

# PEARLS OF WISDOM:

A Second Strand

Compiled by  
Patricia Crane, Ph.D.  
and  
Rick Nichols



The  
Crane's Nest

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The information in this book is designed to impart information to help individuals in making positive changes in their lives. The ideas presented are not meant to substitute for medical care or psychological assistance.

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## DEDICATION



On behalf of the authors in this anthology we lovingly dedicate it to all travelers on the pathways of life. May every breathtaking summit, tooth jarring pothole, serene meadow, and dark and lonely wood, reward you with radiant pearls of wisdom, which you too may someday use to light the way for fellow travelers.

Namasté

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## INTRODUCTION



*“In the middle of the road of my life  
I awoke in a dark wood  
where the true way was wholly lost.”*

*-Dante*

Above are the opening lines to Dante’s epic poem on existence, the *Commedia*. At some point in our lives, each of us will be in the place Dante describes, where we seem to be standing alone with nothing but our faith and inner strength to see us through. Oh, what a frightening yet magical place this can be, a place where we can learn about ourselves and the amazing powers we all possess to see us through the darkest night.

Most of the authors in this anthology are writing about their personal experience of that place and what they learned from it. You will read stories about healings of body, mind, spirit, relationship, and financial challenge. Some of these healings came painfully, others in a pleasant sort of way, and still others on a wave of laughter. As you will soon discover on the following pages—whatever way we become awakened in our own “dark wood”, the operative word is *awakened*, and that is ultimately good.

So what is it that moves our storytellers to expose their wounds and their scars? Why would they reveal in intimate detail, their fears, their pain, their failures, and

their losses? Most of them are not professional writers, and for some, writing in English is quite challenging as it is not their native language. There are, of course, a variety of motivations. But for most we think the strongest motivation is bridge building, as in the poem below. Through sharing their stories they are in effect, building bridges to help others span the tide.

An old man, going a lone highway,  
came at the evening, cold and gray,  
to a chasm, vast and deep and wide,  
through which was flowing a sullen tide.  
The old man crossed in the twilight dim;  
the sullen stream had no fears for him;  
but he turned when safe on the other side  
and built a bridge to span the tide.

“Old man,” said a fellow pilgrim near,  
“You are wasting strength with building here;  
your journey will end with the ending day;  
you never again must pass this way;  
you have crossed the chasm, deep and wide  
why build you the bridge at the eventide?”

The builder lifted his old gray head;  
“Good friend, in the path I have come,” he  
said,  
“There followeth after me today  
a youth whose feet must pass this way.  
this chasm that has been naught to me  
to that fair-haired youth may a pitfall be.  
He, too, must cross in the twilight dim;  
good friend, I am building the bridge for  
him.”

The Bridge Builder  
by Will Allen Dromgoole



It is our sincere hope that you will find at least some of these “bridges” helpful as you make your own way along the astonishing pathways of life. And if you do at some point find yourself “wholly lost in a dark wood” perhaps the following words will help you find your way. They are words of wisdom from a Native American elder that would be offered to someone who asks the question, “What do I do if I am lost in a dark forest?” This version is rendered in the form of a poem by David Wagoner, and it is called, *Lost*.

Stand still. The trees ahead and bushes  
beside you  
Are not lost. Wherever you are is called Here,  
And you must treat it as a powerful stranger,  
Must ask permission to know it and be known.  
The forest breathes. Listen. It answers.  
I have made this place around you.  
If you leave it, you may come back again,  
saying Here.  
No two trees are the same to Raven.  
No two branches the same to Wren.  
If what a tree or a bush does is lost on you,  
You are surely lost. Stand still. The forest  
knows  
Where you are. You must let it find you.

One way of reading this native wisdom is to know that wherever we are is Here. Here, the place where we are standing in this now, and that if we are willing to become aware of that place, come to know it as intimately as possible, and honor it (“let It find us”), than It will show us the way.

You see, we're never really lost, we just sometimes don't know how to get to where we think we want to go from where we are in the moment. "Stand still. The forest knows where you are. You must let it find you."

