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WE ALL NEED HEALING – IT IS WHY WE ARE HERE!

My writing doesn't come from my small human brain. It comes from all the non-physical love that exists. That's why I'm a better writer than I am a speaker, and will continue to be until I'm able to focus on the words coming through without my brain interfering. I can do this when I'm clear and quiet, but not yet when I'm running around trying to be human.

Getting this book out is definitely part of my healing, as was my very first book, *RISE ABOVE THE SH**!* Down-to-earth-thinking from Wisconsin, and all the projects that spawned from that. The words for that first book started coming after I accepted the belief that there must be more to life, which allowed the healing to begin. Stepping into the unknown and releasing that book opened countless new doors, and many healing opportunities, which brought me new awareness.

In this book, I share some of the key things I learned specifically about healing over the last decade or more—healing the whole person, mind, body, and soul. Peace, joy, and love to you, for just picking this book up was an act of your soul. The world is grateful for the positive changes you bring it, every time you listen to your soul. Have no doubt and smile in the peace you bring!

Daily Prayer/Mantra: "May ALL remember we are pure love and light, a critical piece of THE LOVE AND LIGHT, and accordingly, live on in peace."
-Author Mary Anne (Also the Founder of WellnessAdvocates.net and TeensRiseAbove.com, and Author of the RISE ABOVE Book Series)

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