

You are already the hero of your own life!

Lynn Serafinn, MAED, CPCC

Author and coach who turns up the volume of the music in your heart



Born in Brooklyn, New York in 1955, and now residing in Bedford, England, Lynn Serafinn is a Transformation Coach, book promotion coach, teacher, talk radio show host and author of the bestselling book ***The Garden of the Soul: lessons from four flowers that unearth the Self***. Owing to her long and diverse professional history in the music industry, as well as extensive study of music and spirituality in India, Lynn's writing is lyrical, rhythmic, colourful, highly visual and undeniably metaphoric. She taught music technology for many years, and her creative use of technology in education led her to win the Microsoft UK Innovative Teacher of the Year Award in 2005. Her coaching company Create-a-Life won the Best of Bedford Business Awards, and was voted one of the "Top Ten Most Loved Businesses" in Bedford in 2010. In 2009, she received the Bedfordshire Businesswomen Award for her work within the community to help build a sustainable future. Known as a marketing guru, Lynn is also a campaign manager for many top-selling mind-body-spirit authors, including four #1 sellers in 2010 alone. She is also the creator of an online learning programme for authors she created called Spirit Authors. She is the proud mother of a grown daughter (also a bestselling author) and grandmother to a young grandson. Her highly anticipated book ***The 7 Graces of Marketing*** is coming in the summer of 2011.

***The Garden of the Soul: lessons from four flowers that unearth the Self* is a book about becoming whole...**

Called 'as spiritual as Deepak Chopra and as magical as Paulo Coelho,' ***The Garden of the Soul*** is a journey on the 'path of least resistance to the Self' through the imagery of four flowers that represent four spiritual principles: 'Give' (the Rose), 'Receive' (the Iris), 'Become' (the Daffodil) and 'Be' (the Lily). Taking the reader on a daring and magical journey through the author's life and imagination—from stage fright and burnout in a classical music conservatory, to life inside an Indian temple, to a hidden life of domestic violence, to finding inner peace atop an old English footbridge—***The Garden of the Soul*** explores birth, death, love, art, spirituality and transformation in an eloquent, poetic and ultimately unforgettable way. It is an open invitation to readers to explore how they are already the heroes of their own lives. Within the first few days of its release, the book attained Amazon bestseller status in both the UK and US in the New Age, Mind-Body-Spirit, Spirituality and Self-Help categories.



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STORY ANGLES

The 7 Graces of Marketing:

Dubbed a "marketing guru" by many, believes that "old school marketing" is making us ill, and calls upon us to adopt a new paradigm based upon collaboration and community, rather than competition and fear.

Becoming the hero of your own

life: Every human being has a unique life calling. By looking into the essence of one's own life stories, we can discover our inner hero and bring it forward to create a better world.

Lesson from the Four Flowers:

Give, receive, become, be. Four spiritual principles providing a model for flow, balance and deeper connection, restoring overall wellbeing and increase our joy.

Mind-Body-Spirit Connection:

The connection between emotional wellbeing and physical health, especially with regards to the impact of trauma and long-term repression of emotions and authentic voice.

Reconnecting to the Earth:

Winning an award for her work in this area, Lynn explains the essence of this grassroots shift from a culture of mass consumption, towards creating a new, sustainable world that brings us closer to Self, each other and the Earth.

Fact Sheet for *The Garden of the Soul: lessons from four flowers that unearth the Self*

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Author: Lynn Serafinn

Categories: Mind-Body-Spirit, Spirituality, Self-Help

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Book Web Site:

<http://give-receive-become-be.com>

Selection of Videos About/From the Book Located at:

<http://youtube.com/gardenofthesoul>

(includes videos entries for Next Top Spiritual Author Contest, Brit Writers Awards, and music videos of author reading aloud from the book)

Next Top Spiritual Author Contest Entry

<http://NextTopAuthor.com/?aid=2016>

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Some Ideas For Questions You Might Wish To Ask Lynn

The Garden of the Soul:

1. Tell us a little bit about your personal and professional background before you wrote *The Garden of the Soul*.
2. What first inspired you to write this book?
3. What is the key message in the book?
4. How did you first come up with the concept of the four flowers? What is their significance?
5. How do you personally apply the lessons from the four flowers in your own life?
6. How do you apply these lessons when you work with people as their coach?
7. Some readers have compared you to authors like Deepak Chopra and Paulo Coelho, but say that your book is unique in its genre. What makes it unique amongst other books in the spirituality genre?
8. Tell us a little bit about your own spiritual journey that led to writing this book.
9. I know you also have a long professional background as a musician. How has this side of you influenced your writing?
10. I know in your book you talk about the connection between emotional expression and overall wellbeing. Can you tell us more about the mind-body-spirit connection?
11. [Radio interviews] I know that you are known for your ability to read aloud. Could you please read us a short passage/poem from the book?
12. What other writing projects do you have coming up this year?

Working with Authors:

13. What is Spirit Authors? Who is it for? What makes it unique?
14. How do you help authors? What are some examples of your success in this area?
15. What advice can you give aspiring authors who may be in our audience?
16. Tell us about your radio show. How does it tie into the theme of your book?

