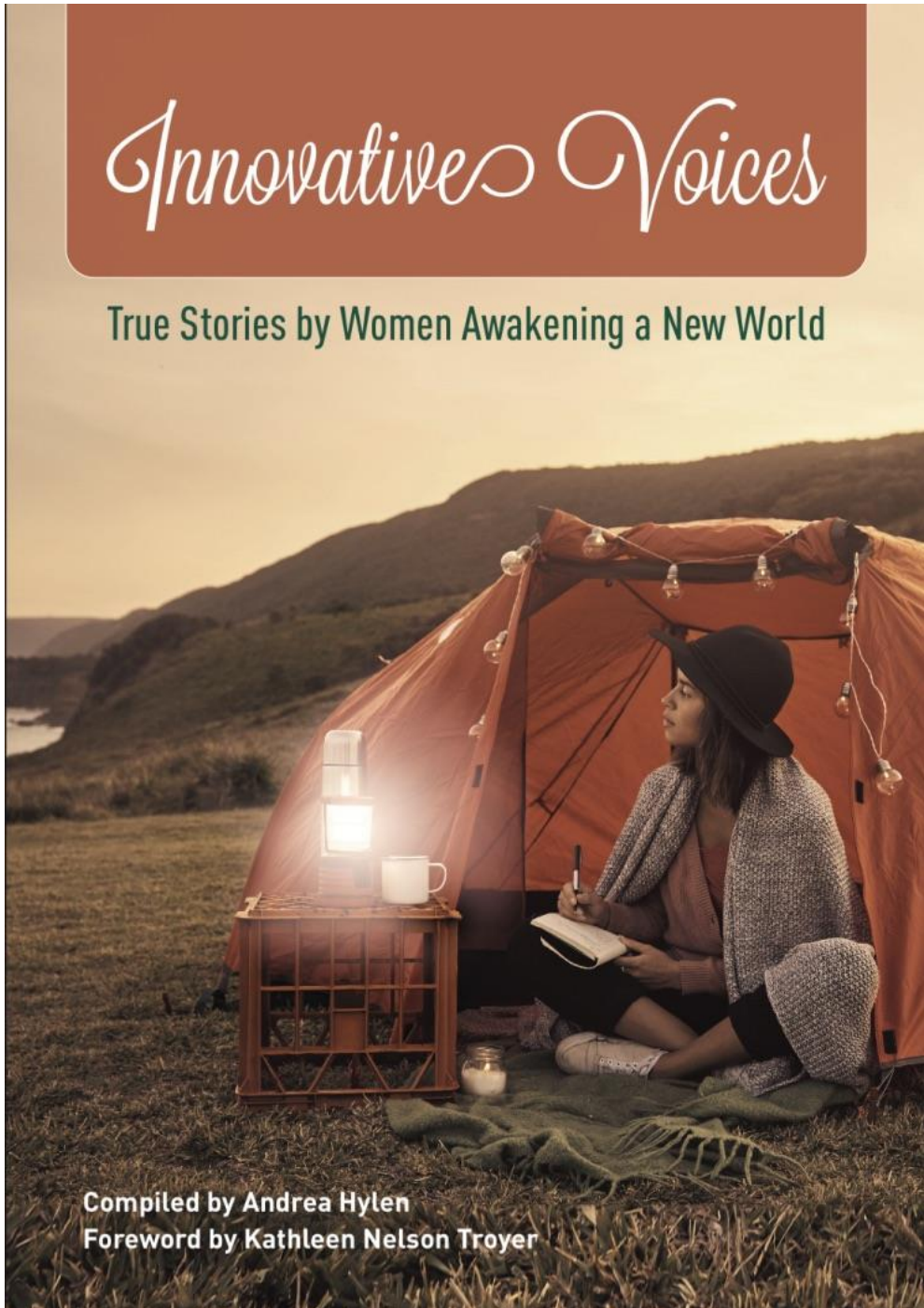


# Study Guide

## **Innovative Voices: True Stories by Women Awakening a New World**

### *Innovative Voices*

True Stories by Women Awakening a New World



Compiled by Andrea Hylen  
Foreword by Kathleen Nelson Troyer

# Dedication

This book is dedicated to the dreamers,  
the risk takers and the little child inside each of us  
who brings new ideas, curiosity and imagination into everyday life.

We see you.

Your Voice Matters.

# Blessing

## Jacke Schroeder

### Praise and Prayer

Yehuda HaLevi said:

*Yah, where shall I find You?  
High and hidden is your Place;  
And where shall I not find You?  
Your Presence fills Time and Space.  
I have sought Your nearness,  
With all my heart I called You!  
And going out to meet You,  
I found You coming toward me.*

When you felt a lack of understanding, and your creativity declined, you ran to the hidden spring! The waters refreshed you and you blossomed. The Great Spirit's blessing returned to you. You became like a gushing spring, like a river that does not cease.

From your community of Heal My Voice sisters who came before, you've carried their Torch into this convergence.

You've placed all your thoughts into the power of your words until you saw the Light of the words. Then you could see how one word, shines into another, and how many Lights are brought forth.

For all of the wondrous moments of our lives we praise and place our gratitude in the One who makes us Holy.

A Fountain of Blessings  
are You!  
The-Eternal-Breath-of-Life-Beyond-and-Within,  
Divine Expansiveness Concentrated within our World  
Channeling Creative Power to Manifest as  
the Mystery of Consciousness becoming Time-Space,  
has kept us alive, sustained us, and brought us to this time

Barukh  
Ata  
Adonay  
Eloheynu  
Melekh  
Ha'Olam  
Sheh'hecheyanu,  
V'kiy'manu,  
V'higiyanu  
La'zman  
Ha'zeh  
Amein.

Everything is connected.  
There will always be uncertainty.  
A fresh wind is sweeping over you.  
May you Awaken to God's presence in your life.  
May you Experience everything that life offers you, over and over, as long as you are alive.  
May you Stay in your own place and space; stand in yourself.  
May you Know yourself and what you want and need.  
May you Tend to your true feelings; feel your feelings; give them worth and dignity.  
May you Feel sparks of energy rising from within.  
May you Be filled with the Holy spirit of love.  
May you Know you are safe and set yourself free.  
May you Be in joy.  
I AM your Source. Fill up with Me.

*Jacke L. Schroeder, LCSW-C, is the Director of SAFE: Stop Abuse of Elders.*

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

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# Introduction to Innovative Voices Study Guide

## By Andrea Hysten

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-Hysten/e/B002C1XZCU/> if you are interested in reading more of the stories from other books and from this study guide: Innovative Voices: True Stories by Women Awakening a New World. For now, look through the study guide, read the quotes, notice the stirring of your voice, reflect, write your story!

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.

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.**



# 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.

Thank you to Wendy Mata who asked me to come and live with her for two years during the Sensual Voices project and a year of restoration while I questioned what was next for Heal My Voice. Your request put me in the middle of Innovative energy at the University of Maryland, College Park. The words, *Fearless Ideas Inspire Innovation* on buses and billboards, kept the idea of this project alive for two years before I fully committed to a start date. The conversations and the multi-dimensional qualities of being with you in your home as we discussed shamanism, medicine wheels, the tech world and our roles in professional and personal spaces kept stirring the desire to explore everyday innovation and women awakening a new world.

