvation.  
Inspired are the first leaves coming through the surface after a cold, hard winter.  
Inspired are the birds singing in spring time.  
Inspired are the children born on this day and walking on their own within a year.  
Inspired are the men working daily to keep their families and communities safe.  
Inspired are the women in this book writing a story to heal the world  
through their own bodies.

This is one inspiring book with many inspired voices coming together as One.  
The voices of the inspired One are the voices of those that are In Spirit.  
Although they speak with different tunes, they are the inspired voice of One.  
Inspired is the voice that writes as One, to everyone.  
Inspiration is the emotion of the contact with One.

It is a complete symphony you are holding in your hand. Music is brought to you with each and every story. Songs are being sung for you. You are listening to the One voice of unconditional Love that are here to heal a story within you. Open up to receive the Love and Blessings from One, through the Inspired Voices of these women.

Marie Ek Lipanovska  
Founder of Heal My Voice Sweden

Hemsidan: [www.enbok.se](http://www.enbok.se)

Youtube: <https://www.youtube.com/user/sjalaglad>

G+: <https://plus.google.com/u/0/+MarieEkLipanovska>

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Heal My Voice Sweden: [www.healmyvoicesweden.com](http://www.healmyvoicesweden.com)

#healmyvoice #healmyvoicesweden #inspiredvoices #blessing #marieeklipanovska  
#inspiration #visionary #women #stories by women #womensstories #awomansvoice

# Introduction to Inspired Voices Study Guide

## By Andrea Hylan

In the Inspired Voices group, the women entered the community book circle space with enthusiasm and openness. They arrived with the same consciousness that Teri and I offered to each other. We created a conscious space of honor, respect, kindness, willingness, openness, curiosity, and generosity. They were vulnerable, raw and honest and took a leap of faith that a story would emerge to open the door to new discoveries, healing, wisdom and personal power. This circle was a microcosm of life. In it there were personal losses and life celebrations. Within our group, there were deaths, loss of a home, relationships, jobs and letting go of limitations and old beliefs. In addition, there were births of grandchildren, new jobs, new businesses, partnerships and new awareness of our strengths and gifts. We held a space of safety as we shared stories that were hidden within us. We reclaimed our VOICES and spoke them into the circle.

From the very beginning, the power in this group was palpable. As each woman shared her unique gifts, an organically rich process began with the emergence of in-person and on-line writing circles. The women supported each other with listening, acceptance, understanding compassion, and gentle reading. Ellen Koronet developed a creative process and gently offered this to many of the women in the group.

This is how women are making a difference in the world, being the change and sharing with each other. Listening, supporting, encouraging, and celebrating. Creating and “holding space” for each woman’s unique gifts and leadership to emerge. We create community. Together, we are birthing new ways of supporting each other as we step more fully into our lives, sharing our unique gifts with our families, communities and the world.

It takes courage and commitment to awaken to a new consciousness. It takes great courage to awaken to oneself and to be authentic and vulnerable with others. Within conscious community, we see, really see women and experience being truly seen. We see, acknowledge and celebrate their journey, their hopes, their dreams, their pain, their joy, and their wisdom just as the same is done for us. We have small conscious group experiences as a practice ground for a new way of being in the world. All our communication can be direct, and all our conversations can be expansive. We can commit to opening our eyes and keeping them open, making conscious choices in every aspect of our lives. We can live authentic, honest, heart-centered lives. When we do, our individual lives will change, and our relationships and families will benefit. As we continue living heart centered, aware lives, our work and communities will shift. As more of us commit to conscious living, the world will transform.

\*\*\*\*\*

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. We are being deeply called to shift to a new perspective and 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 and this link will take you to all of the Heal My Voice Books: <https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/> if you are interested in reading more of the stories and from this study guide: Inspired Voices: True Stories by Visionary 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. No one needs advice. Share your experience without expecting someone else to navigate life the way you have. Safety in the group allows each woman to tune into her inner guidance.

### **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.**



## Table of Contents:

**Dedication**

**Blessing**

**Marie Ek Lipanovska**

**Introduction to Study Guide**

**Andrea Hylen**

**Foreword**

**Lucky Sweeny**

**Acknowledgements**

**Endorsements**

**Introduction from book**

**Andrea Hylen**

### **Part One: I Am Forgiveness**

**Story One:** *Not Just a Summer Fling* by Liz Draman (*Elizabeth St. Germain*)

**Story Two:** *Superwoman Syndrome* by Cassandra Herbert

**Story Three:** *An Affair of the Heart* by Monisha Mittal

**Story Four:** *My Soul's Cry* by Nancy Nicholson

**Story Five:** *Lost and Found: The Birth of a Shaman* by Beth Terrence

**Story Six:** *Shining a Light on the Shadows of my Past* by Tracy Houchins

### **Part Two: I Am Freedom**

**Story Seven:** *Coming Out of My Closet* by Andrea Wenger

**Story Eight:** *Room for Me* by Elizabeth "E" Harwood

**Story Nine:** *Divinely Free to Be ME!* by Bessie Estonactoc

**Story Ten:** *Universal Heart* by Karen Ribeiro

**Story Eleven:** *Jumping the Moat* by Marijane Thompson

### **Part Three: I Am Compassion**

**Story Twelve:** *What is the Sound of Magic?* by Ellen Koronet

**Story Thirteen:** *Abandoned...In Your Arms* by Kiona Leah

**Story Fourteen:** *The Healing Journey of Love* by Andrea Hylen

**Story Fifteen:** *Return to the Land of Your Soul* by Jacke Schroeder

**Story Sixteen:** *The UNstory* by Lili M.

**Part Four: I Am Awake**

**Story Seventeen:** *Saying YES to Life* by Stephanie Lepsch

**Story Eighteen:** *Come Back to ME* by Jeannie Dougherty

**Story Nineteen:** *LOVEon's Blues* by LaVonne Sumler

**Story Twenty:** *My Grandmother's Legs* by Karen A. Porter

**Story Twenty-One:** *The Woods* by Marianna Mujica

**Story Twenty-Two:** *HerStory, MyStory, OurStory* by AnnaMariah Nau

To purchase book: <https://www.amazon.com/Inspired-Voices-Stories-Visionary-Women/dp/1482533472/>