The 7 Graces of Marketing:

17. What do you mean by "marketing is making us ill"?
18. What is the new paradigm you are offering (i.e., the 7 Graces of Marketing)?
19. How can adopting a new paradigm actually heal the world?
20. When is the book coming out and how can people get it?

Coaching and events:

21. What kinds of workshops/telecourses do you offer? How do they help people?
22. Where can people find you (online or in person) over the coming months? What will you be teaching/ speaking about?
23. When is your radio show? How can people tune in?

Message:

24. What is the single most important message you wish to leave us with today?

Excerpt from Introduction of *The Garden of the Soul* by Lynn Serafinn

INTRODUCTION: ENTERING THE GARDEN

You are already the hero of your own life. You did not earn this title. You did not have to. You were born the hero. It is your birthright. If you do not take up your birthright, no one else will do it for you. If you leave it unclaimed, the universe will remain bereft of something it passionately desires. The world will continue to long for that which only you can fulfil. It will dream of you again and again. It will call to you repeatedly. It will cry for you.

Then, one day, in this lifetime or the next, or the next after that, you will finally take up the path of least resistance to the Self, and simply become the person you were always meant to be. And on that day, ever so easily, you will see that you were always the hero of this story— your story—and that all you ever needed in order to be the hero, was to look within the simple stories of your own life.

This was the message I brought to a group of young entrepreneurs in South Africa when I delivered a workshop on the four principles 'Give-Receive-Become-Be' for the very first time. While I never stood up and read these exact words, throughout the course of the workshop, this message emerged organically. At the end of the workshop, several of the entrepreneurs came and told me and my co-leader that the four principles had enabled them to see just how powerful and important their lives already were. Some of the attendees even told us the experience had actually changed their lives. When I heard how profoundly this message had impacted them, I was astonished. The book was not even finished. This was the first time I had ever shared these principles with the public, and I had no idea whether I could translate my own spiritual model, which was still evolving, into something meaningful within a workshop setting. Of course, I was pleased that the principles themselves had blossomed so naturally and easily, months before the book was even published, but more than that, I began to realise how key this very process of natural unfolding has been to the writing of this book itself.

'Organically' is the word I would use to the way this book has grown since its inception. I didn't originally plan to write a book. I never sat down and decided I was going to define a set of spiritual principles. I never even thought I had a message to give to the world. All I knew was that I loved to write. I had written poetry since I was a teenager, but had lost connection with my poetic voice for many decades. Then, one day in 2003, a totally random comment a friend made sparked the entire story of 'The Very Good King,' which is now the prologue of this book and the foundation for all that follows. After years of poetic silence, I wrote that story in a single sitting. When that story came to me, it was more like 'listening' than writing. I 'heard' it and simply wrote it down, and just could not stop writing until the story itself decided to end. This, I discovered, was to become the primary method of my creative receptivity.

I found it extremely odd that 'The Very Good King' took the form of a fairytale. I had never written in such a style before. I knew, of course, that the story was full of metaphors that even I myself did not fully understand. I could sense that the Four Flowers in the story represented some lost parts of myself, but I couldn't quite put my finger on exactly what these parts were. I just knew that, taken together, these were the parts of me that longed to speak to the world, but I had no idea what they wanted to say. And this is what the story of 'The Very Good King' tells—the process of going from voicelessness to complete freedom of expression. And so, in a kind of lovely artistic irony, that story which itself is about finding one's voice, also began my own journey towards finding and claiming my authenticity...

★★★★★ A journey inward to reclaim the Self

Book Review: *The Garden of the Soul* by Lynn Serafinn

Written by [Helen Gallagher](#)

- Short version published Amazon.com March 31, 2009
- Full version (below) published April 01, 2009 on *Blog Critics Website*
<http://blogcritics.org:80/archives/2009/04/01/050037.php>

On your most distracted days, when you need a moment of calm, step into *The Garden of The Soul: lessons from four flowers that unearth the Self*. Lynn Serafinn's book is a blend of fiction, memoir, poetry, and dreams appropriate to the depth and richness of her story - her journey to the Self.

You'll feel at home with the restful prose using the garden as a metaphor for the Self. The author divides the book into four sections:

- Lessons from the Rose where we learn the Principle of Giving
- Lessons from the Iris where we learn the Principle of Receiving
- Lessons from the Daffodil where we learn the Principle of Becoming
- Lessons from the Lily where we learn the Principle of Being

Perhaps the most important lesson is this: "You are already the hero of your own life," says Serafinn. The work she does in coaching lets people see just how powerful and important their lives already are. Serafinn does a lovely job of bringing us along through the winding path to finding her true self.

Her reflections remind me of the many times I've received a gift of abundance, but was unable to recognize and appreciate it. The book is indeed a gift, rich with a lovely sense of fantasy.

The Garden of the Soul makes you think about the journey we all take to discover who we are, gain a sense of community, and struggle through difficult times. Serafinn does a lovely job of bringing us along on the path to revealing her true self.

