

# Study Guide

## **Tender Voices: True Stories by Women on a Journey of Love**



*Tender Voices*

**True Stories by Women on a Journey of Love**

Compiled by Andrea Hylan and Liz Draman  
Foreword by Beth Terrence

# Dedication

To the Courageous Lovers:

We see you.

We know how big your hearts are and we feel you.

We honor you

for the difference you are making in the world  
with your love.

One smile. One hug. One word at a 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 matters.

# Blessing

Kathleen Nelson Troyer

Love is Universal.

It is present in everything. There are countless definitions and expressions of love - pure agape love, romantic love, and the love a mother has for her children.

Fear is the opposite of love. It gives us the gift of contrast and provides us with the opportunity to choose.

When we choose love over fear, we become part of a powerful force that is shifting our world today.

May the authors of this book be blessed. We bless your love, strength, and beauty. We bless your courage to share your story and message of love. We see you as catalysts, warriors, and awakeners of love. We are grateful for you. May you be deeply blessed with love.

May the readers of this book be blessed. You have been guided here for a reason. It is no coincidence that this book has found its way into your hands. There is a message for you here. You will know it when you see it. You will feel it. Allow the message to strengthen, nurture and guide you.

May you be blessed with the knowing that you are deeply held and loved.

May the messages of love in this book send ripples through out the universe and beyond.

**So be it! And so it is!**

Kathleen Nelson Troyer is the founder of Gently Moving Forward and CEO of Jigsaw Staffing Solutions, Inc. [www.gentlymovingforward.net](http://www.gentlymovingforward.net)

#healmyvoice #tendervoices #blessing #kathleennelsontroyer #dailykat #inspiration  
#onajourneyoflove #love #women #storiesbywomen #womensstories #awomansvoice  
#gentlymovingforward #jigsawstaffingsolutions #ripplesoflove #messageoflove

# Introduction to Tender Voices Study Guide

## By Andrea Hylan

*What's love got to do with it? Everything!*

Heartbreak and opening your heart are both a part of loving. The women in this book have opened their hearts to look at love in their lives. The love of a parent, a child, a partner, God and a love journey that, in the writing, has led all of them to more self-love and willingness to love again. They have written about heartache and joy and a myriad of emotions where they remembered a journey of love.

I want to thank all of the women who wrote stories in this book. They had the courage to dive into vulnerable, raw spots in their lives that were happening at the same time they were writing. Each of them courageously showed you how to keep your heart open and what we can all learn from love.

Thank you to Elizabeth St. Germain for agreeing to co-facilitate this project with me. I learned so much in our collaboration. She is a love warrior with a mission of love. The love she shares with her daughter and partner in love, Alan, is a road map for us all.

I have been transformed by the stories in this book and I am grateful. I encourage you to read the stories with an open heart and know that by allowing yourself to feel all of the feelings, they will open your heart even wider. Surrender to the love.

In love and gratitude and peace within, Andrea

\*\*\*\*\*

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-Hylan/e/B002C1XZCU/> if you are interested in reading more of the stories from other books and from this study guide:

Tender Voices: True Stories by Women on a Journey of Love. For now, look through the study guide, read the quotes, notice the stirring of your voice, reflect, write your story!

Check out our Instagram page and please, 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 each 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 for the group:**

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 empty 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.

### **Set a Personal Intention:**

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:**

These questions can be used as a reflection with every story. Read the quote, then ask:

*\*How is this story like my own?*

*\*What choices for peace will I make now?*

*\*Is there a new perspective I see now at the age I am now?*

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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**Heal My Voice Mission**

**Healing the Voice Alan Peterson**

To purchase book: <https://www.amazon.com/Tender-Voices-Stories-Women-Journey/dp/0692268855/>



## **Foreword: *Tender Voices*** **By Beth Terrence**

*In this Foreword, Beth Terrence inspires us to reflect on the essentials for a foundation of love, letting go of the misperceptions and choosing to live a loving life.*

### **Reflective Questions:**

*\*What are some things you've learned about love?*

*\*If you were to start a new book of life, what would some of the chapter titles be called? What do you want to open your heart to receive?*

*\*Do you have a relationship with God, Spirit, Universal Intelligence? How does this contribute to inner peace?*