Thank you to Tamara Latrese Robinson who saw the page on the Heal My Voice website announcing this project and unwaveringly knew that you were a Yes and that the project was going to happen, even when I had my doubts! You signed up months before we started and placed an anchor of desire that held it in place. You believed! And I am grateful for the real, authentic discussions we have had about race and gender and writing and mothering a daughter while staying connected to your desires as a woman.

Thank you to Lucky Sweeny. My mentor. My friend. An inspirational Evolutionary Woman. Our conversations always add new layers of possibilities and living life in a new, evolving dimension.

Thank you to Ginny Robertson, On Purpose Women Community, for giving me so many places to give a talk called, *Discover Your True Potential: Eight Valuable Tips for Building an Innovative Business (and Life!)* during the fall of 2016. Speaking about Innovation opened the door that helped me understand more of what we were going to explore and discover during this project. Thank you for believing in me since our first meeting in 2007 and for giving me space to practice using my voice.

Thank you to Sofia Wren who offered her enthusiasm and ideas as an intern for Heal My Voice during Graduate Studies for an M.A in Spiritual and Pastoral Care at Loyola University, Maryland. You brought a youthful wisdom and fresh eyes to new

ways of bringing heart and technology to this project. We need women of all ages to come together. Your voice is a shining example of that.

In all the Heal My Voice books, there is a conscious community. In this community, twenty-two women started the process of listening and writing and exploring innovation and the concept of awakening a new world. Thirteen stories were completed and thirteen Heal My Voice authors wrote poems for the poetry section. It took courage and deep diving to excavate and bring the experiences into words. So much of what we felt had no words and the multi-dimensional space was palpable. That space where you know something without the physical evidence to support your “knowing.” It was a deep, wild ride at times and I am grateful that you stayed for the ride.

Thank you to the Heal My Voice authors who said yes to an innovative idea of holding space without writing a story. Thank you to Teri Keating, Jacke Schroeder, Alecia Caine, Marianna Mujica, Nancy Kobel and Marijane Thompson. Your presence and private notes to me at random times during the program were not so random. You were there at the right time, with just the right words to show me we were co-creating something of value here.

And finally, a huge thank you to Karen Porter and Marie Ek Lipanovska.

Karen, as always you are a pillar of strength and compassion and love and generosity and vision. You provided a secure, safe space in your home for me to have a private bedroom and you set up a desk for me in your office. You nurtured me with food, support, ideas, conversation, processing, two adorable kitties to cuddle with and nightly films. I value our living room talks and the car rides filled with conversations that challenged us both to connect with our innovative voices.

Marie, you are the only person on the planet who understands what it really means to hold this space. Your experience and leadership with Heal My Voice Sweden developed your compassion and understanding which gave me a place to lean on and vent and discover more of the gems during some of the challenges on this road of innovation and awakening. In this project, you offered your love, wisdom and assistance on community calls, writing labs, radio shows and in private Zoom calls. The rich depth of the stories was enhanced because of your vision and honest delivery of what you saw in a woman’s story.

Deep, deep gratitude and love to you both. And a final thank you to the many women who carved the path before us. Your vision and courage and words were woven into our conversations. The poets, the politicians, the writers, the leaders. Sojourner Truth, Maya Angelou, Alice Walker, Shirley Chisholm, Barbara Marx Hubbard and Hillary Clinton, to name a few.

Each of you used your voices to wake up a new world. Thank you for standing up first and laying the groundwork of words for us to lean on.

Love and Gratitude,  
Andrea Hylen, Founder of Heal My Voice,  
October 2017

## Table of Contents:

Dedication

Blessing

Introduction to Study Guide

Acknowledgements

Foreword

Introduction

Pleiadian Message

Jacke Schroeder

Andrea Hylen

Kathleen Nelson Troyer

Andrea Hylen

Channeled by Lucky Sweeny

### Part One: I Am Freedom

**Story One:** *Free Your Mind* by Andrea Hylen

**Story Two:** *Going My Own Way* by Sofia Wren

**Story Three:** *Unchain My Heart* by Carina Halvardsson

### Part Two: I Am Awakened

**Story Four:** *Roots Growing Stronger* by Lisbeth Jönsson

**Story Five:** *Journey to Me* by Tamara Latrese Robinson

**Story Six:** *Pain Has a Purpose and a Story to Tell* by Marie Ek Lipanovska

### Part Three: I Am Innovative

**Story Seven:** *I Thought I was OK* by Jeannie Dougherty

**Story Eight:** *Where are the Feathers?* by Cassandra Herbert

**Story Nine:** *I Didn't Have to Do It That Way Anymore* by Ginny Robertson

### Part Four: I AM Multi-dimensional

**Story Ten:** *Between Safety and Sacred* by Monisha Mittal

**Story Eleven:** *In the Process of Knowing* by Karen Porter

**Story Twelve:** *A Bridge of Light Opened* by Beth Terrence

**Story Thirteen** *Activating My Political Voice* by Andrea Hylan

## **Heal My Voice Mission**

To purchase book: <https://www.amazon.com/Innovative-Voices-Stories-Awakening-Andrea-ebook/dp/B076M6HHGZ/>

## **Poetry by Heal My Voice Authors**

### **I AM Freedom**

Lost and Found by Marie Ek Lipanovska

Flashbacks by Karen Porter

Kaia Susanne by Susanne Wendt

Two Poems by Adrienne Yearde

### **I AM Awakened**

Today by Adrienne MacDonald

Collapsing the Bubble by Monisha Mittal

The Resurrected Woman by Tamara Robinson

Poem by Nichole S. Shannon

### **I AM Innovative**

My Vision for the World by Nancy Kobel

Change the World by Susanne Wendt

### **I AM Multi-dimensional**

Dark Moon by Sofia Wren

The Path Home/Toward the One by Beth Terrence

A Bridge Between by Beth Terrence

Open to the Mystery by Andrea Hylan

Gender Bending Balance: An Inside Job by Ellen Koronet

## **Maximum Flux**

Lucky Sweeney and Bonnie Kelley

## **Heal My Voice and Heal My Voice Sweden Book List**

## **Foreword: *Innovative Voices***

**By Kathleen Nelson Troyer**

*In this Foreword, Kathleen Nelson Troyer shares how being a part of Heal My Voice book circle projects taught her about trusting more by listening to herself and others in a deeper way and how that listening helped her to write her own stories of vulnerability, heart-centered power and innovation. She invites you to read the stories and poems in this book and open your heart to awaken to the story that it's time for you share.*

### **Reflective Questions:**

*\*Do you trust your own inner wisdom? What practices do you use to cultivate that trust?*

*\*What action are you taking to commit to your evolution and personal growth? What are you learning about yourself?*

*\*Have you been to sacred sites in your town or somewhere in the world? Have you looked at sacred sites on the internet? What did you experience? Write about a moment when you felt connected to the energy at a sacred site.*

*\*Who are the guiding lights in your life? What have you learned from them? Have they inspired you to be a guiding light for others?*

### **Resources:**

\*Book circles

\*Mists of Avalon

\*Glastonbury, England

\*Stonehenge

\*Avebury

\*Blogtalk Radio

\*Mother Earth

\*Heal My Voice community

## Quote:

*“Heal My Voice elevates women. I am just one woman who has been influenced by Heal My Voice’s transformative discovery process. It is a playground for many of us who are exploring how we can bring more love and balance back into our lives personally and collectively. As each Heal My Voice author writes her story, she heals a part of herself and becomes more aligned with her desires, strengths and unique gifts.” ~Kathleen Nelson Troyer*