Love and blessings,

Patricia & Rick

June 5, 2006

San Diego, California



**NOTE:** Our authors are from many cultures around the world, and they speak to us in diverse ways. Throughout the editing process we have taken pains to retain as much of this diversity as possible. Therefore, you will discover words spelled in ways that are unfamiliar to you, and some sentence structures that may seem a bit odd to the North American English reading eye. To help you digest all of this, you will find the author's name and the name of their homeland just below the title at the beginning of each story.





## IN GIVING WE RECEIVE

Sandra J Filer, Texas



*“Grandma time was very special time. A time of leaving the ordinary to step into the enchanting.”*

**M**y grandmother and I shared a magical relationship. Grandma allowed me to dream. Never having a daughter yet always wanting one endeared me to her. As I was growing up, my Grandparents would frequently baby-sit. Once Grandpa departed for the day, all the dazzle came out. The bedroom closets were filled with baubles, beads, shoes, fur coats, and hats. A seemingly endless bounty of treasures awaited me during my magical visits. Something I remember very well is the time I spent on the floor reveling with her earring tree. For hours, I was allowed to play with Grandma’s earrings, mink coats, and sparkly slippers. I can fondly remember Grandma smiling and laughing as I would twirl around in all of my magnificence. During this time of total elation, I was also completely enraptured by the vision of my glamorous self in her full-length mirror. “Grandma time” was

very special time. A time of leaving the ordinary to step into the enchanting. Our relationship flourished.

As an adult, I would travel several times a year to stay with Grandma in Florida. Rather than play with an earring tree, I was now allowed carte blanche to wear whatever jewels were available in her endless chest of drawers. We also greatly enjoyed getting all dressed up to dine out together. In preparation, I would fix her hair as well as touch up her makeup. The annual trips to Florida were escapes for me. They became a time for connection. A time to play. A time to laugh. A time to experience the unconditional love of a Grandmother.

As she began to age, our adventures lessened. Our visits became a bit lower key. At the end of each visit, I would quietly walk out to the end of her beautifully painted driveway, late at night, under the big moon and all the stars to pray that the trip would not be my last. One day, it was. After a fall, Grandma's mobility decreased significantly. Being so far away logistically made it difficult to ensure that she was safe. The time came when a very difficult family decision was made to move Grandma into an assisted living center in Michigan. This was a trying time for everyone. My fun, magical Grandma was aging rapidly. And, worst of all, she was not happy!

Arriving at the retirement center, seeing her room for the very first time, was sobering to say the least. On the surface, we all celebrated how wonderful her small space was. How perfect it was for her. (I believe we were all doing this more for ourselves than for her.) There was a growing sadness inside of me. All I could visualize was her change from waking up in "paradise" (as she described it) to wearing diapers and eating when being instructed to do so. Touring the facility, we all saw, in my judgment, some lonely elders. It was then that I vowed to return to Texas and volunteer at retirement centers. If my Grandma was in Michigan with Grandchildren

unable to visit, then there were Grandparents in Texas that needed adoptive Grandchildren too! So, that is what I did.

I began volunteering by offering facials to the residents. This led to calling bingo, attending field trips, Halloween story telling, Wal-Mart runs, etc. I fell in love with the elder residents and visited often. During bingo one day, I met a woman that reminded me of my Grandmother. The resemblance was uncanny. Mrs. Stewart not only looked like my Grandmother she was also a serious card player. They both stashed Saltine crackers in their wheelchair bags. They each kept score of things in a tiny little notebook. And, Mrs. Stewart seemed to have the exact same expressions on her face using her hazel eyes as my Grandma! Naturally, I was completely drawn to her. We became fast friends.

One day, on my way out the door to conduct facials, I received a phone call from my Father. It was April 30. This would be a day I would never forget. I was told that my Grandmother had fallen down. After further evaluation, she was diagnosed with lung cancer. With my heart breaking, I poured more love into the residents. One day, preparing for the King and Queen Ball, my favorite resident was on the Court. Mrs. Stewart was a contender for resident Queen. I had the privilege of preparing her skin and doing her royal makeup for the competition.

Once finished, she looked into the mirror with huge tears in her eyes. She said, "Oh my, is that me? I look beautiful." I said, "Mrs. Stewart, you are beautiful." As I was cleaning the table and putting away my items, I saw her wheelchair go by. Then I looked again to discover her backing up. Dead center in the doorway, she was watching me. I said, "Mrs. Stewart is there something I can do to help you?" Her response changed my life forever. For it was in this moment that I realized how the seemingly smallest acts of kindness can bring love

and light into this world. Mrs. Stewart looked at me and said, “I just wanted to tell you that this was the best day of my life.”