*\*Make a list of your beliefs about love. Divide the beliefs into columns of "My new view of love" and "the old view of love." What do you notice?*

### **Resources:**

University of the Heart

### **Quote:**

*"Above all, I've learned that I am a heart being. And, that by staying centered in that truth and taking the time to honor it, I can be my true self without doubt and confusion. All of life's answers lie within my heart and soul. Fulfillment comes from knowing and being in alignment with myself and God, not from any other person." ~Beth Terrence*

For more information on Beth, go to: <http://www.bethterrence.com/>

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**Editor's Note: *Tender Voices***  
**By Andrea Hysten, Founder of Heal My Voice**

*In this Editor's Note, Andrea Hysten writes about love she witnessed in several homes where she was a guest, while she collated and edited the final stories in this book. Love in action was all around her.*

**Reflective Questions:**

*\*Make a list of different ways you spread love in your home and community. Is there some place that you volunteer or give back in your community?*

*\*What new ideas and new growth do you see emerging from the rubble of the breakdown in the world? Where do you see people becoming more generous?*

*\*Make a list of your favorite lines from songs, films, and books about love. Keep them in a handy spot to read and remind you about love.*

**Resources:**

Volunteering  
Community

**Quote:**

*"I want to thank all of the women who wrote stories in this book. They had the courage to dive into vulnerable, raw spots in their lives that were happening at the same time they were writing. Each of them courageously showed you how to keep your heart open and what we can all learn from love." ~Andrea Hysten*

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

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#storiesaboutwomen

# Introduction

## by Elizabeth St. Germain (Liz Draman)

*This is the introduction to the project, Tender Voices: True Stories by Women on a Journey of Love. It is an overview of the project and a reflection of some of the experiences of sixteen women who wrote stories while healing together in community.*

### Reflective Questions:

\*Write about an experience when an encounter with someone felt like a soul agreement. It may have been a short-term experience, a long-term commitment, a class, a job, or a living situation.

\*What did you learn about yourself? How did it inspire you?

\*Are you demanding love to awaken, using your heart-thinking to restore peace and harmony in the world? What does that look like? Is love awake in your life?

### Resources:

Silver Violet Flame  
At Any Given Moment by Alan Peterson  
Blogtalk Radio

### Quote:

*"Our world is demanding love to awaken. Not the kind of love that makes sense to our logical mind, rather a new stage of human evolution, "heart thinking"; the kind of love that heals, brings resolution and creates. It is the kind of love that "hate" surrenders to and restores peace and harmony in our world." ~Elizabeth St. Germain*

For more information on Elizabeth, go to:  
<https://www.facebook.com/IAMLivinginLove/>

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#elizabethstgermain #awomansvoice #healing #writing #introduction #iamlivinginlove

## **Part One:**

### **I Am Compassionate**

“Whether we have it all or we have nothing,  
we are faced with the same obstacles:  
sadness, loss, illness, dying and death.

If we are to strive as human beings to gain more wisdom,  
more kindness and more compassion,  
we must have the intention to grow as a lotus  
and open each petal one by one.”

~Goldie Hawn

## **Story One: *Life After Love***

By Lorie Paul

*This story is about the author's experience of writing a new story for her life after the end of a relationship.*

### **Reflective Questions:**

\*Make a list of endings you have experienced: a job, relationship, or any other life changes.

\*What were some of the changes you consciously made after the ending?

\*What did you learn about yourself?

\*Is there any area of your life where you are stuck right now? The author talks about forgiveness, acceptance, and making different choices. Do any of those words resonate with you? Do you have a practice for forgiveness?

### **Resources:**

Ram Das

Vision Board

Violet Flame decrees

Self-talk

Gratitude

Support Group of Women

### **Quote:**

*"I Am the Captain navigating my ship. I didn't always know this. When I ended my last relationship, I had a choice to sink or swim. If you are in the same place I was with all kinds of feelings of sadness and loss and pain, I want you to know that my story, just like all the other stories in this book, is about hope and the next steps." ~Lorie Paul*

To learn more about Lorie, go to: [loriepaulLove@gmail.com](mailto:loriepaulLove@gmail.com)

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#maryland #journal #gratitude #ramdass #newstory



## **Story Two: Who Stole My Voice?**

**By Deborah E. Niver**

*The author shares stories from her childhood when she experienced trauma that made her afraid to speak. She also describes the steps she took to begin to reclaim her voice, as an adult.*

### **Reflective Questions:**

\*The author talks about having her voice “stolen.” Do you have experiences where you feel that someone told you to stop talking or to shut up or shamed you and you stopped speaking up?