To learn more about Kat, go to: <https://kathleennelsontroyer.com/>

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#kathleennelsontroyer #glastonbury #mistsofavalon #california #hawaii



# Introduction

by Andrea Hylan, Founder of Heal My Voice

*This is an overview of the project, Innovative Voices: True Stories by Women Awakening a New World and a reflection of some of the experiences of women who wrote stories while healing together in an on-line community. This was a collaboration between Heal My Voice and Heal My Voice Sweden.*

## Reflective Questions:

*\*When you hear the word Innovation, what or who do you think of? A famous inventor or entrepreneur? A leading-edge Fortune 500 company or a start-up? A Nobel Peace Prize winner?*

*\*Do you think of yourself as innovative? Or the woman standing next to you in the grocery line, the woman who is running an on-line business, the woman who is playing with her child at the playground?*

*\*How do you tune into your Innovative Voice?*

*\*Are you aware of your personal awakenings?*

## Resources:

*\*The Art of Innovation by Dimis Michaelides: <https://youtu.be/P1RUWa8pC0k>*

*\*Alice Walker*

*\*Hillary Clinton*

*\*Barbara Marx Hubbard*

## Quote:

*“The stories written by the women in this book are about a personal awakening. A moment when they had a new awareness and began to make different choices to change the external situations in their lives. Just like peace on earth comes from each of us cultivating peace within ourselves, the*

*innovative ideas and actions the authors describe in their stories all began with an inner awakening. This is how we innovate and awaken a new world.” ~Andrea Hylen*

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

For more information on Heal My Voice Sweden, go to: <http://healmyvoicesweden.com/>

To connect with Andrea, go to: <https://andreahtylen.com>

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# Message from the Pleiadians

**Message from the Pleiadians when asked about the Innovative Voices Women:**

**9/23/16**

**Channeled Through Lucky Sweeny:**

This "Seminar" is a doorway, a portal for all involved. It is the opportunity and the experience to move to where you want to be. Each individual will create a vision/intention of what it is they would like to receive and/or who they want to be at the end of the program. This intention will change over time, as each of you as participants and facilitators awaken to an expanded awareness of yourself, your personal goals, your desires and your contributions in the world.

Many dimensions are activated during this time: the writings, allowing and manifesting language, images and thoughts that reveal each story. And in the revelation new insights and awareness's emerge for the individual.

This deep commitment activates in each woman greater connection to the Essential Self, to the higher mind, intuition, inspired thoughts and messages and much more. The group participation creates its own energy field. The richness of the environment empowers and supports each woman. This is truly a multi-dimensional experience. Where we are gathered together in common intention, Spirit is Present.

## **Part One:**

### **I Am Freedom**

“We need to understand that there is no formula for how women should lead their lives. That is why we must respect the choices that each woman makes for herself and her family. Every woman deserves the chance to realize her God-given potential.”

~Hillary Clinton  
~to the UN 4<sup>th</sup> World Conference in 1995

## **Story One: *Free Your Mind: Live YOUR Normal Life***

By Andrea Hylan

*This story is about the author freeing her mind and carving a new path to live her authentic life and push past the limitations of how other people had defined her.*

### **Reflective Questions:**

*\*What is your favorite photo of yourself, under the age of five? Why is that your favorite photo? What aspect of your personality is shining through in that photo?*

*\*How old were you when you first felt like an adult? What were the circumstances?*

*\*What is your life purpose?*

*\*What do you do when you feel lost?*

*\*How do you want to live your life now? What's stopping you? What is one step you can take today?*

### **Resources:**

\*Alternative medicine

\*Tarot cards

\*Personal growth seminars

\*Couch surfing

\*Writing

### **Quote:**

*"The key that finally helped me to get free was death; specifically the deaths of my brother, son and husband. Something cracked me open to the point where I had to choose my life. All the time.*

*In the grieving process, death challenged me to live life fully. To do what makes me happy. To leave a legacy where I make a difference by sharing my unique gifts and appreciating every breath of life. Asking myself, 'How am I going to live today?'" ~ Andrea Hylen*

To connect with Andrea, go to: <https://andreahtylen.com>

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#freeyourmind #liveyourlive #maryland #california #seattle #sweden

## **Story Two: Going My Own Way**

### **By Sofia Wren**

*The author shares a story about her birth and the death of her mother when the author was three years old. Growing up without a mother, navigating a relationship with her stepmother and finding a connection to her intuition and inner guidance to find her way home to herself.*

### **Reflective Questions:**

*\*What was your relationship like with your mother, when you were a child? Did you feel nurtured? Is your mother still alive?*

*\* What is your earliest memory of feeling humiliated? Write about that moment in time. Include the feelings, a description of the person and add in the element of forgiveness and healing.*

*\*What are some changes you have made to your life that feel innovative? It could be something like meditating, yoga, walking in nature. Something you changed that improved your life.*

*\*What beliefs have you changed that came from your family or friend group? How has that change benefited you and the people in your life? Are there other beliefs you want to transform now?*

### **Resources:**

*\*Art, music, nature*

*\*Researching world religions*

*\*Are you my mother? By P. D. Eastman*

### **Quote:**

*“What I really wanted was to be connected. I wanted a mother. I wanted to be nurtured. I so wanted love. But at a very young age I came to believe that this urge to connect was deeply wrong. I hid it the best I could. Slowly I released more of who I really am. Letting myself feel and know my deepest need is more peaceful now and less like a battle. There is dignity in my desires. Having needs does not make me an inferior child. Wanting what I want, and feeling what I feel, is my constant path back to my natural harmony.” ~Sofia Wren*

To learn more about Sofia, go to: <http://sofiawren.com/>

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#writer #freedomyear #maryland #japan #marthasvineyard



## **Story Three: Unchain My Heart**

**By Carina Halvardsson**

*The author begins with a story about her childhood when she was bullied from a child on the playground and then abused by a teacher. She weaves in her experience of a job where she guarded and protected women in prison that led to participating in restorative justice programs in prison.*

### **Reflective Questions:**

*\*What is your earliest memory of going to school? Were you excited, scared, curious? What were your feelings?*

*\*What is your earliest memory of a 'trauma' with a teacher or classmate? How is that trauma still affecting you? Is it resolved? Did it teach you something about compassion, forgiveness, or empowerment?*

*\*Explore your relationship to trust. Who or what do you trust in your life? How do you cultivate and nurture trust in your body?*

*\*How do you invest in your energy? Do you have a practice that brings you into stillness, reflection and contemplation?*

*\*Who stood up or stands up for you? Who do you stand up for?*

### **Resources:**

*\*Ubuntu: I am because we are*

*\*Prison Reconciliation Programs*

*\*Restorative justice*

*\*QiGong*

### **Quote:**

*"I feel in my whole body how the abuse locked me up and silenced me. I can see that I have been treated bad because I wasn't setting boundaries for myself and others. The fact that I have the right to say NO if it feels bad has never been natural for me. I can't do anything about what*

*other people say or do. But I can stand up for myself and loud and clear (if it's necessary) tell people who do not respect my boundaries to stop!" ~Carina Halvardsson*

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

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#CarinaHalvardsson #sweden #restorativejustice #qigong

## **Part Two:**

### **I Am Awakened**

From Ain't I a Woman:

“If the first woman God ever made was strong enough  
to turn the world upside down all alone,  
these women together ought to be able to turn it back  
and get it right side up again!  
And now they is asking to do it, the men better let them.”