## **Foreword: *Inspired Voices*** **By Lucky Sweeny**

*In this Foreword, Lucky Sweeny writes an invitation to be inspired. Weaving in ideas and experiences from *Conscious Evolution*, Lucky reminds each of us that our unique gifts, our presence is important and needed in the world.*

### **Reflective Questions:**

*\*What is a meditation/mindfulness practice that you do or want to do regularly?*

*\*How is your practice going? Is there anything you need or want to change?*

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

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

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

### **Resources:**

Barbara Marx Hubbard  
Conscious Evolution  
Astrology  
Books

### **Quotes:**

*“This is an invitation to be inspired. Inspiration, inspired, inspiring all come from the Latin to breathe. This breath isn’t just oxygen, it is a breath of a higher order. An inspiration lifts us into a place of connection with Source. We experience ourselves in co-creation with the Universe.”*  
~Lucky Sweeny

*There are breakdowns and breakthroughs everywhere. The level of complexity of life is increased daily. Where’s the road map? How do we hold it all? What do we do now? ~Lucky Sweeny*

To contact Lucky: [luckysweeny@gmail.com](mailto:luckysweeny@gmail.com)

#healmyvoice #inspiredvoices #evolutionarywomen #consciousevolution #barbaramarxhubbard  
#luckysweeny #santabarbara #awakening #astrology #pleaidians #meditation #mindfulness

# Acknowledgements

## **This is a space of gratitude and appreciation**

Every book has a long acknowledgement page or pages because **none** of us do it alone. This book is no exception. It took a variety of interconnected individuals and villages to hold a space and create the vision, birth the stories and bring this all into completion.

In all of the Heal My Voice books, there is a conscious community. In this community, twenty-eight women started the process of listening and writing. Twenty-two women completed a story for the book with the support of each other.

To all of the writers and community members connected with this project, thank you for saying, "Yes!" Each project has its own unique flavor and the flavor of you all is YUMMY! Thank you for trusting me. Thank you for asking for what you needed. The sacred sanctuary space, the writing circles on-line and in person, the safety in the group, the breakthroughs, the vulnerable powerful stories, all happened because of your willingness to ask, allow, give, and receive.

I bow down in gratitude to each of you. 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 expression for bursts of brilliance. Your words...your voices...your unique expression. I feel like a little child at a birthday party with a table full of wrapped gifts. YOU are the gifts at my table. Unexpected surprises, bright shiny moments and always your rich life experiences. Thank you!

Thank you to the Fearless Voices authors. Your enthusiasm at the Book Launch and Heal My Voice fundraiser in April 2012 lit a fire under many of the women in this group, to listen to their inner guidance, to discover, explore and heal a story through writing. Your vulnerable stories encouraged them to enter into the unknown of this project. Thank you...

A big thank you to Jamie Dee Schiffer who coordinated, organized and created the Fearless event and asked friends and colleagues to supply food, decorations, and flowers. This included a Custom Cake created by Jason Reaves, a pastry chef and Winner of the Food Network's Cake Wars. Wow! Jamie, you are so brilliant. In addition, thank you to Karen Porter, silent auction coordinator, Sherri Dmytrewycz who worked with PaulD.Net and Undercover Printer for amazing displays and graphics. Thank you to Ellen Koronet for coordinating a networking event that led into this and to Lisa Stearns and Liz Draman for the hotel and event space. Thank you to all who worked on the event, showed up with friends and family and for bringing your voice to the table. And thank you to Julia Mattis for connecting us with Homewood Suites who provided a free space for this event.

Thanks to everyone who provided me with food, shelter and transportation to Baltimore when I led Heal My Voice workshops and networked all over the city. Inspired Voices came together on that trip in April and May 2012. Thanks to Terry Schaefer for loaning me his car with the license plate EVOLVE. Thank you to Dotti Drum, Karen Da Grava, Beth Dellow and Tricia Kramer for feeding and housing me.

Thank you to Ann Quasman, WomanTalk Live and Ginny Robertson, On Purpose Networking, for encouragement, conversations and publicity!

Ellen Koronet, thank you for sharing your creative process with many of the writers that led to breakthroughs and a richer story.

Karen Porter, you are a pillar of strength and compassion that continues to support the expansion of this vision. You called it in with Conscious Choices in 2007 and have been here every step of the way. Deep gratitude and love.

To the women, the future writers, you are the inspiration for all of this. The women I meet in the coffee shop, on the beach, on Facebook, at the Inspiration Awards, at Agape. You are the driving force for my passion. Thank you! I am inspired to reach for the stars to assist you. You are coaxing out the next step of greater leadership in me!

Love and Gratitude,  
Andrea Hylan  
Founder of Heal My Voice

## Endorsements

"We are all not so different after all. We are all more connected and part of each other's stories than we may ever have imagined. The thread of your story is woven into the stories of this book. In the sharing and healing of these women's stories, in lies your own story. In the experience and sharing of these women, lies the healing of and depth of your own soul. Parts of you once lost, will be illuminated again from the light of the courageousness brought forth by each author. A gem, a connection, a memory; the treasures within each of us have been and always will be there. This book, a catalyst, a map to the lost and lonely places within you, will bring healing and wholeness, awakening you to your own voice of inspiration, calling you into action within your own life where you will pass the torch of illumination forward by way of inspired ignition for another woman's story.