\*What happened? What were the feelings? Humiliation, fear, or what?

\*Are you able to speak your Truth now or did those experiences stop you from speaking up?

\*What would it take for you to reclaim your voice?

### **Resources:**

Speech pathologist

Chakras

Hearing someone read your story

Strathmore Hall Foundation: Singing Class

### **Quote:**

*“I had to look within to determine: Why was I willing to let others steal my voice and basically give away my power? What changes did I need to make within, so I no longer repeat these experiences? Now, that I see this, what would it take to reclaim my voice and empower myself?*

~Deborah E. Niver

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#whostolemyvoice #maryland #deboraheniver #singing #chakras #reclaimmyvoice  
#expressmyvoice

## **Story Three: *Ensouling Words: Remembering the Sacred Scribe Within***

**By Amber Lee Scott**

*This is a story about the author's journey to rediscover her full expression in life, art and truth.*

### **Reflective Questions:**

\*Have you ever had a teacher or facilitator critique your writing or art? How did it feel when you saw the red markings of criticism? Was it helpful or damaging?

\*When do you feel free to express yourself?

\*What are you discovering about yourself this year?

\*Do you feel called to return to more full expression? What is one step you can take to connect with that desire?

### **Resources:**

Poetry

Art Stores like, The Art Works, Blick or Michael's

Writing

Start a Blog

Sacred Drumming

Photography

### **Quote:**

*"I believe we are ALL art. To be on eARTh, is to be art. In my experience, art is co-creation and self-expression from the heart and soul" ~Amber Lee Scott*

To learn more about Amber, go to: <https://amberleescott.com/>

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#writing #trueUvoice #blog #coaching #healing #heartandsoul #sacredspace

## **Story Four: *Patterns of Life: Consciously Living Day by Day*** **By Nichole Shannon**

*This story is about a dramatic life event that grabbed the author's attention and forced her to re-evaluate everything.*

### **Reflective Questions:**

\*What is an experience you had that changed everything?

\*What did you discover in the re-evaluation of your life?

\*Make a list of dysfunctional family patterns you grew up with.

\*Write a story about how you made changes to one of the family patterns. What strengths did you discover in yourself? What led you to make a change?

### **Resources:**

Prayer

Kundalini Reiki

Breathing

**Quote:** *"We live patterns of abuse until we consciously choose to courageously and lovingly, break those patterns. Abuse doesn't scream and warn like a red light. ~Nichole Shannon*

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#changingfamilypatterns #nicholeshannon #baltimore #maryland

## **Part Two:**

### **I Am Devoted**

"I knew I loved you before I met you,  
I think I dreamed you into life.  
I knew I loved you before I met you,  
I have been waiting all my life.

~Savage Garden

## **Story Five: A Voice of Love: An Open Letter to My Daughter** **By Mary K. Baxter**

*This story is a letter of wisdom from the author to her young daughter.*

### **Reflective Questions:**

\*What are some of the lessons that were passed to you from elders or sisters? What do you wish you had been told?

\*Make a list of advice for the next generation of women.

\*Write a letter to a younger part of you. What would you tell her now?

### **Resources:**

Laugh and Play

Write a letter

Travel

### **Quotes:**

*"Dear Lucille, I tear up just thinking about writing to you. Putting my feelings into words on a page has never come easily to me. I'm a "talker," as you'll come to find out as you grow, but writing to you, this is something new and scary." ~ Mary K. Baxter*

To learn more about Mary, go to: <http://www.dramaticadventure.com/>

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#laughandplay #MaryKBaxter #dat #dramaticadventuretheatre #newyorkcity  
#maryland

**Story Six: Letter from a Baby Book**  
*(from author to her first-born daughter, Mary)*  
**By Andrea Hylan**

*This story is the letter Andrea wrote to daughter, Mary in 1984. (Mary is the author of Story Five)*

**Reflective Questions:**

\*Did you write a letter to your daughter or son within the first year of their birth? Did your mother write a letter to you in your baby book?