As I walked out to the car, I wept. I also filled up with love. This experience fueled my desire to share with others what a difference we can make by connecting. My Grandmother and Mrs. Stewart left this Earth within 90 days of each other afflicted by the same disease. I am so grateful that the love my Grandmother showered me with as a magical little girl resulted in my passing on that love to Mrs. Stewart and others.

I love you both - Grandma and Mrs. Stewart. May you both be winning at bingo in Heaven.

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**CAROLINE MANNING:** Combining the key skills gained from her Registered Nursing and International IT Consultancy careers with her passion for personal and professional development, Caroline emerged as a qualified Life Coach and Complementary Therapist. She is an EFT Trainer, NLP & Reiki Practitioner and a Heal Your Life Transformational Workshop Leader. Highly intuitive, Caroline utilises this range of skills in a unique, powerful and measurable way for her clients around the world. Caroline lives in Reading, Berkshire, UK with her husband Chris and two daughters Maisie and Megan. For more information please visit her website at [www.purplegumdrop.com](http://www.purplegumdrop.com) or e-mail [caroline.manning@purplegumdrop.com](mailto:caroline.manning@purplegumdrop.com)

**ROY MARTIN, MBE:** Roy has worked in the field of psychology, personal awareness, and organisational change and development for many years. He is an inspirational speaker, facilitator, consultant and mentor who takes people straight to the heart of the matter, enabling them to realise their creative and undiscovered potential! Roy has worked with corporate and government organisations, smaller groups and individuals both in the UK and abroad, helping them to fully develop their true abilities in a safe, uplifting and fun environment. He lives in the West Midlands, England with his young family. Visit [www.thejoyforlifecompany.co.uk](http://www.thejoyforlifecompany.co.uk) or call Roy on +441212415624

**VAL MCCRAE:** Val has professional qualifications in teaching and counselling and more than 20 years experience helping people to reinvent and transform their lives. She is also a Heal Your Life workshop facilitator. Val is a member of the Australian Counselling Association and a Certified Level 1 Life Coach with her own practice in the Lower Blue Mountains. Here she combines her skills, experience and intuition to help others achieve what they want and deserve from life. Val`s strengths in coaching are her

commitment to her clients and her ability to connect with them on a deeply emotional level. Telephone: 0431 213 396. [www.valmccrae.com](http://www.valmccrae.com), [valmccrae@hotmail.com](mailto:valmccrae@hotmail.com)

**ANNIE MILLER:** Life coach, trainer, businesswoman and presenter, Annie has a creative background as a chef and still carries passion for great food and wine. Annie is the mother of two children and is journeying as a carer for her terminally ill best friend. Her inspiration is most derived from seeing people of all ages reaching their potential and more, after encouragement to use their own values. Annie lives in Sydney, Australia and can be contacted by email at [lightstream@optusnet.com.au](mailto:lightstream@optusnet.com.au) or by mail at Lightstream Pty Ltd, PO Box 2107, Boronia Park NSW 2111, Australia.

**TERESA MILLS:** Teresa is a spiritual life coach specialising in using the principles of Louise Hay and Angelic guidance as the core of her life improvement plans. Blessed with an exceptional ability to connect with people at a deep level, she has used this talent to create a highly successful travel consultancy business. Teresa now uses her Angelic knowledge and personal connection skills to help people who wish to move their lives to ever higher levels of happiness and achievement. Her approach is grounded and practical, and helps clients to understand their own spiritual needs, linking them with tangible life action plans for 'whole life' success. Contact her at [angelway@bigpond.net.au](mailto:angelway@bigpond.net.au)

**KATRIN MUFF:** Born in Switzerland, Katrin has lived and worked on four continents. She is dedicated to the development of human potential. Equipped with degrees in business and astrology, coaching experience, a creative mind and open heart, Katrin provides coaching and training for people and organizations in challenging situations. Together with fellow coach Denis Tchicaloff she offers an exclusive coaching program for people who have achieved success but continue to have a desire to realize their full potential. Contact information: [www.yupango.ch](http://www.yupango.ch), [katrin@yupango.ch](mailto:katrin@yupango.ch), phone: +41 (21) 6016969, Chandieu 4, 1006 Lausanne, Switzerland. Katrin works internationally and is regularly in North America.