Delivered December 1851  
Women's Convention, Akron, Ohio  
~**Sojourner Truth**

## **Story Four: Roots Growing Stronger**

**By Lisbeth Jönsson**

*The author shares a story of reclaiming her home after the break-up with her common law husband. Removing things from her home, building a patio, she shares the feeling of standing up for herself and receiving help from others.*

### **Reflective Questions:**

*\*Write about a time when a love relationship ended and the steps you took to reclaim your power.*

*\*How have people from your community helped you, including strangers and friends? Have you ever had an experience when you felt that someone was an angel in your life? What was that like?*

*\*Look around your bedroom or another room in your house. Focus on each piece of furniture and some of the other things in the room, like a book, a memento, a vase, a piece of jewelry. Reflect on how each item came to be in that room. What memories or feelings are surfacing? Is there anything you want to get rid of?*

### **Resources:**

\*Rumi

\*Nature

\*Saint Hildegard von Bingen

**Quote:** *Fiftieth birthday: "Suddenly the other day I found myself making plans for having an open house for my birthday, making a quiz about myself, asking some friends to make a lentil soup and someone else to help me with preparations and a third to be toastmaster. The energy in me is shifting and the rose is opening. Yes, dear Rumi. What was said to the Rose that made it open, was said to me here in my chest. ~Lisbeth Jönsson*

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#rootsgrowingstronger #LisbethJönsson #sweden #rumi

## **Story Five: Journey to Me**

**By Tamara Latrese Robinson**

*The author shares a story about how she lost a connection with herself when she became a divorced single mother. By committing to making time for herself, she crushed the mommy guilt and found her way back to herself.*

### **Reflective Questions:**

*\*Do you have a favorite painting or piece of art? Why is it your favorite? What does it mean to you? What is the strength or healing message it has for you?*

*\*Have you ever been burned out from a job, school, parenting or something else? What did it take for you to recover? What daily practices do you have for self-care?*

*\*Did you know there is a connection between pole dancing and confidence? What activities do you do to instill and bolster your confidence?*

*\*Do you take time to dream? Make a list of 10 of your desires. Things or experiences you want to create.*

.

### **Resources:**

\*Quotes by Martin Luther King, Jr.

\*Painting: Step Out on Faith by artist Kevin "WAK" Williams

\*Prayer and meditation

\*Pole dance fitness classes

### **Quote:**

*"I decided to include "me time" in my busy schedule. Yes! That's right! I made time for me! At first, it felt selfish, but then I realized it's not selfish at all. Creating "me time" is absolutely*

*necessary for achieving balance and harmony in my life. A new layer revealed itself to me. I woke up to a new awareness."* ~Tamara Latrese Robinson

To learn more about Tamara, go to: <http://www.tamararobinson.net/>

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#confidence #TamaraLatreseRobinson #maryland #miami

## **Story Six: Pain Has a Purpose and a Story to Tell**

By Marie Ek Lipanovska

*This story is about a moment in the author's life when there was deep pain in her marriage and she surrendered and asked God to help her. She shares some of the steps she took and reflected on that moment that happened eleven years earlier.*

### **Reflective Questions:**

*\*Think about one of the 'turning point' moments in your life. What happened to help you break free from denial? What steps did you take to change something at that juncture in time?*

*\*Do you pray? Who or what do you pray to? Have you had a moment, like the author, when you said, 'God, please help me!'*

*\*Write about a painful moment from the past that happened at least ten years ago. Looking back, what were the gifts? What have you learned about yourself? Is there any healing that you still need to do, like forgiveness or letting go?*

*\*What is the difference between Divine love and love? Do you believe in grace?*

### **Resources:**

\*Prayer

\*Drawing

\*Walks in nature

\*Writing

### **Quote:**

*"Divine love is so much more than the soft tender love that wraps me up in compassion and bright light. God's love for me is also a Father's love that can't stand to watch me drift away from myself. It is a love that does whatever it takes to awaken me so that I can find my way back to His divine path. Because God transforms pain into a purpose, suffering is a hidden love story with a happy ending and a promise of a new life grounded in love." ~Marie Ek Lipanovska*

To learn more about Marie, go to: [www.healmyvoicesweden.com](http://www.healmyvoicesweden.com)



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#prayer #surrender #transformation #grace #God #marieeklipanovska #sweden

## **Part Three:**

### **I Am Innovative**

“You don’t make progress by standing on the sidelines,  
whimpering and complaining.  
You make progress by implementing ideas.”

~Shirley Chisholm

## **Story Seven: I Thought I was OK**

By Jeannie Dougherty

*This story is about the author leaving an abusive marriage and in the healing discovering a softer, gentler voice inside.*

### **Reflective Questions:**

*\*Have you ever been in an abusive relationship or do you know someone who has?*

*\*What secrets are you hiding from others? Have you ever felt like you had to keep secrets about your life?*

*\*What is your relationship with personal power? Do you feel power? Do you know how to access your power through a softer voice?*

*\*Are there emotions you hold inside? Do you express anger, grief, sadness, joy?*

*\*Is there room in your life for vulnerability? Are you able to receive? Have a soft voice?*

### **Resources:**

\*Five Rhythm Dance

\*Bikram Yoga

\*Course in Miracles

### **Quote:**

*"Then out of nowhere I heard this soft, tender, and very wise voice say, "thank you." Hearing my inner self, listening to my intuition was the soft easy voice that chimed in. When she speaks, there is no fear, rage, doubt, or blame. It's not a loud voice. I had to unlearn the loud aggressive, push-push voice, and realize that was old conditioning. The soft voice began to speak to me more and more." ~Jeannie Dougherty*

To connect with Jeannie, go to:

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

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#JeannieDougherty #maryland #virginia

## **Story Eight: Where are the Feathers?**

By Cassandra Herbert

*The author wrote a story about how her perception of creativity shifted when she expanded her view about what it really means to be creative: following your passion, desire and expressing yourself.*

### **Reflective Questions:**

*\*Do you look for messages or symbols throughout your day? Pause for a moment now and see if something pops in for you. When something comes to mind, see if you notice a recurring pattern of seeing the same thing over the next few days.*

*\*Affirm something about yourself that you may have limited in the past. For example, are you a writer? Do you journal? Write posts on Facebook? Do you write letters? You are a writer! Affirm it now: I AM a WRITER! How does that affirmation change the vision you have of yourself? (Or choose another word that expresses your creativity.)*

*\*Make a list of all the ways you express yourself through creativity. Expand your perception to include the way you express yourself in your work and home.*

### **Resources:**

\*Cooking

\*Singing

\*Dancing

### **Quote:**

*“One of the stories I have told myself in the past is that I am not creative. I had a concept and an image of what a creative person looked like and that was not me. Creative people were painters, singers, dancers and poets. My level of artistic ability, when it comes to painting and drawing, is stick figures. My story of creativity has shifted. I will never be a professional artist, singer or dancer. I am creative in other ways. One of those ways is cooking. I am passionate about creating healthy, colorful food.” ~Cassandra Herbert*

To learn more about Cassandra, go to: <https://www.zestandharmony counseling.com/>

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#creativity #cooking #healthyfood #zestandharmony #maryland #newyork