Transparency, honesty and vulnerability, cultivate a path of connection and an opening for healing and letting go of your own stories within. The magnificent courage and Spirit of Andrea Hylen has created a visible healing connection with women of all ethnicities and cultures to culminate a healing for all mankind."

**~Rebecca Matias~**

**Founder of the School of Feminine Fortune**

<https://www.facebook.com/RebeccaMatiasFan/>

"Participating in a Heal My Voice book circle is life changing. The support, structure and process of writing the story is a deeply transformative experience. Andrea Hylen facilitates this process beautifully by holding space and supporting the story that wants to emerge. The women authors of Inspired Voices came together, collaborated and encouraged each other to dig deep within themselves to find love and healing and inspiration. Enjoy!"

**~Kathleen Nelson Troyer~**

**Coach, Social Media Expert, Author, Speaker**

<http://www.kathleennelsontroyer.com/>

“Once again, as in the previous Heal My Voice books, Andrea Hylen has gathered a group of courageous women to share their stories. They are every woman and each one, in her own special way, speaks to a piece of ourselves that may still be hidden and, while unseen, may still be running our lives. Their stories will amaze and inspire you and may, ultimately, help to free you.”

**--Ginny Robertson~**  
**On Purpose Woman Global Community**  
**<http://ginnyrobertson.com>**



# Introduction

## by Andrea Hylan

*This is the introduction from the book, *Inspired Voices: True Stories by Visionary Women*. It is an overview of the project and a reflection of 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 or places that feels right for you.

\*What does inspiration and visionary mean to you?

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

\*How are you using the shared economy? Thrift stores? Little free libraries and book sharing? Make a list of ways you can share with people in your community and how it feels to live in a world where people care about each other and share what they have.

### **Resources:**

Writing

Community

Couchsurfing

Shared Economy

### **Quotes:**

*"The beauty of living and working and playing in community is the power to share our unique gifts, shine brightly and bring out the best in each other while staying open to what we can learn and experience. The discomfort and the joy are two different ways to discover new things about*

*ourselves. To heal, to grow, we lived consciously to expand beyond our notions and expectations of what our experience should look like.” ~Andrea Hylen*

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

#healmyvoice #inspiredvoices #visionary #community #andreahtylen #awomansvoice  
#healing #writing #awakening #sharedresources #introduction

## **Part I:**

### **I Am Forgiveness**

The practice of forgiveness is our most important contribution  
to the healing of the world.

~Marianne Williamson

**Story One: Not Just a Summer Fling: The Remembering of Soul Love**  
By Liz Draman (*Elizabeth St. Germain*)

*This story is about the author remembering a moment that pierced her young heart and how she began to heal. An exploration of soul love.*

**Reflective Questions:**

\*What experiences have you had that connected you with a soul love (people, places, animals)?

\*What were some of the gifts and lessons received from that soul love?

\*Think back to childhood. Are there some words that pierced your young heart? What would it take, or what has it taken, to heal that tenderness?

**Resources:**

Horse and Rider Magazine  
Jamaica Bay Riding Academy in Sheepshead Bay, New York  
Holistic Healing Center  
Twin Flame Reunion  
Care of the Soul by Thomas Moore

**Quote:**

*"I didn't know this then, but this was the beginning of a cycle of purification that would last for two years. I had better start getting comfortable with stillness. When I gave my unauthentic self an honorable death, I vowed to live a life of truth. It was time for everything in me, that was not aligned with that truth, to be transformed by love's sacred flame. I was awakening to love."*

~Elizabeth St. Germain

To learn more about Elizabeth, go to: <https://www.facebook.com/AwakentoLove/>

#healmyvoice #inspiredvoices #visionary #careofthesoul #twinflame #soullove  
#awakentolove #elizabethstgermain #lizdraman #rememberingsoullove #portland  
#newyork



## **Story Two: Superwoman Syndrome**

### **By Cassandra Herbert**

*This story is about me: the Superwoman who learned the importance of slowing down and trusting the Universe. The true essence of being.*

From the author, Cassandra Herbert: *The Superwoman Syndrome is a syndrome which many busy professional women have. It's a syndrome where we feel we have to do it all, and be it all, for everyone and everything. We like being busy. Rest and relaxation is something we rarely do. Even though we seem to have it all together, we are fearful that we will not be able to keep all the balls in the air. Someone will find out we are a fraud and don't have it all together. We don't ask for help because we don't want to be seen as vulnerable or weak. We put great value into the doing because we measure our self-worth in terms of productivity and tangible accomplishment. We have trouble relaxing because who has time for that.*

### **Reflective Questions:**

\*If you are a woman who can relate to the superwoman syndrome, when do you think this syndrome developed in your life? What were the surrounding factors?

\*How has the superwoman syndrome impacted your life positively? Negatively?

\*Describe what a day of rest and relaxation looks like for you. When is the last time you had a day of rest and relaxation?

\*Do you feel you can ask for help and still be considered strong? Why or why not?

\*What does the essence of "being" mean to you?

### **Resources:**

Dancing  
Self-care

### **Quote:**

*"Saying "yes" does not need to mean accepting more doing: say "YES" to more receiving and being". ~ Cassandra Herbert*

To connect with Cassandra: [www.zestandharmony counseling.com](http://www.zestandharmony counseling.com)

#healmyvoice #inspiredvoices #visionary #superwomansyndrome #selfcare  
#zestandharmony #maryland #dancing #CassandraHerbert

## **Story Three: *An Affair of the Heart: A daughter's dance with her desire***

**By Monisha Mittal**

*This is a story about a young woman who chose to break with tradition to take her own steps in the world and the adventures and lessons that awaited from following her heart.*

### **Reflective Questions:**

\*When have you experienced the urge to follow your true heart's desire, whether or not there were obstacles in the way? Identify something unexpected that resulted for yourself by following that path. Identify something unexpected that resulted for others.

