

F.A.I.T.H.

Finding Answers in the Heart™



Sheri Bagwell • Tammy Billups • Paula Flint
Julie Flippin • Betty Humphrey Fowler • Colleen Humphries
Nanette Littlestone • Ricia L. Maxie • Michelle Mechem
Linda Minnick • Laina Orlando • Bonnie Salamon
Randi Shapiro • Mindy Strich

Praise for *F.A.I.T.H.*

“*F.A.I.T.H.* is an inspirational book including raw, honest stories about women who have learned to let go and surrender to the power of faith in their lives. If you’re stuck and wondering if you will ever break through, the real stories in this book can help! . . . These women have navigated the ups and downs of life and created amazing results for themselves and hold the light now for thousands of other women to do the same.”

– Dina Proctor

Best-selling author of *Madly Chasing Peace*

“I have been listening to women’s stories my whole life. As a facilitator and psychotherapist, it is my great joy to be a sacred witness to the power of women and our personal transformations. These stories are some of the best—well-written, heart-opening, tear-prompting, and mind-expanding. I really did make a deeper connection between my heart and mind. Is there anything more important for us as women than self-love? The path is beautifully demonstrated in this collection. Enjoy and be moved!”

– Anyaa T. McAndrew

Goddess on the Loose

“[These] amazing women look at, heal, and move past the pain and sadness of relationship issues, alcoholism, sexual abuse, and so much more! You are instantly uplifted by how [the authors] have applied what they’ve learned to their lives that you are inspired to bring more Love and F.A.I.T.H. into your own life. This is an excellent book to start and end your day, or pick up at any time you find yourself needing a little boost of hopefulness.”

– Stacy Corrigan

Award-winning author of *Manifest Your Man*

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WORDS OF PASSION • ATLANTA

Dedicated to those
who willingly choose
to take the next step
on their spiritual journey.
May you always
have F.A.I.T.H.

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NANETTE LITTLESTONE

Introduction

We're born, we live, we die, and if that's what you think life is all about, put down this book. Right now. You don't need faith. Not the way I did.

According to Merriam-Webster, faith is defined as: 1) belief and trust in and loyalty to God; 2) belief in the traditional doctrines of a religion; 3) firm belief in something for which there is no proof; 4) complete trust. Those definitions are fine on paper, but belief and trust are difficult to measure.

Most of my life I've struggled with the concept of faith. I grew up in a nonreligious household where there was no training, no emphasis on God, nothing that would give me faith in the unknown. I had scientific proof that the sun would rise each morning, that fall would follow summer, that I would grow older each year. But faith in God, faith in myself to achieve my dreams? Hardly.

F.A.I.T.H.

I wanted to be someone special. I wanted to do something extraordinary with my life. If I needed faith to accomplish that, great. But how did I get it?

You just have it, some people told me. Others said I would find it through prayer. For someone without a religious background, prayer seemed as uncommon and uncertain as faith. Over the years I circled the question and never found the answer.

In addition, I hid behind the shell of protection. Hard, crusty, and almost impenetrable, it served me well for many years. But as I grew older and experienced more of life, the shell began to hold me back. How could I be the brilliant and amazing woman I desired to be if I was afraid to venture out? How would people recognize my light if I failed to speak up?

There are various expressions for paying attention to that higher knowing: trust your gut; if it feels good, do it; go with the flow. Albert Einstein stated, “the intuitive mind is a sacred gift . . . I believe in intuition and inspiration; at times I feel certain I am right while not knowing the reason.” It sounds easy to follow until you’re in a predicament that forces a decision. While you writhe in agony, wondering what to do, which way to go, the answer is right there for you. In your heart.

Neurologist Dr. Andrew Amour from Montreal, Canada discovered that the heart’s nervous system contains around 40,000 neurons that communicate with the brain. Yes, the

INTRODUCTION

heart and brain actually talk. And if the heart can “communicate,” then it’s not so farfetched to believe that it plays a large part in our daily decisions.

But many of us fail to tune in. Some people have an uncanny ability to know which path to take. Others of us seem to falter every step of the way. I could make the easy decisions about what groceries to buy or movie to see. With enough information, I could purchase a car, hire a decorator, even choose a house. But when it came to my career or my future goals, helplessness took the wheel.

My dreams are not your dreams. My questions are not your questions. But I know your pain. I know your despair. I used to be afraid. Perhaps the situations in this book will spark a memory of yours. Something the authors say will remind you of something you said or did or felt. In that, dear reader, we are one. There are universal laws and universal emotions. We all know love, hate, anger, fear. We’ve all felt sadness, joy, grief, happiness. We all desire to live in blissful ecstasy. But . . .

That but is the catch, the big pit that we’ve fallen into and can’t seem to get out of. We want to be rich, have terrific careers, travel, save the planet, be in love, be happy. But something keeps us from it. Something gets in the way and turns our dreams into mush.

You *can* learn how to steer your life in the direction you choose. It’s not too late to start. Your future is now. I did it,

F.A.I.T.H.

with all of my resistance. The other authors in this book did it. And if we can, then you can too.

All it takes is a little F.A.I.T.H.—Finding Answers in the Heart.



There is a light which shines beyond the world,
beyond everything, beyond the highest heaven.
This is the light which shines within your heart.

– Upanishads

“Memories do not have to hold us in bondage. Thank you to the authors in *F.A.I.T.H.* who make this very clear in their amazing book.”

– Rev. Dr. Joyce Rennolds
International Speaker and Motivator

“[These] remarkable stories prove that a transcendent journey always occurs when listening and honoring the answers in our hearts.”

– David Ault
Where Regret Cannot Find Me and The Grass Is Greener Right Here

“A must read for every woman on the path to wholeness.”

– Rev. Carole O’Connell
The Power of Choice and Seven Secrets to Abundant Living

What if the heart was more than just an organ that pumps blood? What if it could bring you joy, happiness, money, or better relationships?

Ancient civilizations believed that the heart was the seat of our soul. It didn’t just enable us to give and receive love. It was the source of our creative powers and intuition. Scientists are now finding that the heart is actually a second “brain” that sends messages to every cell of the body and may hold the key to true inner healing.

The 14 authors of this book share their stories of struggle and challenge and the gifts that helped them triumph and follow their dreams. These “ordinary” women serve as extraordinary examples of what is possible for us all.

Now is the time to pay attention. You **can** choose a new direction. Your inner compass has been guiding you your whole life. All it takes is *F.A.I.T.H.* – Finding Answers in the Heart.

Words of Passion

Atlanta

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