**C.R. NICHOLS:** Like many of us, C. R. (Chris), has been on a quest to find himself for most of his 30 years on the planet. In his case however, most pathways traveled in this pursuit have brought him close to self-destruction. Like Dorothy in the Land of Oz, just when the "Emerald City" has come into view, the beautifully sweet and fragrant, but very deadly poppy fields have drawn him off the path and put him to sleep. And as with Dorothy, when in that "sleep" we lose the connection to our hearts, our wisdom, and our cour-

age. But also as with Dorothy, Chris has a deep faith in a Higher Power, and that will be his awakening. Don't be surprised if you hear of snow gently falling on Folsom Prison. If you would like to write Chris you can send mail to: Chris Nichols, T-31420, C.S.P. Sacramento, B-2-128, P.O. Box 290066, Represa, CA 95671

**KATHRYN PAPE:** Owner of Pape Creative Education Services, Kathryn spent 30 years in education research on cognitive curriculums specializing in personal energy/idea development and Kinesiology. She conducts seminars and workshops on Human Energy Conservation related to self-esteem, creative thinking and personal power. She is a member of Zonta International, Toastmasters International, and A.A.U.W., organizations that promote personal and professional excellence. Kathryn is the author of *Always Like the First Time* and other writings used in her training courses. She is a mother of 7, grandmother of 2 and resides in Parkersburg, West Virginia with husband James, her college sweetheart. Contact her at: [pape74@verizon.net](mailto:pape74@verizon.net)

**NORMA GEORGINA RODRÍGUEZ PAZ:** As one of only seven Certified Heal Your Life, AchieveYour Dreams workshops leaders in Mexico, Georgina also holds a Personal Development Diploma from Iberoamericana University, and is currently completing her Master's there. Some of the self-development courses she has participated in are: Silva Mind Control, Dale Carnegie Trainings and Franklin Covey Courses. With an MBA from Nuevo Leon University in Mexico, she has been a teacher in that school and in Monterrey University. She gives HYL Trainings in North of Mexico. She lives with her family in Monterrey, NL, Mexico. Contact her by phone at (52 81) 81-10-63-46-49 and by e-mail: [norma\\_georgina@yahoo.com.mx](mailto:norma_georgina@yahoo.com.mx).

**DENISE N. PEREZ:** With a strong desire to help others live inspired, joyous and rewarding lives, Denise founded PROPEL Coaching & Training ([www.PROPELCoaching.com](http://www.PROPELCoaching.com)) and serves as a certified life coach and transformational workshop facilitator. Denise received her B.A. in Sociology from Princeton University, and will graduate from NYU in August 2006 with her second professional coaching certification. As an accomplished coaching and business management professional, she is currently taking a lead role in designing and implementing the Executive Coaching Program at the Support Center for Nonprofit Management in NYC. She may be contacted via email at [denise@PROPELCoaching.com](mailto:denise@PROPELCoaching.com)



**ALISON POTHIER:** Alison runs a centre for healing and development called Presence and Presents, in London, England. An investment banker by trade, Alison is also an intuitive healer, counsellor, and life coach. Alison believes that true healing is a process, not an event. She defines it as the return to the essence of one's true spiritual self. Alison calls this 'working from the inside out': exploring the inner beliefs that shape our outer reality. In her pearl of wisdom, Alison shares with us a tool that re-shaped her personal reality into a more magical existence. [info@presenceandpresents.com](mailto:info@presenceandpresents.com), [www.presenceandpresents.com](http://www.presenceandpresents.com) +44 (0)208 332 6566

**EVA-MARIA RIEGLER:** Born in Austria, Eva-Maria now resides with her daughter in London. She is a sociologist, artist, and Heal Your Life workshop teacher. She can be contacted by email at [evariegler@talk21.com](mailto:evariegler@talk21.com).