\*What was scary about following your desires? What was not scary?

\*What kind of choices were you faced with on this path? How did your heart's desire shape the choice you made?

\*What did you learn from following your desire? What kind of connections did you find? What (or who) are you grateful for?

\*How do these experiences inform or shape who you are now? What do you know now you wouldn't otherwise have known?

### **Resources:**

Travel

Body practices

Community

### **Quote:**

*"Yes, I met the heart of the world on this trip and this is what I heard: "Hear me. I want to matter. I have desires. I feel powerless." That was true for both men and women. For women, there was more. "Use me. Please make me a part of the decision-making process. I so want to contribute to making our lives better. I think I might be good at it." Though we were worlds apart, my own journey echoed those of my Indian sisters. Their message (my message!!!) deserves to be heard." ~Monisha Mittal*



Updated bio information from Monisha Mittal:

Monisha Mittal is a story architect, helping organizations and individual clients create their most compelling stories to strengthen and expand their authentic engagement in the world with power, purpose, and play. A trained facilitator, organizational consultant and accredited coach, Monisha has more than 15 years experience helping federal agencies, non-profits and communities find solutions and build strong narratives. Monisha holds a BS in Economics from the Wharton School at the University of Pennsylvania, a Master in Public Policy from Harvard University's Kennedy School, and recently completed a Design and Public Policy fellowship at the Rhode Island School of Design.

Follow her on [www.acuriouspointofview.com](http://www.acuriouspointofview.com)  
and forthcoming website <https://www.monishamittal.com/>  
<https://www.linkedin.com/in/monisha-mittal-4643004/>

#healmyvoice #inspiredvoices #visionary #coaching #storyarchitect #breakingtradition  
#followyourheart #monishamittal #India #Virginia

## **Story Four: *My Soul's Cry*** **By Nancy Nicholson Kobel**

*This story is about a woman who struggles with trusting her own inner voice as it goes against the beliefs, the societal norms, her people pleasing tendencies and the rules she was taught by society, her family and her church. This is her journey of courage, strength, struggle and tears as she found her way through to her soul's path, creating a new path for her family.*

### **Reflective Questions:**

- \*What masks do you wear to hide the real you? Why? What fears come up?
- \*When have you struggled with a decision or held back because it would hurt those closest to you. Whether it was your parents, your children, your partner?
- \*Is prayer and faith a part of your life? How has it played a role during difficult times?
- \*Are you intuitive and do you trust your intuition before facts? What examples do you have of following your head over your heart?
- \*What armor do you wear to protect your heart? And who do you wear it around?

### **Resources:**

- \*Praying the Rosary
- \*Journaling

**Quote:** *A quote by Mother Teresa resonated with me: "We must grow in love and to do this we must go on loving and loving and giving and giving until it hurts – the way Jesus did." And I knew it didn't mean to stay with the status quo; it meant to follow the path of the internal heart, and not the path others defined for me as the 'right' path to be on. I had to let go of external approval and societal norms and walk confidently, with knees shaking forward. And I did... ~Nancy Nicholson Kobel*

An updated bio:

Nancy creates mindful leaders through the integration of the masculine and feminine within. We all have both. She is highly intuitive, spiritual, loves ceremonies, learning,

holistic health, hiking, paddle-boarding, going on adventures and meeting people around the world. Her work in the world is through coaching, teaching, facilitating and leading workshops, masterminds and women's circles. She loves inspiring others and supporting leaders to achieve greater happiness at work and home, for themselves and their teams. She is a mom of two teenagers and a cat and currently lives in Maryland.

You can learn more about Nancy by visiting:

<https://www.linkedin.com/in/nancykobel/>

[www.leaderinspired.com](http://www.leaderinspired.com)

<https://www.instagram.com/nancykobel/?hl=en>

#healmyvoice #inspiredvoices #visionary #mysoulscry #motherteresa #innervoice  
#prayer #therosary #leaderinspired #nancynicholsonkobel #maryland

## **Story Five: *Lost and Found: The Birth of a Shaman*** **By Beth Shekinah Terrence**

*This story is about how the author entered the shaman's path after the experience of facing her fears and retrieving her soul in the home of her deceased mother. The author talks about her mother's mental illness.*

### **Reflective Questions:**

\*Think about a time when you felt lost. Was it one moment in time? Were you a child or an adult?

\*What are some of your fears? The author writes about fear of the unknown and fear of the unseen. Explore your fears by writing them down.

\*How have those fears protected you and kept you safe? How have the fears held you back from fully living your life?

\*What are some of the experiences you have of facing a fear head on? What did you learn about fear and about yourself?

\*Spend some time today talking with your inner child. Ask her/him what they want to tell you. Notice if they give you a message about something they want to heal.

### **Resources:**

Inner Child  
Soul Retrieval  
Shaman

### **Quote:**

*"I learned that loving myself is the key to healing. And, honoring and embracing the inner ones, the soul parts, who carry the memories, pain and traumas of the past, is what brings them home. As my healing progressed, I learned how to support others in reconnecting with their lost soul parts and in healing their core wounds. I consider this the gift of my past." ~ Beth Shekinah Terrence*

To learn more about Beth, go to: <https://bethterrence.com/>

#healmyvoice #inspiredvoices #visionary #bethterrence #shaman #lossofparent  
#innerchild #soulretrieval #mentalillness #recovery #BethShekinahTerrence

## **Story Six: *Shining a Light on the Shadows of My Past*** **By Tracy M. Houchins**

*This story is about the author's journey with sexual abuse and addiction and the path to healing.*

### **Reflective Questions:**

\*Have you ever had a rock bottom moment?