## **Story Nine: *I Didn't Have to Do It That Way Anymore***

By Ginny Robertson

*The author went to see a therapist, thirty-four years ago, when her marriage was falling apart. The therapist said, 'You don't have to do it that way anymore.' This story is about how those words impacted her life and helped her listen to her heart and her soul.*

### **Reflective Questions:**

*\*How did a moment from many years ago change you? Who are you now because of that moment? What is different in your life?*

*\*When did you begin to make your own major decisions? How old were you and what was the first decision you made?*

*\*Write about some of the changes you declared for yourself when you hit a milestone birthday or a significant year like 2020, the beginning of a new decade. What did you declare to yourself? "This is my year to ..."*

### **Resources:**

\*Therapy

\*Life-affirming choices

### **Quote:**

*"...as important as those three giant steps were, I took many smaller steps that were also life-changing and life-affirming. And each of those steps was preceded by a knowing that "I don't have to do it that way anymore." Each new idea, innovative thought, and risk required me to think differently, let go of old ideas (whether mine or someone else's), release the fear of what people might think and to be true to me and my core values." ~Ginny Robertson*

To connect with Ginny, go to: <http://onpurposewomancommunity.com/>

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## **Part Four:**

### **I Am Multi-dimensional**

With enough of us connecting heart with heart, center with center, innovation with innovation, prayer with prayer, through the internet and the noosphere, we can have a major impact on a more gentle transition toward the next stage of evolution.

When we experience our own desire for transformation, we are feeling the universe evolving through us.

~Barbara Marx Hubbard

## **Story Ten: *Between Safety and Sacred* by Monisha Mittal**

*The author tells a story of visiting New Zealand and experiencing the power of opening her heart to take up more room as her real self on this planet. An exploration of safety and hiding that led her to more openness and inner approval of self.*

### **Reflective Questions:**

*\*Have you ever had an experience where a stranger said something to you and you felt that the stranger really saw you? What did that feel like?*

*\*Have you ever 'seen' a stranger and shared something with them? How did they respond to you?*

*\*Think about your work, a relationship, your home or something else. Then, ask the following questions: What am I doing here? What am I really doing here?*

*\*What if we approached all we do, all we erect, from the heart mattering first? What type of solutions and outcomes might we see then?*

*\*Are you a member of a team at work or in an activity? Do you have a team atmosphere in your home? How does that support your growth?*

### **Resources:**

*\*Waitaha tribe New Zealand*

*\*Rhode Island School of Design*

*\*Quote from Longmire TV show*

### **Quote:**

*"Experiencing moments of discomfort like this one played an important role in my innovation journey. Without it, I may have continued to put off leaving my job. Without this choice, I would not have gone on to New Zealand. Each time I felt the discomfort, I felt prodded to make choices away from safety, not just towards the unknown, but towards my heart. Experiencing acute*

*discomfort accelerated listening to my desires and pushed me out of my safety zone. And it was only from here my journey of transformation could begin.” ~ Monisha Mittal*

To connect with Monisha, go to: <https://www.instagram.com/monisha.mittal/>

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#MonishaMittal #virginia #india #newzealand

## **Story Eleven: In the Process of Knowing**

By Karen Porter

*The author shares her journey with a physical condition called primary lymphedema tarta. It is hereditary and was misdiagnosed for years. With perseverance, the author found treatment and support.*

### **Reflective Questions:**

*\*What is your experience of an "inner knowing?" What memory popped into your mind right now? Did you share this experience with anyone? Did they believe you*

*\*Have you ever had an experience with the medical system when you knew what was wrong with you physically, but no one believed you? How many diagnoses did you have before someone believed you?*

*\*How much power have you given away to experts, people in authority? What has it cost you?*

*\*What practices do you do to tap into your intuition and inner knowing?*

### **Resources:**

\*Massage therapy

\*Compression garments.

### **Quote:**

*"If we all reclaimed our inner knowing, how different would life be? Can we support each other in knowing our bodies and trusting our instincts?"*

When I say I don't know, I need to stop and remember that I really do know. Or at least my body knows. **I am living the process of knowing the next steps and becoming all I truly am.**" ~ Karen A. Porter

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#intheprocessofknowing #KarenAPorter #baltimore #seattle

## **Story Twelve: A Bridge of Light Opened by Beth Terrence**

*This story is about the author's pregnancy and miscarriage that gave her the experience of creation, and the divine feminine, without having a full term birth.*

### **Reflective Questions:**

*\*Think of a life challenge you have experienced that was painful. What did you learn about yourself during that time? What are the gifts in that experience?*

*\*Have you ever been pregnant? Did the pregnancy end with an abortion, a miscarriage, a still birth or a live birth? Write about that experience and the feelings, including the body sensations.*

*\*What is your experience with connecting with spirits? Have you ever been in a mediumship circle or had a past life regression?*

*\*Shamanic healing connects us with the indigenous culture of our lineage. Where are your ancestors from? Look into the indigenous culture from ancient times. Notice if you have been attracted to studying anything about the culture. Have you listened to music, worn clothes and jewelry, or read books, watched films, as something you have always been interested in?*

### **Resources:**

\*Past Life Regression

\*Shamanic Healing

\*Mediumship

### **Quote:**

*"I got my period later that day. On Monday, I got a call from my doctor's office saying that the pregnancy test I took on Friday was positive. The nurse said it's not uncommon as it was so early on and things can often change. I wasn't meant to be a mother at this time, but I had been blessed to feel the great mother energy inside me. I knew that this experience had opened me to understanding the oneness of creation in a new and profound way." ~Beth Terrence*

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

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## **Story Thirteen** *Activating My Political Voice* by Andrea Hylan

*This story is about the author awakening to use her political voice and reflecting on her life of growing into a voice that was hidden inside of her all along.*

### **Reflective Questions:**

*\*How do you feel about politics? Do you vote? Why or why not? How do you decide who to vote for?*

*\*Do you volunteer? How do you decide where to volunteer?*

*\*What makes your heart sing? How do you use the music of your soul to bring more heart and love into the world?*

*\*What do you feel are the most important issues in your family, community, country and the world? What small steps are you taking to make a difference?*

### **Resources:**

*\*It Takes a Village by Hillary Rodham Clinton*

*\*Random acts of kindness*

*\*52 Codes of Conscious Evolution by Barbara Marx Hubbard*

*\*A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle*

### **Quote:**

*"Bubbling under the surface, there was a desire to use my voice. I had not seen how my voice could be important. I left an abusive marriage, left a career when my son was born with a congenital heart defect and died, and survived a life-threatening illness of my own. I placed my attention on supporting the voices of girls in my life. My voice grew stronger in my personal life and I raised three daughters to have a voice. Three girls who have grown into women with powerful missions and purpose. ~Andrea Hylan*

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



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## **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)

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

To purchase the book, **Innovative Voices: True Stories by Women Awakening a New World**, go to Amazon. Available in Kindle and Paperback:

<https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/>

**Poetry  
of  
Heal My Voice  
Authors**

# I Am Freedom

*When I dare to be powerful,  
to use my strength in the service of my vision,  
then it becomes less and less important whether I am afraid.*

*~Audre Lorde*

## **Lost and found**

By Marie Ek Lipanovska

Let me write you a love song,  
my beautiful inner girl.  
Let me hold you close to my heart,  
and sing you a whole new melody.

I have missed you for so long,  
my beautiful inner girl.  
It has been so dark and lonely,  
for you are the bright light in my life.