\*Read the letter now or write a letter that you thought your mother would write to you.

\*What are some of your favorite memories of your mother or a woman in your childhood who nurtured you?

**Resources:**

Letter writing

**Quotes:**

*"As a parent, all I can do is love you, provide for you and teach you right from wrong. As your parents, I know your Dad and I are going to make a lot of mistakes. Remember we are loving you the best way we know how." ~Andrea Hylan, July 2, 1984, entry in a baby book when daughter, Mary was six months old.*

To contact Andrea, go to: <http://www.andreahylen.com/>

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#andreahylen #coach #founder #author #maryland

## **Story Seven: *I Have Nothing Left to Give*** **By Andrea Hylan**

*This story is about the author's divorce and a story about learning to stop "people pleasing" that healed her soul.*

### **Reflective Questions:**

\*What is your relationship to giving and receiving? Is it easier to give or to receive?

\*Write in your journal what you are noticing about underlying feelings, emotions and thoughts when you give and receive.

\*What is one of the tough choices you have made in your life? Something that other people may have judged you for making but in your heart, you knew it was the only choice for you to make.

\*How did that affect your life? Were you able to forgive yourself or someone else?

\*How do you care for yourself? Do you have self-care practices? Make a list of ways that you can do things to care for yourself.

### **Resources:**

Al-Anon

Family Constellation

Dance of Anger and Dance of Intimacy by Harriet Goldhor Lerner

### **Quote:**

*"I remember one morning ten years after the divorce. I was remarried and had given birth to a son and a daughter. I had survived a life-threatening illness and was now homeschooling our kids. I was lying in bed and in the early morning with the sun peaking in through the window and shining on my face, I could feel that I was healed. It was a flash and a knowing that I had fully returned to myself." ~Andrea Hylan*

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

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#california #selfcare #sayingno #peoplepleasing #consciouschoices #alanon  
#danceofanger #familyconstellations



## **Story Eight: A Potcake is My Heart**

### **By Jillian Skalky**

*This story is about the author's Crohn's Disease and her service dog. She shares her experience of vulnerability and sharing the life and death value that a service dog can provide for someone with a chronic condition.*

### **Reflective Questions:**

\*Do you have a chronic condition? What have been some of the challenges of living with this condition? What you have experienced, living with this?

\*Do you know someone with a chronic condition? What have you noticed about their life? How has it impacted the way you live your life?

\*Do you know anyone with a service dog? Write about the experience of watching the service dog and owner. If you don't know someone, watch a service dog on YouTube and write about what you notice. Did you learn something new?

### **Resources:**

Service Dog  
Dog trainer

### **Quotes:**

*"A service dog can do so much for someone with any shape of a disability. You could be blind or in a wheelchair. You could have anxiety or a learning disability or even a GI illness that you can't see. As long as that dog aids you in the help you need it is serving you. Respecting a service dog, and the work they do for their owner, is respecting that person's disability. But keep in mind, a disability doesn't define who a person is." ~Jillian Skalky*

To learn more about Jillian, go to: <https://www.creatingnewtails.com/>

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#invisibledisability #JillianSkalky #florida #dogtraining #creatingnewtails

## **Story Nine: *The Mother's Eyes*** **By Elizabeth St. Germain**

*This story is about the bond between a mother and a daughter and the author's experience when her daughter was at college and ended up in the ER needing surgery because of her Crohn's disease.*

### **Reflective Questions:**

\*What is your relationship with Divine Feminine energy? Do you feel that your masculine - feminine energies are balanced? Action - Stillness. Doing - Being. Giving - Receiving.

\*Write a story about your mother that honors her.

\*Do you have a primal instinct to "mother" your friends, family and children? What are your strengths as the mother archetype?

\*Do you have friends who "mother" you in a healthy, supportive way? Write about an experience of being mothered by a friend.

