



I grew up outside a little village in Scotland called Saline. It is my relaxing place. The air is clear, the birds and animals are aplenty, and the uninterrupted view toward Stirling and Wallace Monument is beautiful. I have fond memories of sitting on the front steps of our house with my Dad, as he enjoyed a whiskey. We watched the sunset over the hills and the bats come out to catch moths and bugs in front of the leylandii trees. My roots will always be in Saline.

I am so grateful for the space, freedom, unspoiled protected uniqueness, and independence instilled in me as a child, by my parents and through my upbringing.

Despite the wings that parents often give us, as adults we often lose the freedom of spirit we had as children, following others' dreams rather than our own, or society's expectations. Since having my own children, I began what has become a spiritual journey. My reading and research into spirituality reminded me of concepts I had lost in my late teens, and I look back at them with love. Through my spiritual studies, I have found myself again, comfortable in my own skin and thoughts.

This, and the positive outlook on life that I purposefully and consciously live by now, has rubbed off on my children who continue to grow and view things differently in the world allowing me to help them look at the brighter side of life – even when bad things happen.

I use my writing to encourage children to retain and listen to their inner voice. I provide happy stories with a gentle message for children – and adults alike - that anything is possible. Finding their inner confidence, facing their fears, or seeing beauty in their own (and everyone's) unique design.

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