The angels in Heaven are with us,  
praising our return to life.  
Death came upon you dear,  
and you lost connection to love.

You were lost my love,  
but we have found you now.  
Right where you fell,  
into the dark abyss.

Let me draw you a new life in love,  
my beautiful inner girl.  
Let me listen to your heart's desire,  
and fulfill every dream you have.

I have been looking for you all my life,  
hoping I one day would find you alive.  
I have held on to my desire for love,  
even when it meant suffering and loss.

God came to my rescue,  
and told me not to give up.  
I couldn't let myself move on,  
without first rescuing you.

You were lost my love,  
but we have found you now.  
Right where you fell,  
into the dark abyss.

Let me give you a home in Heaven,  
your own room in God's house.  
Let me serve you a meal,  
so you won't be hungry anymore.

I found a friend on my path,  
when I called out your name.  
He will be with you forever,  
so you'll never be alone again.

He promised me to die,  
so that He could bring you  
back to life, my dear.  
His name is Jesus Christ.

You were lost my love,  
but we have found you now.  
Right where you fell,  
into the dark abyss.

There He was all along,  
right by your side.  
A loving Father,  
never abandons His own child.

It was His light you saw,  
in midst of all the darkness.  
It was His life,  
that kept death apart from you.

My beautiful inner girl,  
God called out my name,  
out of His love for you,  
and He gave us a new song to sing.

Listen my beautiful inner girl,  
He plays for us the Amazing Grace,  
now, and forever and ever.  
Amen, and Hallelujah.

## **Flashbacks**

By Karen Porter

### **59 Years Ago**

My arm raised high  
My hand guided  
Confused  
Skin doesn't move like that  
Skin doesn't change like that  
That's the way. That's the way.  
Good girl. Good girl.  
My arm hurts high up  
I look down  
The braided rug hides most of its color in and under the braids  
The braids hold secret beauty  
Good to hide to keep safe  
Away from big insistent hands  
I look up out the window  
I see sky through leafless limbs of trees  
I see the sky  
With my arm asleep, I go away.

### **57 Years Ago**

My abdomen crushed  
I see chest moving above my nose  
I turn my head  
I see arm bent, elbow by my head  
Breathing changes  
I don't know why  
If I change my breathing too, will this stop?  
Everything below my breathing is gone  
Nowhere to go, I go away.

### **55 Years Ago**

You place my hand where you want it  
Your hand finds a place that feels good until it doesn't  
When it doesn't feel good it does not stop  
Bad, bad, I want to escape  
With no safe place, I go away.



### **53 Years Ago**

I look at the ceiling light  
A big tongue does things that feel good  
After you gargle with Listerine  
Listerine kills germs  
You gargle three times  
So many germs to kill  
I am so dirty.

### **51 Years Ago**

I don't feel what you do  
After I am bleeding  
I ache  
I am dying  
I hide until Mommy comes for me  
Mommy says my body is getting ready to make babies  
Is his baby inside me waiting hiding invading spreading through me?

### **Forever**

He is in my dreams  
He comes after me  
He mocks me  
He laughs  
He comes for my boys  
He wins  
I run  
I scream  
I cry  
I fear sleep.

### **2 Years Ago**

Archangel Michael protect me from dreams of Bob.  
I sleep in peace.  
Many nights of peace

### **2 Months Ago**

Protection prayers lose power  
Bob comes back to my dreams  
I scream

I threaten  
I defend  
I tell the truth  
I scream the truth so no one can deny.

**Now**

I assemble a team  
I am not alone  
We will fight you  
You will die and die and die and die  
Kill, banish, vanquish  
You will not win.

## **Kaia Susanne**

By Susanne Wendt

remember  
the power of nature  
the connection with life energy,  
living beings  
playfulness singing songs  
listening to water and birds  
walking in the sand  
laying in the soft, green moss  
the scent of flowers  
the sun on your skin  
the beauty of being in water  
your precious energy and vulnerability  
be kind to yourself, love yourself  
let yourself rest, take time off  
time to be you  
without have too's,  
remember to breathe  
to eat well, to give your body appreciation  
and care,  
to nurture your sexuality  
your lust  
stay awake, stay alert to your dream  
to your creation  
Remember your inner child,  
care for her and be forgiving.

## **Two Poems**

**By Adrienne Yeardye:**

These poems were “found” on the yoga mat. Both of them run through my head at various times, calming me, creating focus, and serving as grounding tools in any moment.

### **Cobbler Pose**

The Book of Revelations

Is written on the souls of my feet.

### **Triangle Pose**

Psoas, long

As the stars hang in the sky

Still

The ankle bone is connected

To the cervical spine

Then looking up.

# **I AM Awakened**

“When the whole world is silent,  
even one voice becomes powerful.”

~**Malala Yousafzai**

## **Today**

By Adrienne MacDonald

Today I will blossom  
I will stretch my beliefs and breathe  
and wonder if they are even mine.

Today I will blossom  
opening up my heart to me  
so I can embrace life, and embrace you  
receiving the nourishment of life and my essence will sing.

Today I will blossom  
I will open up to the truth of who I am  
I will see the world with new eyes  
and listen with new ears

Today I will blossom  
and grow tall and wide  
my roots will deepen  
and I will claim me.

Today I will blossom  
Today I will grow  
Today is mine  
and I am ready!

## **Collapsing the Bubble**

By Monisha Mittal

putting this year into words

was not easy

the transformation was deep

what got broken inside me was the place that used to resort to words

for meaning.

i don't do that anymore. i don't

choose to do that anymore.

that was a way to protect myself

inside a bubble

of safety.

i looked for praise and affection inside that bubble

to assuage my fears of not belonging

but that still propped up the bubble

this year i learned, I am more than safety.

Owning myself as a body on the planet

as a bright curious mind

as a deep loving heart,

my bloodstream pulses

like sap flowing through a maturing grape vine.

I feel myself awake.

I am becoming more than I know.



## **The Resurrected Woman**

By Tamara Robinson

When you see her walking by, you might be surprised with the story she has to tell  
It didn't break her – it only made her stronger, even though others believe her life hasn't  
been so well

You may already know pieces of the story she's shared with those close to her  
But what you don't see is the change that took place on the inside and the promise to  
continue on this Divinely created path forever

Do you know what it is that makes her smile or that special ingredient that adds joy to  
each of her steps?  
It's as if she has no worries in the world because she's tuned in to the true Source of her  
help

She looks well put together with every hair in place, but you have no idea what's  
happening on the inside  
She's putting to rest the thoughts and hurts from her past and allowing her heart to heal  
where restoration, peace and solace now reside

Her heart and mind have been set free to receive all the Divine Master has in store for  
her future  
And she hasn't forgotten that sharing her testimony may also help another sister

She's a resurrected woman – rescued from the eventful and dramatic circumstances of  
her past  
She's a resurrected woman – given the guidance and direction from God with Heavenly  
blessings that will forever last

She's a resurrected woman who's laughing again as if she's just been told the world's  
funniest joke  
She's a resurrected woman who knows that according to Matthew 11:30, in her  
Heavenly Father is where she can find rest for her soul because His burden is light, and  
comes with an easy yoke

She's a resurrected woman who knows and understands there's a time and place for  
every activity and season under heaven

She's a resurrected woman who can identify with the times of weeping and mourning, and also knows that now is her time to dance and laugh again

And as it says in Job 8:21, that God fills her mouth with laughter and her lips with shouts of joy and praise

She's now saying "Thank You God for helping me making it through to strengthen and prepare me for life and what's to come in this next phase!"