### **Resources:**

Friends  
Divine Mother

### **Quote:**

*"And as this energy of love filled my heart with peace and strength, I truly saw my daughter as a child of God. From that moment, I was not the same. A hidden chamber of my soul was touched, liberating the tender heart I had worked so hard to hide. This was the beginning of the awakening of my Divine Mother Love." ~Elizabeth St. Germain*

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

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#motherdaughterbond #happymothersday #violetflame #loveinaction #livinginlove



## **Part Three:**

### **I Am Generous**

“In the end, though, maybe we must all give up trying to pay  
back the people in this world who sustain our lives.  
In the end, maybe its wiser to surrender before the miraculous  
scope of human generosity  
and to just keep saying thank you, forever and sincerely,  
for as long as we have voices.”

~Elizabeth Gilbert

## **Story Ten: *I Am Finally Home!*** **By Nukhet Govdeli Hendricks**

*This story is about the death of the author's mother and a series of stories reminiscing about her childhood, growing up in Turkey and moving to the United States. The author also talks about reconnecting with her ability to talk with angels, 32 years after she shut down the connection when she was 14.*

### **Reflective Questions:**

\*Are you an empath? Are you intuitive and sensitive to energy? Do you talk to angels?

\*When did you learn how to manage and work with the energy you felt? Did you create a system to manage this energy or take a class?

\*Do you believe in angels? How do you experience them in your life? Do they talk to you, send you messages in the form of signs or do you know someone who can relay messages to you from the angels?

\*Is there a natural ability you had that you shut down when you were a child? Have you reawakened it?

### **Resources:**

Library  
Reading Books  
Angels

### **Quote:**

*"I smell the roses and I realized I already knew the voice. It was the voice I had shut down when I was fourteen. I whispered, "I heard you." The voice whispered back "Good now go back to sleep." I could hear the sigh of relief and the smile in the voice. I had finally heard the angels again, 32 years after I shut them down and went numb when I was 14."~Nukhet Govdeli Hendricks*

To learn more about Nukhet, go to: <https://sheleadsfearlessly.com/>

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#northdakota #turkey #sheleadsfearlessly #leader

## **Story Eleven: *Peace: Generations: The Evolution of Love*** **By Karen A. Porter**

*This story is about the author's father: the way he lived his life with strength, duty, honor and will and the last years of his life until his death.*

### **Reflective Questions:**

\*Write a story about your father or mother. Include some words to describe the foundation of what they taught you.

\*Have you ever been with a loved one when they died? What was your experience? Did it change the way you view life?

\*Have you been a caretaker for a parent? What are the ways you have taken care of yourself while taking care of someone else?

\*What is your heritage and family culture? What are some strengths from your lineage? How do the strengths serve you in life?

### **Resources:**

Faith  
Prayer

### **Quote:**

*"Love. A mother's love, a father's love, a daughter's love. I am grateful for all my parents did for me. Strength, duty, honor, will, faith. They showed me ways to live my life. Onto their strong foundation I am adding ways of self-care. So, the process continues. Each generation builds on what came before, adding to and shifting. I am living the evolution of love. ~Karen A. Porter*

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

#healmyvoice #tendervoices #onajourneyoflove #fatherslove #legacy #familyhistory  
#grief #loss #KarenAPorter #thepriestessprocess #baltimore #seattle #mamaporter

## **Story Twelve: *Everything Comes Full Circle*** **By Maryann Hesse**

*This story is about the author's relationship with her mother and the healing that took place when she became her advocate at the end of her life.*

### **Reflective Questions:**

\*What were some of the codes you grew up with, such as "honor thy mother or father?" Where the codes effective? Did they keep you safe and create harmony in the house? Did you or will you pass those on to your children?

\*Look back at your childhood and make a list of a few happy memories with your mother. If you have photos or other memorabilia, use those to jog your memory. Write a letter of appreciation to your mother.

\*Do you feel compassion for your mother? What do you know about her childhood and the choices that were available to her when she was young? What was her relationship with her parents?

### **Resources:**

Teachings of the Masters  
Spiritual Teachers  
Transformational Prayer Practitioner training  
Macchu Picchu

### **Quote:**

*"Little by little I pieced together the puzzle of who my mother was and what triggered her to behave as she did. I started feeling so much compassion for this woman who had been so fearful all her life. ~Maryann Hesse*

To learn more about Maryann, go to: <https://maryannhesse.lpages.co/activateheartsdesire/>

#healmyvoice #tendervoices #onajourneyoflove #maryannhesse #deathofaparent  
#carefortheelderly #iowa #arizona #legacy #familyhistory #grief #compassion #healing



## **Story Thirteen: *Love Awakening and Transformation*** **By Nancy Davis**

*This story is about the author setting boundaries of love with her mother and learning to love herself, again, too.*

### **Reflective Questions:**

\*Are you aware of your intuition communicating with you? Do you have psychic ability? Write about an experience when you knew your intuition had guided you somewhere.

