



The Magic and the Mire: Connecting the Shadows of Your Life to the Light of Your Soul

Megan L Freeland

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The Magic and The Mire is the personal story of my childhood sexual abuse interwoven with the experience of my spontaneous spiritual awakening. The book is 12 Chapters in 2 parts. Part one is my life story and part two contains the insights and lessons I discovered along the path. I wrote this book for two main reasons; One - to continue the journey of healing myself and Two - in order to provide a vision for others who seek to heal deep wounds from their own life. I found the courage to speak up about my abuse in life and in court. As I heal these wounds I have discovered a twofold purpose for my life. This book is my voice, speaking out against sexual abuse but also teaching others of divine nature of our souls. I am here to advocate for reclaiming our inner power through meditation and spiritual development

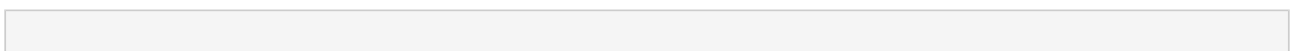
In Part 1, I share the truths and tell you my story. It is raw, honest, confronting and courageous. I tell you about the pain, the depression, the confusion and the sense of not belonging. Throughout these struggles I continue to seek deeper meaning and understanding about the nature of being human. With the continuing questions of Who Am I, Why Am I Here, and Is there a Path and a Purpose to it all?" I also talk about the things I have learned as I follow the path of a spiritual explorer. I share with you my encounters with energy and spirit and how these experiences challenged me and changed my understanding of our experience of life on earth. I learn how to follow the threads of life that allow events, people and places to unfold, bringing us to that place of peace that we seek. I show you how synchronicity and intuition are always guiding us and helping us to evolve and grow.

In Part 2 I offer my insights and spiritual teaching. I talk about Ego, Vulnerability, Inner Power, Speaking Truth, Synchronicity, Beliefs, and Tools like Tarot, Astrology and Numerology. I also express my thoughts on joyful things like laughing, singing and dancing and the reality of transformational healing. I also provide two step-by-step processes I created. These 2 active processes emerged after 20 years of personal meditation practice and spiritual development work. They are my personal power circuits. You will also find a final chapter about bridging the complex world of science vs spirituality and I invite you to investigate how the world of new science theories are connecting to spiritual concepts.

Inside the pages of The Magic and The Mire you will find I wear lot of hats. I wear the hat of the researcher, the explorer, the storyteller, the victim and I am the heroine of my own story. I believe that through the sharing of our stories that we inspire, we learn, we connect and we see new possibilities. The message about Megan Freeland and this book is this:

"I am a faith maker, here to help you to believe in and trust the universe." I hope by reading my story, you can all find a little more faith and a lot more power.

Megan Freeland



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