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Foreword

This book is written for everyone seeking peace and love in their lives. It is for the sisterhood of women, their children, their mates, their loved ones, and all people worldwide who seek truth and desire the best life possible.

In each of us is a voice hidden deep within that holds our deepest fears, anxieties, and insecurities. This voice can color our self-views, our relationships, and our actions. Its “truths” are really false ideas, formed from past experiences that left traumatic residue inside our inner being. It cloaks itself like a master of deceit—often completely forgotten or only partially recalled, well hidden from our conscious minds.

My journey has been a long one with the light of discovery appearing late in life. My wish is to use my experiences as a catalyst for you to find your light of discovery and heal yourselves. Healing is not limited by age, education, geographical location, financial status, or religious beliefs. My particular story may be very different than yours but that same hidden voice lives in all of us. Look beyond the circumstances and heartbreaks of my life and glean the life lessons that led me to my newfound wisdom and the healing of my heart. My life story is only a vehicle to share the lessons I have learned.

Join me on the journey of discovery of the voice hidden within. Gather the life lessons you read and use them bountifully for yourself. Use your newfound wisdom to heal yourself and find real peace. Share your light of wisdom with others and you will truly be fulfilled.