\*The author talks about needing to use tough love with her mother to support her in taking care of her health needs. Have you used tough love with a loved one? What was your experience?

\*What is your self-care routine? Do you have some things you do for yourself every day? What would you like to add into your routine?

### **Resources:**

Music  
Dreaming  
Mysteries of the World  
"In Search Of" with Leonard Nimoy  
Gardening

### **Quote:**

*"The quote, "Be the change you wish to see in the world is so true. The change starts within each of us. Consciously treating others with respect, love and wishing them the best. Noticing what is in their highest good and taking action has brought the same energy back to me." ~Nancy Davis*

#healmyvoice #tendervoices #onajourneyoflove #transformation #nancydavis  
#toughlove #boundaries #selfcare #nationalarboretum #herbs #maryland

## **Part Four:**

### **I Am Big-Hearted**

“Our senses are indeed our doors and windows on this world,  
in a very real sense, the key to the unlocking of meaning  
and the wellspring of creativity.”

~Jean Houston

## **Story Fourteen: *Dancing with the Wind to Carry Me Home to Myself*** **By Kathleen Ann Marye**

*This story is about the author's challenges that led her to honor herself and walk a path of love.*

### **Reflective Questions:**

\*Did you feel different from the people in your family? In what ways were you different?

\*What activities or practices can you do to make your heart sing?

\*Do you have a place to receive support that will allow you to honor your path?

### **Resources:**

Music  
Native American Flute  
Support groups  
Ceremony

### **Quote:**

*"I'm choosing a different perspective now. I put myself in everyone's shoes to love and accept them. I am thankful for what I have learned. People are people and what we choose to see is only half the journey. It's how we choose to keep going and uplifting each other in any given moment that is important." ~Kathleen Ann Marye*

#healmyvoice #tendervoices #onajourneyoflove #kathleenannmarye #ceremony  
#nativeamerican #listentospirit #music #selflove #acceptance

## **Story Fifteen: *Surviving is Not Enough: And so I go on...***

**By Jamie Dee Schiffer**

*This story is about the author having a flashback about a sexual assault in college and getting support to remember, navigate the feelings and begin to heal.*

### **Reflective Questions:**

\* Have you ever had an experience of a flashback? A flashback can be a positive awareness that connects a series of information together with an AHA! Or something can trigger a flashback that is connected with trauma, and PTSD (Post traumatic stress disorder).

\*What is your relationship with trust? Do you trust people? Do you trust life? Write about your experience of trust.

\*The author talks about times in her life when she's had to put on a mask and pretend that she is okay. Have you ever felt that way? How do you handle circumstances when you feel you can't be honest about what's going on in your life?

### **Resources:**

Therapist  
Spiritual Counselor

### **Quote:**

*"Yes, in case you're wondering. I'm aware that I'm building another wall. But where I am now, I need it. I need it to feel safe. A tremendous amount of healing needs to happen before I can fully embrace life again. Little by little, day-by-day with the help of many amazing, loving and supportive people, I will find my way." ~Jamie Dee Schiffer*

To learn more about Jamie, go to: <https://www.a-passionate-life.com/jamiedee>

#healmyvoice #tendervoices #onajourneyoflove #healing #flashback #trust  
#spiritualcounselor #jamiedeeschiffer #minister #apassionatelife

## **Story Sixteen: Reclaiming Myself, Kicking the “Habit”**

### **By Brenda Jacobi**

*In this story, the author talks about her marriage that ended in divorce and how she began to pick up the pieces of her life to start anew.*

### **Reflective Questions:**

\*Have you ever had a feeling inside about something an authority was telling you (church, family, government) and you felt something different? How did you handle the conflict of what you felt in your heart and what you were told?