**DIANA RITCHIE:** Diana's incredible story of self-healing and her transformation has touched thousands. Her struggle to overcome the debilitating disease of Multiple Sclerosis is truly inspirational. Diana has since dedicated herself to assisting others in developing and using their inner healing powers to overcome their life's challenges. Diana's transformation is a moving story that she knows will encourage everyone who is experiencing an illness or challenge in their lives to experience their own healing transformation and as she likes to say, it's time to begin "Healing the Whole Self." <http://DRHealing.home.att.net> and [DRHealing@att.net](mailto:DRHealing@att.net)

**BECKY ROTHSTEIN:** Becky teaches The Power of the Mind and Positive Thinking to improve the quality of Life. She lives in Israel and gives seminars, workshops and lectures in Hebrew, Spanish, and English all over the country and overseas. Becky worked for many years with different healing methods like Kinesiology, Reiki, and ways of relaxation. Since 1999 she has given lectures to whoever wants to change their attitude about Life, including parents, youngsters, doctors, nurses, social workers, teachers and psychologists. She coaches and provides private lessons. Becky can be reached at 972 3 6950 789 or by email to [rbecky@netvision.net.il](mailto:rbecky@netvision.net.il)

**LISA K. STORY:** Lisa enjoys living her dreams in the sunny paradise of Shell Beach, California with her husband, Doug and their beautiful children Sydney and Sam. She has spent the past 17 years working in health care and health education with a special fondness for women's health. Lisa became a Certified Heal Your Life Teacher almost nine years ago. Her mission is to motivate,

inspire and support others in living a conscious life filled with the joy, health and peace they desire. She may be reached at [lisastory@charter.net](mailto:lisastory@charter.net).

**PETER TEUSCHER:** Peter is a writer and a coach who emphasizes the necessity for each of us to develop a personal philosophy on life in order to increase our self awareness and in turn be happier individuals. After a spiritual awakening, he chose to apply a philosophical approach to personal and business development. With a keen desire to help others and to lead by example, Peter has written his first book which puts his life and personal experiences on display in an attempt to illustrate how the development of a philosophy can provide the foundation for all of life's abundance. Contact him at: [peter@peterteuscher.com](mailto:peter@peterteuscher.com) or visit his website, [www.peterteuscher.com](http://www.peterteuscher.com)

**MATTHEW WARD:** While working in a coffee shop as a catering assistant ten years ago, Matthew began discovering his role in life, what he had to offer, and searching for the person he really is. It was as though he began to see the outside world for the first time. During this searching he attended a number of self-development workshops and discovered his true gifts of creativity, wisdom and sensitivity. He is now working on his autobiography and planning to train as an art therapist, having succeeded in achieving a degree in visual arts last year. Contact him by email at [fubb212@yahoo.com](mailto:fubb212@yahoo.com)

Patricia and Rick offer a variety of powerful programs and products for personal growth. For a current schedule and to see all their products, please visit their main web site, [www.heartinspired.com](http://www.heartinspired.com). They are available to travel to your group for presentations. Their workshops, keynotes, and seminars include:

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or [rick@heartinspired.com](mailto:rick@heartinspired.com).

The following web sites will give you complete information on all of the programs we are currently offering. Be sure to take advantage of the many free online training opportunities you will find. You may also want to subscribe to our free weekly inspirational Internet magazine, Monday Morning HeartBeats. It is the perfect way to get your week started on a positive note. Free QuickTips for more successful living are provided every Friday to get you ready for the weekend. We

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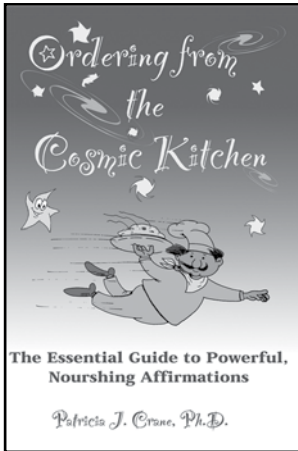
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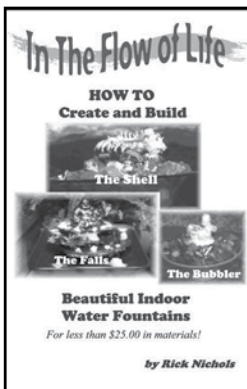
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