



# From Scared to Sacred: Lessons in Learning to Dance with Life

*Carol Woodliff*

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## **Finalist 2015 Indie Spiritual Book Awards**

What would you do if a spirit voice asked you to sit for an hour a day and take down its messages? Would you question your sanity? Would you write?

Author Carol Woodliff shares beautiful poetic lessons from that spirit voice and honest personal essays reflecting on living that wisdom.

It is a journey that is funny, touching, mystical and grounded in the question, "How do we live those spirit teachings and be compassionate with our human self at the same time?" Carol invites you to join her in this exploration, get raw and real, and listen to the whispers within your own heart.

"Life isn't a test. It is an opportunity for our spirits to experience our humanness in this wonderful dance we call life!"



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