\*When you were a child of five, what were the things that made you happy? (The author speaks of Nancy Sinatra and a pair of white boots that she would wear to dance and sing.) Write a story about your 5-year-old story.

\*How have you grieved the end of a relationship? Prayer, journal, support group? Write down your process of grief. How do you care for yourself?

### **Resources:**

Mother Nature  
Rock n Roll  
Prayer

### **Quote:**

*“I can no longer bottle up my feelings holding them inside as though they are meaningless. Both are worthy of expression. They do not make me bad or good. They make me human and help me navigate my journey as I claim my life, love, beauty and sexuality.” ~Brenda Jacobi*

To connect with Brenda, email her at [Brenda.Jacobi@gmail.com](mailto:Brenda.Jacobi@gmail.com)

#healmyvoice #tendervoices #onajourneyoflove #brendajacobi #divorce #prayer #love #navigatelife

**Story Seventeen: *Living the Love of the Universe...And other confessions from the woowoo side of life.***

**By AnnaMariah Nau**

*This story is about the author opening up to deeper/higher levels of love through spiritual experiences and making jewelry that is programmed with love for the person who wears it.*

**Reflective Questions:**

\*Make a declaration of purpose and intent about your life. The author used the words: My purpose is to Live the Love of the Universe on Earth.

\*Do you belong to a religious group or have a spiritual belief and community? Has that changed over the years? Write a story about an experience of leaving a group or finding a group.

\*Do you talk to your higher self or God or deceased loved ones? How do they communicate with you?

**Resources:**

A declaration of purpose and intent

Tarot cards

Spirit circles

Bold Bodacious Jewelry

**Quote:**

*"Is it possible that your purpose is to Live the Love of The Universe on Earth, as well? Is it the purpose of humanity? Are we all here to experience all that isn't love and finally come back to a remembering of our true nature - Love?" ~AnnaMariah Nau*

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

#healmyvoice #tendervoices #onajourneyoflove #annamariahnau #gemstonealchemy  
#loveoftheuniverse #oregon

## **Heal My Voice Mission:**

Heal My Voice empowers and supports women and girls globally to heal a story, reclaim their inner authority and personal power and step into greater leadership in their homes, businesses, communities and the world.

[www.healmyvoice.org](http://www.healmyvoice.org)

To purchase the book, **Tender Voices: True Stories by Women on a Journey of Love**, go to Amazon. Available in Kindle and Paperback: <https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/>

Words from Alan Peterson

First Heal My Voice Fundraiser

May 11, 2011

### Healing the Voice

Since the beginning of time we have added our voice to the celestial chorus that fills the heavens and earth. Upon the agreement with our birth mother we transformed from the spiritual to the human. Our voices changed and our needs changed, but our spirit did not. Over “time” we have had different platforms on which to stand and speak our truth and express our voice.

At first it was the baby's coo and cry. And as we grew, parents and society tried to curb and shape our voice to fit someone else's beliefs. Through it all we have continued to grow, expand and develop our own voice in the world. Sometimes, we have been hurt deeply by ourselves and others. So much so that our voices are stilled and shut down.

In each of us there is that spirit, that knowledge of the choir we all sang with, that reminds us of who we are and where we come from. It is the antidote for silence, the elixir for songlessness. It is the same energy that inspires great works of art and musical masterpieces, great inventions and expanded philosophies. It is the calling of the soul, the song of the spirit, the great healing of the heart and voice.

Like the newborn babe learning to speak we awaken from our slumber to a new day and we create the light of that day by shining our spirit on ourselves and others. It is the light of the Divine Feminine, the mother of us all calling, soothing, loving, nurturing, teaching, encouraging us to sing, and healing us with love, the love that is the center of all life. To know that we



are not alone, that we are worthy of love, that with love, in love and through love we can raise our voices to the sky, sing, shout, and feel free to let it all come out! We are free, we are magnificent we are beautiful. Like the phoenix we rise and soar in the heavens beyond the stars. Like the newborn we giggle and cry, then grow up to speak our truth for all to hear. Like the new disciple who has discovered her faith, we shout it from the mountain top, born again - remembering of who we are.

Love.

**To connect with Alan, go to <https://www.alanpetersonmusic.com/>**

#healmyvoice #tendervoices #onajourneyoflove #alanpeterson #oregon #music