

THE AUTHORS SHOW – Authors of Spirituality/Religion

Author: Jeryn Alise Turner

As a first time author with an MBA and whose career is deeply rooted in business, I often get asked the question of why I wrote a novel. The next question that follows is how I feel now that my book is published. The appropriate response to these questions especially since I wrote a spiritual book is fulfilled; but the honest reaction to this whole process is that I feel RELIEVED. Writing has always been and is therapy for me. When I go through heart wrenching experiences, I turn to the pen for understanding. Writing is also a way for me to make sense of the many thoughts running through my mind. Mornings are the worse. I am bombarded with various theories and turn to analyzing life when expectations are not met. I observe my life and others as a way to unlock the secret codes of success. So for years my writing was random outbursts, short stories, poems, emails to friends and journals entries. There were common themes around peace, forgiveness, compassion, love, patience and God; but no way to combine all these feeling into one platform. I was comfortable with being an undiagnosed ADD writer and enjoyed the flexibility of using writing as a way to exhale and breath.

Then I attended a seminar led by the Tom Bird and my thoughts around writing changed. At the time, I was working on a book about my spiritual journey. It was a very methodical approach to spirituality which contained 10 structured chapters describing the different stages of awareness you go through as you find your truth. When I met with Tom I was looking for validation for why this book should be published and ended up walking away with uncertainty. He pushed me to tell the emotional side of my journey and probed me to dig deeper. My first spiritual book lacked depth and quite honesty it lacked me. His recommendation was to be vulnerable so that my readers would resonate with my emotions and understand the value behind my words. I knew he was right but I was frustrated. I had finally found a solution to my writer's madness by structuring those myriad of thoughts into a reference guide. But now based on his feedback, I felt like I would have to start from scratch. I didn't want to lose the years that I had poured into this book but struggled with how I could turn that manuscript into something meaningful. Although frustrated, I agreed to attend Tom's three day retreat. While there he worked with

me and others on how to tap into authentic emotion. After yoga, vision boarding, journaling and energy work we were told to pick up our pens and write. We wrote not from our heads but from the reconnected spirit of love from our hearts; what came out was a spiritual novel about a mother/daughter journey. That is the book that I published in May.

My book, *A Dream Come True* dives into the deep aspects of one of the most important relationships a woman can have; the one with her mother. The setting of this book is Peru, a mecca of spirituality, and involves a time traveler experience. This book portrays the strong spirit of women and the special bond and strength that exists when they come together. On their trip to Peru, a mother and daughter take an excursion to the Sacred Valley where they have an honest conversation about their lives. By opening up emotionally, they created a deeper level of trust and commitment. For me to authentically connect with my readers and create trust, I had to do the same.

The book is fiction but I would be lying if I didn't admit the story was sparked by personal experiences. Like I mentioned before, I use writing as a way to understand life and so for the reader to understand the daughter's character I wrote about things that my friends and I have gone through. I talked about issues related to relationships, self-esteem, disappointment and love. I have always found it easier to see messages in stories (I love Disney animation especially the *Lion King*) so I used the mother/daughter relationship as a metaphor for the relationship we have with God. It's a common practice to examine the past and pray for what we lack but the journey to peace is gratitude and tapping into what you are inspired to give. It's seeing yourself as enough, accepting your purpose and living your destiny. I know that this book is a key part of my purpose because those are the answers I found while writing.

Based on its subject, my mother recently asked what my book represented for me and in one word I would say commitment; the commitment to see something to the end and the commitment to find my truth. As a thirty something single woman who doesn't have children yet this book is "my baby". I wanted to have pride in knowing that this was something I did for myself and by myself. I wasn't trying to be secluded from others but needed solitude to express what was in my soul. As a little sister, middle child and someone who has always had people

around me I find comfort in sharing but this is the first time in my life that I have taken on a solo project and it felt amazing.

As I edited the pages I was forced to ask myself what I truly believed and I was pushed outside of my comfort zone numerous times. This book demonstrates my vulnerability, something I initially didn't think was beautiful but something I have now grown to accept and love about myself. I am love with the process of growth and the path to understanding. The book symbolized a sense of independence, confidence and maturity. It allowed me to grow up and demonstrated 100% of my thoughts and views without influence from others. I stand behind my book. I am not sure where my journey as an author will take me, but by birthing A Dream Come True it's given me the platform and confidence to publish the spiritual book I initially wrote as well as other children books I have written. I have found my voice and am ready to use it. Introducing, Ms. Jeryn Alise Turner, the writer who finally learned how to connect her heart with her words.