\*What were the events leading up to that? What were the clues along the way that you were hitting a low point and a bottom?

\*What did you see in the moment of listening and waking up? How long did it take?

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

\*If you have experienced addiction, what have been the tools and resources of support that worked the best for you? Are you using them now? Why or why not?

### **Resources:**

Caron Foundation: 30-day program of addiction rehabilitation

Reiki

Soul Coaching

### **Quote:**

*The most profound experience was that ten days into the program I experienced what I refer to as an awakening. I was walking from the lodge to my dorm room to retrieve a book when, all at once, all of my senses opened up with one big boom. Suddenly, my world was in Technicolor, not at all unlike Dorothy stepping out from her house into the Land of Oz for the first time. The colors were so rich and vibrant. And then I heard the words, loud and clear: "You are exactly where you are supposed to be." ~Tracy M. Houchins*

To learn more about Tracy, go to <http://www.sacredhealinghands.com/>

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#tracymhouchins #sacredhealinghands #healing #recovery #caronfoundation  
#soulcoaching

## **Part II:**

### **I Am Freedom**

When you feel that you have reached the end and that you cannot go one step further, when life seems to be drained of all purpose: What a wonderful opportunity to start all over again, to turn over a new page.

~Eileen Caddy



## **Story Seven: *Coming Out of My Closet*** **By Andrea Wenger**

*This story is the author coming out of the closet about her financial experience and seeing how she is supported and provided for abundantly.*

### **Reflective Questions:**

\*Where are you in the closet and hiding in your life?

\*What would it take for you to share the truth with someone and begin to reveal the whole truth about an experience in your life?

\*What practices do you have that help you release fears and illusions in challenging situations?

\*What do you really want? What part of what you want is already here?

### **Resources:**

Reiki

Meditation

Sound Healing

Applied Healing Arts at Tai Sophia (Maryland)

### **Quote:**

*"I burst into tears. This time they were tears of relief and understanding...even joy. I am being supported! Clearly it was time to let go of the illusions that I didn't have enough and the worries that I won't have enough - to simply rest in the truth that I am supported in every moment."*

~Andrea Wenger

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

#healmyvoice #inspiredvoices #visionary #AndreaWenger #money #abundance  
#theuniversehasyourback #soundhealing #newvision #energyhealing #reiki  
#mindfulness



## **Story Eight: Room for Me: Navigating Outside Other People's Boxes** **By Elizabeth "E" Harwood**

*This story is about how the author realized that self-protection that was learned in her childhood was also keeping out the good stuff. Reflecting on the life of the plants around her, she learned how to love the humanity in herself and others.*

### **Reflective Questions:**

\*Look at a picture of yourself as a child. Describe who you think you were then. What are some words that describe your essence?

\*How have you had to adapt your essence to the environment or circumstances in your life?

\*What strengths have you discovered during times of challenge and adversity?

\*What parts of your essence want more expression now? What is one step to allow space for that part of you to be expressed?

### **Resources:**

Music

Nature

Intuition

### **Quote:**

*"The more in touch I am with my own humanity, I am noticing I am becoming more sensitive to the humanity of others. This is what motivates me to continue investing in the important work of inverting my old model of living. As the quality of my relationship with myself improves, so does the quality of my relationship with people, places and things outside of myself." ~Elizabeth "E" Harwood*

To learn more about Elizabeth "E", go to: <http://www.eharwood.org/>

#healmyvoice #inspiredvoices #visionary #EastAfrica #nature #EHarwood  
#singersongwriter #poet #musician

## **Story Nine: *Divinely Free to be ME!***

**By Bessie Estonactoc**

*This story is about the author's journey of forgiveness with her parents. Her story talks about her childhood, the death of her father and the connection to universal love and positive energy that surrounds all of us.*

### **Reflective Questions:**

\*Do you question things in your life?

\*What are some basic questions in your toolbox? For example, asking, "What's next?" or "Where do I have hope?"

\*Did you have a sanctuary space, like a place in your house, or a place in nature, when you were a child? Reflect on that space and how it supported you.

\*The author wrote about forgiving her parents. What is your relationship like with your parents? Even if you are estranged or if they are deceased, is there something you want to forgive?

### **Resources:**

Emotional tools: Curiosity, wonder, asking questions

Healing Courses

Books

Intuition

### **Quote:**

*"What a scary but powerful moment this was for me. I had never experienced death in front of me, as I did that day. I knew this was what I needed to do for Dad and for me. Never mind the difficulty and distance of my childhood days. I have truly forgiven him. When I witnessed his passing, I knew that Dad was no longer physically here, but I also just knew that his spirit lived on. This was pure confirmation that my sensitivity to energy, seen and unseen, is a gift. ~Bessie Estonactoc*

To learn more about Bessie, go to: <http://wishhawaii.com/>

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#deathofparent #wishhawaii soulcoach #hawaii

## **Story Ten: *Universal Heart***

### **By Karen Ribeiro**

*This story is about staying connected to the universal heart with intention and awareness. The author shares the experience of connecting with stories of joy, as well as, stories of sadness. Both are important for healing and being alive.*

### **Reflective Questions:**

\*Make a list of stories of sadness and stories of joy from your life. Tell one story of joy and one story of sadness to a friend.

\*Where in your life are you suffering?