## Poem

By Nichole S. Shannon

There's a door I just can't open  
Despite knowing it belongs to me  
I just sit and stare at it all night long  
It holds all I used to be.  
Inside are all the hurts, every last mistake,

All the things I have been given, but mostly refused to take.  
The times I lived in fear, not seeing the other side.  
All those wasted moments on selfish ego pride.

Then one night, it grew. The fire deep inside, others' warnings and chiding to keep my familiar side.  
But the fire swirled up through me, unrelenting and so real. Granting me the courage to open that door....  
And heal.

# **I Am Innovative**

*When a woman tells the truth, she is creating the possibility for more truth around her.*

**~Adrienne Rich**

## **My Vision for the World**

By Nancy Kobel

Oh - If you only knew what I really thought.

My vision for the world.

Would you still listen? Would you still connect? Or would you run? Away?

If my thoughts were to bring up pain. To trigger a wound deep inside.

Would you point the finger at me?

Lash out in Anger. Your words. Your body overbearing.

Standing over me. In power trying to dominate.

To inflict fear. To inflict harm.

Insisting my view was wrong while your view was right.

Or would you have the courage to visit your own wound.

Maybe both our views are right. Maybe both our views are wrong.

Maybe there is another view.

Maybe I am here to shine a light on that wound.

To encourage a deeper look.

To open your eyes and your heart to a different way.

To open my eyes and my heart to a different way.

It is the way forward. To more peace. To more love.

To a better world for all. One World.

Not just you. Not just me. For all of us.

We are ONE. We are all ONE.

Peace.

## **Change the World!**

By Susanne Wendt

Change the World inside your head!  
Think happy Loving thoughts!  
The World you create inside your head  
reflects on the outside  
To create the Peace we want to see  
In the world, we have to start with ourselves  
Our Inner Peace moves us to be loving, caring  
and nurturing to ourselves and our world.  
If we were at Peace with us, would there be  
room for hate and war?  
Listening for Loving thoughts, For possibilities  
And Dreams  
Fall in Love with the Dream of Peace  
Fall in Love with the Dream of your Life  
The Inner Peace Movement  
The Path to Peace  
Within you  
Reflects and mirrors the world outside  
Let Peace, Let Love, Let it Be  
It begins with you.

# **I AM Multi-dimensional**

*Put your ear  
down close to your soul  
and listen hard.*

**Anne Sexton**



## **Dark Moon**

By Sofia Wren

I want to be like the moon  
Awake, alike  
Know that even in darkness,  
A time of fullness will rise.

But I can't wait,  
Two weeks two late,  
Wish I were full  
All the time.

Am I really the sky?  
Alone, in a starless night?  
Oh, dark moon am I?

I want to be like the moon  
Awake, alike  
Know that even in darkness,  
A time of fullness will rise.

Wrong, broken, half full,  
Oh dark moon am I?

I want to be like the moon  
Awake, alike  
Know that even in darkness,  
A time of fullness will rise.

Link to the song:

<https://soundcloud.com/sofiawren/dark-moon-with-guitar>

## **The Path Home/ Toward the One**

By Beth Terrence

Looking over the mountains  
Snow kissed tops  
Point to heaven above  
I stand  
By the side

My loves - teary-eyed, mourning  
Invisible to their eyes  
Ready to leave this world  
And, yet not wanting to go

Have I finished what I came to do?  
Have I loved with all of my heart?  
Have I celebrated every blessing?  
Mourned every loss?  
And, now my own

When the trumpets  
Of the angels play our song  
When the pull  
Of spirit transcends all  
It's time to surrender  
Our will to the One

I've been told  
The path home is  
Over the trees  
Through misty waterfalls  
And beyond mountaintops

I let my soul flow  
Filling  
With the majesty of this world  
Gently

I am guided back to my source

I celebrate  
my life, my loves and my journey  
Toward the One

## **A Bridge Between**

By: Beth Terrence

(Originally A Wall Between Worlds)

Green brown earth  
Kissed by snow-capped peaks  
White like angel's wings  
Dancing in the sky

Opening the door  
To the upper world  
Spirit  
Ancestors  
God Above

Water falls  
A wall between worlds  
Gushing  
Rushing

Descending into the depths  
Of the lower world  
Darkness  
Shadow  
Secrets Unknown

Water falls  
Flowing like a curtain  
That blows opens to  
Reveal the soul

Cleansing  
Clearing  
Comforting  
Connecting

A bridge between  
Above and below

Inner and outer  
Body and soul

Water falls  
Sacred mists stir  
The heart to feel  
The eyes to see  
The ears to hear

What cannot be known  
By mind alone  
Water falls  
Awakening All  
To the One

## **Open to the mystery**

By Andrea Hylan

I want to be like the waves in the ocean

Coming in

Going out

Coming in

Going out

Open to the mystery

Of who I will meet on the sandy beach today

# Gender-Bending Balance: An Inside Job

By Ellen Koronet

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## Gender-Bending Balance: An Inside Job

Anthropologically...  
Archetypically...  
When I am paying attention...

I am catapulted into  
The Infinite Wisdom of  
Complementary Sensibilities.

My Inner *Muses* Are...

Elegant,  
Free-flowing,  
Bohemian Women.

Ms. Somewhere/Anywhere,  
Possibility herself.  
She trusts in angel dust.  
She leads with her heart.  
She knows that her  
Significance  
Lies in the very Majesty  
Of the Whole-some...

My Inner *Mentors* Are...

Deeply rooted "Tree-men,"  
Architects with roots,  
My grounded foundation.

Mr. Know-Where Man SEES  
The next step  
As it comes into focus.  
With calm steadfastness,  
He invites me to build on  
The "Knowing" that  
I am an intricate PART  
Of the Crunchy Delicious...

***Infinite Universe.***

When the Bohemian Women are overlooked, I am prone to  
despair, feeling forgotten, abandoned, disempowered.

When the Tree-men-dous Architects are passed by too many  
times, I become caught in the struggle, tripped up by the  
unmoving roots.

***The answer is clearly  
TO DANCE!***

Take one impassioned, intentional step after another.

Notice when I have overstayed the passion or  
When I am overwhelmed by the structural getting-it-done.

Wiggle my hips, Hop up on my toes.  
Play and peek and examine curiously,  
All the while keeping a guiding hand on my back,  
My eye on the room-scape,  
The doors, the windows, the landscape beyond.

Together in the squiggling,  
I am, We are, All is Well.

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# Poetry Bios

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# Maximum Flux

Lucky Sweeny and Bonnie Kelley

*Everywhere on earth, at this moment, in the new spiritual atmosphere created by the appearance of the idea of evolution, there float, in a state of extreme mutual sensitivity, love of God and faith in a new world: the two essential components of the ultra-human. These two components are everywhere in the air... sooner or later there will be a chain reaction.*

*~Pierre Teilhard de Chardin*

## Introduction

**By Lucky Sweeny**

The concept of Maximum Flux developed in me over a period of twenty years, as I repeatedly responded to the inquiry, “*What’s going on in my life, it’s spinning...changing too fast...out of control... etc.?*” Finally, in 1995, I had a breakthrough, realizing I had been hearing the same question from hundreds of people. I knew there must be some connection. This is Maximum Flux. The state of accelerated complexity is new and common to us all. Every day we are becoming more conscious that our culture and the planet are going through a transformation.

