

# Foreword

When we meet people for the first time, we never know how they will play a role in our life.

I met Sharon soon after she had completed treatment for breast cancer. We met in one of the meditation groups that I have facilitated for many years. We were two spirits brought together, and a beautiful, heart-centered friendship was born.

Recently, as Sharon came close to completing this book, she found a journal entry from 2009 which contained a message I had given her: write a book about your journey to benefit women and help them heal.

The seed for this book was planted many years ago, but first, Sharon dedicated herself to her own healing, which took time. When the time was ripe, she wrote from a place of strength, courage, and empathy, so all who read this book could also find their inner strength, courage, and empathy for themselves regardless of their challenges. You will feel Sharon's authentic heart as you read these pages, and in turn will connect to your own.

It is with beautiful vulnerability that Sharon shares her story and gives other women permission to own their stories;

the highs, the lows, the challenges, the joys, the emotions, the mistakes, the growth, and above all else the connection to themselves.

You will witness the extreme personal challenges Sharon faced coping with her failing health and diagnoses. You'll see how she broke through personal barriers to embrace integrative healthcare, which opened new doors to healing. Within this book, I believe all women will find the support and guidance they need to become advocates for their wellbeing.

I see the women in my classes searching to connect to their spirit. I witness as they struggle to learn what it is that they truly need. Sharon allows us to experience the answer. The answer is always love. Love for ourselves, love in moments of distress, and in moments of pleasure. Your healing lies within.

What an honour and blessing it has been to watch Sharon soar and allow herself to always be guided by Spirit. The results are a raw and authentic story created to assist others in finding their own light for healing.

I wish Sharon much continued success, and for you the reader, to always allow yourself to follow your Spirit and connect to the love within.

Much love and blessings,

Grace Shaw

Spiritual Development and Meditation Guide