\*The author writes about planting seeds of joy. Where have you planted seeds of joy? Where do you want to plant some more?

\*What does "being awake" mean to you?

### **Resources:**

Sacred Retreat

Vegan food

Staying connected to Universal Love

Meditation

### **Quote:**

*"One story that makes my heart sing is this: Ever since my children were little, I would tell them that there is no such thing as a bad person, only a good person who has forgotten that God is in their heart. One child asked, "If my heart feels like it is cracked, how does it get better?" I answered: "Our hearts are like beautiful crystals and each crack lets more light shine out."*

***Heartbreak shatters the shell around the heart and awakens the capacity to Love."***

~Karen Ribeiro

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

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#universallove #meditation #sacredretreat



## **Story Eleven: *Jumping the Moat*** **By Marijane Thompson**

*This story is about the author writing about her life as a hero, reaching for the courage and fortitude from within.*

### **Reflective Questions:**

\*What were some of the rules you grew up with in your household?

\*Did they create safety, structure, freedom, limitation?

\*How do you experience boundaries, safety and fear now? What is positive and negative about this?

\*What kinds of adventures have you had in your life? What adventures do you want to have? What is the next step to make that happen?

### **Resources:**

Joseph Campbell  
The Heroes Journey  
Nature  
Play  
Reading

### **Quotes:**

*"I have begun to write my life in the role of hero. At times, when I reach for the courage and fortitude within, they seem a bit beyond my grasp. Yet day-by-day, the door continues to inch open; the brilliance of my spirit continues to emerge; the adventure sounds its call - whether loudly or softly; and I take the next step on my magical path." ~Marijane Thompson*

To learn more about Marijane go to: <https://www.facebook.com/marijane.thompson>

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#heroesjourney #nature #play #jumpingthemoat



## **Part III:**

### **I Am Compassion**

Wounding and healing are not opposites.  
They're part of the same thing. It is our wounds that enable us to  
be compassionate with the wounds of others. It is our limitations  
that make us kind to the limitations of other people. Healing may  
not be so much about getting better, as about letting go of  
everything that isn't you  
- all of the expectations, all of the beliefs -  
and becoming who you are.

~Rachel Naomi Remen

## Story Twelve: *What is the Sound of Magic?*

By Ellen Koronet

**From the author:** *This was my second of three HMV submissions. This story began to heal a deep divide in my mind and heart: the shift from my 8-year-old self, feeling connected and held and thereby totally free and empowered to my preteen self, feeling division, seeing self-promotion all around me, sensing a deep sadness and fostering the desire to keep bringing the connection and community back together. The Sound of Magic is the blending of voices, instruments and audience into community, where each contributes to a beautiful whole, and the awareness that it is okay to climb up, be seen, and weave your own brand of magic.*

### Reflective Questions:

\*Does your childhood home (or homes) hold clues as to how you have been showing up and taking steps towards your dreams?

\*Do you see opportunity to contribute your voice OR your listening ears to the community around you? How can you foster this?

\*Have you remembered to keep climbing the lamp-post? Have you remembered to tap the magic you bring?

### Resources:

Numerology  
Writing  
Clearing Clutter

### Quote:

*“What was it that we left behind in New Jersey? A hugging house where the sense of belonging spilled into the streets and was scented with honeysuckle. Where we knew how to sip the nectar right from the buds. Where everydayness seemed natural, right, worth the effort. Where jokes flew. Where music infused everything. Where guests came often and stayed late. Where a pony was trucked into the backyard for MY birthday. Where I had the real kind of friends I could scheme with, try things out with, laugh with, get mad at, and then start all over again.”*

~Ellen Koronet

Updated Bio from Ellen:

I am Ellen Koronet, Principal and “Chief Fun Officer” of LNK Creative, infusing serious fun into marketing. LNK designs and hosts customized quizzes to integrate these, often overlooked, essential ingredients (emotion & fun) into lead generation and marketing. For over three decades, I was a Marketing Research Executive and Focus Group Moderator dedicated to uncovering beliefs, opinions, attitudes and behaviors associated with a wide variety of products and services. In this capacity, I developed game-infused tools and a keen sense of how to apply them. To my delight, “gamification” is now used widely to attract and keep the best customers for a brand’s true brilliance. LNK Creative uses decades of psychosocial, nonverbal, creativity-based expertise to design accessible and easy to use tools that improve engagement.

#healmyvoice #inspiredvoices #visionary #ellenkoronet #lnkcreative #maryland  
#writing #magic #clearingclutter #writing #numerology

## **Story Thirteen: *Abandoned...In Your Arms*** **By Kiona Leah**

*This story is about how the author healed the experience of abandonment as she awakened to the beauty within herself.*

### **Reflective Questions:**

\*What is your experience with abandonment?

\*Do you have a childhood memory with a person, an animal, a deep wound? How did you begin to heal?

\*The author talks about a moment when she begins to awaken to see the beauty within her and around her. Have you experienced an awakening? What did it look like? Write about some of the details.

### **Resources:**

Healing energy

Animals

Dance and exercise

### **Quote:**

*Just as I am to you. For what you have brought up in me. For what you have made me feel right now. All this pain...all this sorrow...all this opportunity to heal. In my own way, in my own time, in your arms. I love you. Just as you are, on your own journey, in your own way, in your own time and in my arms. ~Kiona Leah*

To learn more about Kiona, go to: <http://www.healthybykiona.com/>

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#healthy #maryland #virginia #ttapp

## **Story Fourteen: *The Healing Journey of Love*** **By Andrea Hylan**

*This story is about the author's experience of grief, healing and forgiveness after the death of her husband.*

### **Reflective Questions:**

\*Have you experienced the death of a loved one with an unresolved conversation? Or the loss of a relationship?