Maximum Flux was a paradigm shift for me. I saw that each of us is working on our own personal development within the field of global change. This awareness puts us in a new conceptual context. Self-knowledge and universal awareness are now required skills. We expand to embody our new capacities and abilities. We are becoming multidimensional beings.

My experience has deepened since the breakthrough in 1995, due to the rich opportunities I had working with a group of 100+ kindred souls in Santa Barbara. We gathered regularly to share, learn and practice cocreation and resonance. Most of us were drawn here by the brilliant futurist, Barbara Marx Hubbard, author of the book, *Conscious Evolution*. I owe her so much for what she has taught me.

Bonnie Kelley and I have spent thousands of hours learning side-by-side in the Santa Barbara Conscious Evolution Community. We have witnessed the unfoldment of radically new ideas in physical form. We realize we’re living on the edge of personal and planetary evolution. We are aware of the intensity and acceleration of our times. For now, we’ve agreed to take action immediately and test the ideas while in the process of writing a book. I welcome your feedback. In fact, I’m asking for it. Please feel free to contact me.

## What is Maximum Flux?

**Flux** (fluks), n. a flowing or flow...the flowing in of the tide...continuous change, passage or movement. ~Webster's Dictionary

We are living in a constant state of accelerated complexity. Life has never been so full of input and opportunities. We feel we're on the edge of something truly new and not sure what it is. It's a time of perpetual change and choices. We're living in Maximum Flux.

Change is everywhere. New things are arriving, and familiar things are disappearing. Change can be as local as the neighborhood drugstore closing and being reborn as Starbucks, to more significant events such as moving to another city, starting your own business or having a baby. Sometimes it's uncomfortable, you lose your job and then sometimes you're joyful, like completing college, or publishing a book. All these human situations produce stress. Flux is a given in our lives and it requires us to stay awake and alert.

The change is everywhere, not only in our neighborhoods. Countries appear and disappear on the globe. Breakthroughs are occurring every day. Cancer survival rates increase yearly; the Hubble telescope can show us the start of the Universe, there are robots on Mars and we experience all this every day on our televisions and cell phones. In the 1960's, tragic scenes of the Asian Tsunami would have appeared as one minute of grainy black and white film, days after the event; now we have hours of the devastation in vivid color as it happens. Consciously or not, we see and feel it all, and carry it in us.

We also have a sense of something greater emerging but we're not sure what it is. For over 50 years, visionary thinkers have predicted we're at the beginning of an evolutionary leap. Human consciousness is actively co-creating in alignment with the evolutionary impulse, developing new capabilities and capacities to answer the challenging questions present today.

No wonder our heads, minds and hearts feel like they are spinning. We're living in Maximum Flux, a time when possibilities and complexities expand geometrically. There are practices that can support us as we ride the waves of this flow.

## **Embracing Ambiguity**

*If we can really understand the problem, the answer will come out of it, because the answer is not separate from the problem. ~J. Krishnamurti*

Embracing Ambiguity is a foundational concept to understanding Maximum Flux. It describes the sense of being pulled between seemingly conflicting ideas. For instance, owning a big car and caring about the environment. Being a “stay at home mom” and wanting to give your kids the benefits a second income would provide. Loving your safe, secure home while seeing children die in warring distant places. These are dilemmas that will not go away.

To handle ambiguities, we need to develop a bigger picture of life. We need to pull back on the view finder and see the frame that holds both sides. We need to develop our ability to suspend judgment so we can find the truths in the situation. Ambiguities have a message within them that fosters the capacity to hold a space large enough for progressive solutions to evolve.

Ambiguities surface in our daily lives and in the global arena. We feel them in all their forms. We can live in constant frustration and impotence if we let them overwhelm us. A change from problem solving to paradigm shifting is required to create the change we want to see.

## **In the Process of Knowing**

*The process of knowing is the positive and active response to the dead end of "I don't know." Turbulence is life force. It is opportunity. Let's love turbulence and use it for change.*  
~Ramsay Clark

There is a lot to think about now. What's most important for me, my family, my community, the planet? What is my life purpose? How can I best use my gifts and talents? Should I have a second child? We feel the pressure of these decisions and want to do the right thing, but what is that? We can empower our decision making by *being in the process of knowing*. This practice encourages us to postpone quick answers and instead to stay open and call upon our whole self, body, mind and spirit.

There are unknowns in life, but many important questions will have answers if we're willing to create the space for them to emerge. This requires the faith to sit consciously with an inquiry, to hear what comes to mind and to feel what's in our hearts and bodies. What are the messages you are receiving? How does it feel in your stomach? What unusual word or phrase comes to mind? The power is in the willingness to stay with the process until we have a knowing.

To be *in the process of knowing* we trust that the big questions we are asking have answers that we can know. We engage our inner knower in order to receive insight and guidance from where ever it may come.

## Centering

*This transformation will take effort; at times it will even be painful. But what we need to remember is that we are being given an opportunity to come to our spiritual awareness through our relationships... ~Daphne Rose Kingma*

Centering is a deep personal process engaging the part of us that knows universal peace. We may not be able to stay there for long at first, but awareness will increase and even short regular practice builds a reservoir of calm and integration within. The form will be particular to you: meditating, yoga, running, knitting, listening to music or a relaxation tape, writing in a journal and more. After some experimentation you'll know what works. Centering is pivotal because the ability to find a still center is the most valuable tool for thriving in Maximum Flux.

Discovering the best technique may take some time. Pick the one that feels most attractive to you and try it for a month. Decide a schedule, every day would be great, (which can be challenging in the beginning), see what works, three times a week, every other day, weekdays. Experiment. During the month, keep a notebook and after each session take ten minutes to write what you feel, any thoughts or images that arise, any messages you hear. At the end of the month you will be able to evaluate the effectiveness of your experience.

Connecting to our center, our essential self, is a gift we give ourselves and share with all the people in our lives. The center is the source of calm and coherence that supports and enlivens us as we navigate the complexities of today.

## **Conscious Connection**

*You are where I am. I am where you are. And the physical dimensions of depth and height and width have no reality at all. If you were to remove the spectacles of human limitation you and I would face each other in perfect equality. ~Emmanuel*

*I am not afraid. I was born for this. ~Jeanne d'Arc*

*Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is! ~Anne Frank*

Isolation is a dangerous place to be in Maximum Flux. When we are alone, changes and crises are overwhelming. In conscious connection with others, we give and receive support, validation and mirroring. These practices will expand our capacity to navigate the fluidity of our lives.

Our families provide one kind of relating but this isn't always enough. We need encouraging environments where we can share our personal process in a field of non-judgment. We experience our power when we are free to reveal our fears and joys, confusions and breakthroughs in an atmosphere that can receive them.

For women, circle groups seem to work well. A simple structure with clear agreements (starting and ending times, confidentiality, etc.), fosters safety and trust. Shared leadership gets everyone involved, and each person has an opportunity to share her gifts and practice group facilitation. The circle becomes a sacred space where women share the truth of their lives and see themselves mirrored in the contributions of others.

Conscious connection grows into cocreation as we develop trust and shared purpose. Cocreation is a radical peacemaking practice. Coming together as equals, learning to cooperate, resolve differences and take action is *everything* we want for the world.

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# Heal My Voice Projects

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

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