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CLARION REVIEW ★★★★★ BODY, MIND & SPIRIT

Lessons from the light

John Mulkey
Wisdom Works Press (Sep 17, 2012)
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It is undoubtedly highly unusual for a book reviewer to ask angels for guidance in writing a review, but such is the power of Myra Starr's testimonial of their existence and willingness to help in *Lessons From the Light* that doing so feels both natural and right. Starr, a mystic and healer, wrote this volume with the help of John Mulkey, a first-time author. Their collaboration, with angelic guidance, of course, manifests in a beautifully written, deeply profound, and spiritually uplifting book for the ages.

The text opens with Starr experiencing what she calls a death (rather than near-death) event in 1989, when she had an adverse reaction to an allergy medication. While dead, she left her body, watched the paramedics working on it, and her consciousness was transported to an astonishing place of overwhelming light and love, where she heard the voice of God and met her angels. They guided her through a slide-show-like vision of her life, where she realized, on a deeply visceral level, the universe-influencing importance of her choices and the supreme value of staying open and loving on every level, at all times.

"I understood," she recounts, "how words and actions touch others in ways we've never imagined, how the seemingly insignificant sometimes affects a lifetime. The energy patterns formed in a thought can generate an ever-expanding spiral of influence that will spread across the globe. Each wave of the spiral interacts with those of others, creating new and unimagined consequences."

When she recovered, Starr returned to her previous life changed and unsettled. Her confusion and anxiety about the event were not dissipated when, over morning coffee, she was liberated from her body and found herself in a cave as the apprentice of a Native American healer named Maya. An hour later, she returned to her body and cold coffee, shaken and intrigued. From that point on, Starr's manifestation into a healer and mystic commenced, with regular trips to the cave, conversations with her guides and angels, and a growing realization of her life's extraordinary mission.

Finding the words to explain that which is beyond words is a subtle skill not easily mastered for those writing books with a spiritual bent. From Starr's out-of-body experiences to her interactions with angelic forces, to her "knowing" things about a client she could not possibly know with the information at hand, Starr and Mulkey describe the indescribable with authenticity and clarity.

On a more mundane level, but no less interesting, Starr's changing habits, work situation, and relationship with her husband, along with their search to find a meaningful living situation after her transformation, add an everyday element to *Lessons From the Light* that tempers its fantastical nature.

PATTY SUTHERLAND (December 12, 2013)

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