\*How have you made peace and found forgiveness?

\*Think of a time when everything in your life changed because of a life event. The loss of a job, a home, a loved one. What was the event?

\*Write about the things that changed and what you discovered about yourself. If this is a recent loss or change, write about what you are feeling right now.

\*What are some of the clues that are pointing you in a different direction? Write about the baby steps you are taking.

### **Resources:**

Films

Gardening

### **Quote:**

*"In our relationship, I always saw myself as an independent, powerful, creative, resourceful woman. Why was I asking the question, "Who am I without him?" We lived parallel independent lives. But in the releasing, rebuilding, and restructuring of my life, I saw the depth of our interconnectedness. The places where we intersected were empty. Now, even in the day-to-day activities of my life he had never entered, there was a hollow emptiness. Nothing made sense.*  
~Andrea Hylan

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

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#healing #PSIloveyou #forgiveness



## **Story Fifteen: Return to the Land of Your Soul**

### **By Jacke Schroeder**

*This story is about a shaman's ceremony of burying the past, leaving an old life behind and opening to a fresh, new start.*

### **Reflective Questions:**

\*Have you ever had an experience when things in your life began to shift and end, then pointed you in a new direction?

\*What started happening? Did you receive an intuitive insight to move or let go of something?

\*What were some of the things you released?

\*How long did it take for new things to appear? How did you support yourself during the process?

### **Resources:**

Meditation

Morning Pages

Shamanic Drumming

Initiation

### **Quote:**

*"The hummingbirds outside the windows were my constant companions. Like rapidly flapping wings propelling the hummingbirds backwards and forwards, working with what arose in my memory and consciousness moved my soul backwards and forwards while I was being guided for how to let go of what was ready to die. I was shown not only what I wanted, but also what was wanted from me. Each return to the present moment brought with it a feeling sensation of readiness for the burial. ~Jacke Schroeder*

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

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#morningpages #shamanicdrumming #meditation #jackeschroeder #maryland #oregon

## **Story Sixteen: *The UNStory*** **By Lili M.**

*In this story the author used poetry to express her life from birth to the present moment. A few of the lines of the poem are shared as a quote in this study guide.*

### **Reflective Questions:**

\*What were some of the significant moments in your life? Make a list of some of the memories in your childhood, going to school, relationships and work.

\*Express one of the memories with creative expression. Write, dance, create art and music. Paint, collage, needlepoint.

\*How would you express one of the memories with poetry? Choose a style like Haiku and write a few lines.

### **Resources:**

Poetry

### **Quote:**

*"Being the good girl  
making teachers/parents proud;  
soon, I'll be enough.*

*Oops, I got a "B":  
met with cold disappointment,  
all "A's" forgotten.*

*Church: white gloves and socks,  
hair covered, with calm reverence,  
kneeling and praying....*

*waiting for what's next,  
rewards and punishments,*

*so many masters.* ~Lili M.

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## **Part IV:**

### **I Am Awake**

I believe we write our own stories. And each time we think we know the end - we don't. Perhaps luck exists somewhere between the world of planning, the world of chance and in peace that comes from knowing that you just can't know it all. You know, life's funny that way. Once you let go of the wheel, you might end up right where you belong.

~Anonymous

## **Story Seventeen: *Saying YES to Life*** **By Stephanie Lepsch**

*This story is the author saying Yes to Life and following one experience after another to challenge herself and create her life.*

### **Reflective Questions:**

\*The author lost her mother and then her father at a young age. What was your first loss of a loved one? How did it impact you?

\*Have you had a career in a male dominated field? What have been your experiences? What support systems did you set up for yourself?

\*What have been some of your leadership experiences? What have you learned about leadership and teamwork?

\*Did you ever say yes to something, only to have it fall apart? What happened? What did you learn?

### **Resources:**

Saying Yes  
Dreams and visioning

### **Quote:**

*"I learned, from my father, that putting toothpaste back in its tube is impossible. I have learned that with every stumble and roadblock, there are many other avenues I can take. I have learned that by saying YES and accepting that decision, that life will lead me on a wonderful path that I will embrace with strength and love. That I will Love myself no matter what challenge seems impossible." ~Stephanie Lepsch*

To learn more about Stephanie, go to: <https://www.linkedin.com/in/stephanie-lepsch-79b52213/>

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#dreamstovisions

## **Story Eighteen: Come Back to Me**

**By Jeannie Dougherty**

*This story is about the author having a dialogue with her body to discover what a physical symptom is trying to communicate with her in connection with her emotional and mental thoughts.*

### **Reflective Questions:**

\*Think of a few times when you had physical symptoms in your body. See if you can remember the emotions and feelings you were having about your life. What was your body giving you clues for healing?

\*The author talks about having a dialogue with her hands and asking her hands what they needed from her to heal. Create a dialogue and ask your body questions. Allow a space for the answers to come.

\*The author talks about following different steps of guidance. Nutrition, exercise and accessing memories that contained information. What message did you receive from your body?

### **Resources:**

Dance

Conscious Movement

Energy Work

### **Quote:**

*"I believe that when I move in unison with my thoughts, my feelings, and my body experiences, I am stronger, clearer, and my healing can begin. What else could this be, I wondered? How did I need to correct myself, so the healing could begin? How do I choose to hold, handle, grasp, touch, and let go? I decided to drop down into my body, to start an internal conversation, particularly with my hands and see what they had to "say." ~Jeannie Dougherty*

To learn more about Jeannie, go to:

<https://www.linkedin.com/in/trainercoachleadershipjeannie/>



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#dialoguewiththebody #maryland #virginia #organizationaldevelopment #coaching

## **Story Nineteen: *LOVEon's Blues*** **By LaVonne Sumler**

*This story is about recognizing how our relationships with women shape how we perceive ourselves and our influence on the world.*

### **Reflective Questions:**

\*How has your narrative about female relationships been influenced by your childhood experiences?

\*How did your mother impact your beliefs about power as it relates to gender?

\*Has the #MeToo Movement changed your opinion about the power of female relationships and women's solidarity? If so, how?

\*Do you believe your name (or other way in which you've been referred) impacts your self-identify? If so, in what ways?

\*How do you feel after reading LaVonne Rees' quote below?

*"As you start down your own path to find and fully live the life that gives you joy, I suggest that you find a group of women with whom you can identify and share your heart's desires. It is the very nature of women to nurture each other with compassion, empathy, and celebration."*

### **Resources:**

\*Journaling

\*Listening to music

\*Mirror work

\*Women's empowerment and/or networking groups

\*Spiritual services and speakers

### **Quote:**

*One Sunday, a minister asked the congregation, "Have you ever noticed that one negative thing that someone says about you lingers in your mind forever, but you have to be told*

something positive many, many times before you even consider that it might be true?" Wow! That sure hit home.

*It's no accident that this story started when I was so young. All these years, I've been holding on to some deep emotions that have influenced my story about my relationships with women. Every time I thought about women, I used my little girl emotions and I would remember a negative thing. I brought those same emotions into my current relationships. And, what I realize in this right now moment is that when I was a little girl, it seemed like the women I cared about always left me. It started with Mom when ReNee was born; Aunt Bertha moved; the librarian; and the elementary school teachers whom I admired weren't around anymore. But it was really just life happening and I'm a big girl now! ~LaVonne Sumler*

**An updated bio:** *LaVonne Sumler, The Emotional Health Strategist™ is the founder of Voice of Significance, a spiritually based organization specializing in inspirational services that promote emotional healing for forgotten, discarded, lost and wounded women---women just like her and just like you.*

*LaVonne's passion is inspirational speaking, coaching and workshops. Her workshops integrate a blend of exercises, music, and lectures that enable participants to heal their emotional wounds.*

*For more information, visit her FB page: Voice of Significance and contact her via email: [Lsumler58@gmail.com](mailto:Lsumler58@gmail.com). <https://www.facebook.com/VoiceofSignificancel>*

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#womensempowerment #womensupportingwomen

## **Story Twenty: My Grandmother's Legs**

**By Karen A. Porter**

*This story is about the author's journey with health challenges and the awareness of focusing on things she enjoys instead of a list of "should."*

### **Reflective Questions:**

\*Make a list of things you enjoy and a list of things you think you should be doing.

\*Now, look at the list and notice where you spend most of your time, energy and attention. Is it on the things you think you should be doing or things you enjoy?

\*Is the lack of joy-focused activities affecting your physical, emotional, and mental health?

\*What are some small changes you could make to bring more joy into your life?

### **Resources:**

Acupuncture

Massage

Louise Hay: Heal Your Body A-Z

### **Quote:**

*"I have been keeping busy and that has kept me from doing my work. I have been focused on others and that has kept me from valuing my time, caring for my body and owning my own worth. I do not have to do anything to prove how good I am. I do not need props to show my value. I want to embrace what puts a smile on my face and makes my heart sing. "~Karen A. Porter*

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

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#lymphodema #acupuncture #karenaporter



## Story Twenty-One: *The Woods*

By Marianna Mujica

*This story is about the author's experience and connection with the woods, as a place that taught her things about herself and helped her to heal.*

### Reflective Questions:

\*What is your experience with nature? Is it a place of healing, peace and stillness? If not nature, where do you find peace and stillness?

\*Reflect on something you have wanted to do but you pushed it aside and didn't prioritize yourself. What was it? How does it feel to put yourself second? What would it take for you to re-prioritize and focus on yourself?

\*Do you have a story of loss and grief from the past? What has helped you to heal and reclaim your life?

### Resources:

Nature  
Music  
Dogs

### Quote:

*"She went into the woods. She heard the call of the woods amidst her tortured pleas and dragged her wounded, tired broken heart, her fat ass, her tearstained face, her exhausted worn out "over 50- year-old body" and began to walk. **This is my story. This is who I am.**"*

~Marianna Mujica

To connect with Marianna, go to: <https://www.facebook.com/peacewarriorsmusic>

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#peacewarriorsmusic



## **Story Twenty-Two: HerStory, MyStory, OurStory** **By AnnaMariah Nau**

*This story is about the author's experience of following her inner guidance, writing a book and then a world event that changed everything. In this story, she shares a reignition of sharing her book with the world.*

### **Reflective Questions:**

\*Is there a book you want to write? Are you hesitating? What is holding you back?

\*Is it time for you to step onto the stage of life in a bigger way? The author asked questions: Is it safe? Will I be accepted?

\*What are questions you are asking?

\*What vision do you hold? How will you share it with the world?

### **Resources:**

A laptop

Nature

### **Quote:**

*"I am choosing in this moment to live in love and not a place of fear, to share my novel. Will it change the world or make a difference? Who knows? What I do know is that each person touches hundreds or thousands of others, each of whom in turn touches thousands of others, who touch... and on and on, creating a phenomenal growth and expansion. I know my time is now, no more waiting for a sign. ~Annamariah Nau*

To learn more about AnnaMariah, go to: <https://gemstonealchemy.com/>

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#vision



To purchase the book, *Inspired Voices: True Stories by Visionary Women*, go to Amazon. Available in Kindle and Paperback: <https://www.amazon.com/Inspired-Voices-Heal-Voice-Book-ebook/dp/B00CLUGQQY/>