Her "quarter-mile universe" as a child, filled with loneliness and fear, was fortunately relieved somewhat by her drive to write poems as some cathartic form of hope. Both bitter and good experiences find their way through her pen to tell the truth and to understand herself better in the process.

Serafinn's process of healing and rebirth teaches us a lot about self-forgiveness. She put a tremendous amount of effort into this book, giving us the gift of poetry, creativity and imagination, sharing her garden, and her self, beautifully. Enlightening!

--Helen Gallagher author of *Release Your Writing: Book Publishing, Your Way*

More praise for *The Garden of the Soul: lessons from four flowers that unearth the Self*

Author Endorsements

'Lynn beautifully weaves together fable and poetry with her personal journey of self-discovery. Through her lyrical style and brilliant imagination, she leads the reader on a magical adventure toward deeper understanding of the relationship between Self and the world.'

--Alan Seale, transformation coach

Author of *Soul Mission*, *Life Vision* and *The Manifestation Wheel*, Rochester, New York

'The Garden of the Soul is rich in teaching metaphors that speak to each of us...Lynn is a brilliant and creative out-of-the-box thinker. Her impact is powerful...and her magic comes through each page of this book...a message that is both simple and profound. Open up and receive her words and they will affect you in a most positive way.'

--Patrick Ryan, coach, Author of *The Eagle's Call*, Founder www.AwakenedWisdom.com, Vancouver, Canada

Reader reviews

★★★★★ **Put this next to Chicken Soup for the Soul on your bookcase!**, March 31, 2009

"Wonderful! An epic journey from the 1950s up to present day - with one woman's personal journey of discovery. Intimate, open and profound, this collection of memoirs, fables and lyrical poetry will provide fertile ground so that your own 'garden' can bloom."

--Simon Ireland-Davies, Certified Professional Co-Active Coach, ID Coaching Limited (LIVERPOOL, Merseyside United Kingdom)

★★★★★ **An indispensable, addictive and powerful spiritual book written like no other!**

April 1, 2009

While as spiritual as the works of Deepak Chopra, and as magical as the novels of Paulo Coelho, 'The Garden of the Soul' carries a unique identity within its genre. Reading this book took me on a journey through the entire gamut of human emotions, in all their lightness as well as all their intensity. Lynn is a master at beautifully and coherently weaving together prose and poetry, autobiography and fiction, fantasy and realism, drama and humour (and a lot more of the unexpected), all in service of sharing the wisdom of the Four Principles of the Garden of our Soul. With each amazing chapter of her life, Lynn brilliantly and ever so subtly allows for the blossoming and maturing of our own Soul and wisdom. This is a book I will be going back to again and again as a very powerful spiritual reference book, that is infinitely entertaining, moving and engaging all at the same time. I am certain that with each repeated reading, I will be discovering more gems in its nuances and within my own Soul. I absolutely love it!"

-- Lina Nahhas "Social Reformer" (Dubai, UAE)

★★★★★ **Be inspired and learn from our own life's lessons**, April 6, 2009

I was moved to tears--good ones--and put into a spiritual mood.... There are stories in *The Garden of the Soul*, like the broken angel wings and how Lynn was inspired by her teacher, that I love to retell and share! This book will help you discover your Soul has a voice. Learn how to treasure and leverage your natural spirit and be inspired to appreciate the power of honouring your own nature. Lynn Serafinn has a gift for lyrical writing and vivid imagery mixed with magic that is delightful. As one who LOVES metaphors, the garden and 4 wise flowers helps me see learning and appreciation opportunities in my own life.

-- Gail Sussman Miller, Writer, coach, public speaker at Inspired Choice (Chicago, Illinois)

★★★★★ **A fresh perspective**, April 7, 2009

Lynn is able to give a fresh perspective on some concepts that have been making the rounds recently. The mix of genre she uses adds to this air of originality and also adds fun to what is, at times, a dark story. The author lays her life bare to the reader and in doing so helps her reader to come out of the shame they may be feeling about their life.

Well worth the read.

-- Katherine Reschke (Madison, WI, USA)

★★★★★ Lost and Found in the Garden. April 1, 2009

This is a unique book. Part poetry, part fairy tale, part autobiography... she takes the reader on a journey to learn the lessons of four flowers: the rose, the iris, the daffodil and the lily... lessons that are already within her own garden of experience, that helped her reclaim her lost Voice and bring her back to Wholeness. Lynn shares her life story (thus far) with candidness... growing up in a 'no-talk-zone' household, attending an elitist music school, immersion in a spiritual community that marginalizes women, years spent in an abusive marriage... all of which led to disconnection with her Self, and eventually serious health issues (such as pancreatitis and fibromyalgia).

The spoiler: Yes, her tale has a happy ending. She's come out the other side, and now helps others to find their own Voices. I found myself in her story, some words bringing me to tears. Maybe you'll find yourself there, too.

-- Gina Marks "shiatsu practitioner" (Pennsylvania USA)

★★★★★ Gardeners delight, 14 April 2009

Lynn's book is a well-defined exploration of expressive and vivid symbolism. Her writing ability takes the reader and guides them with a personalised descriptive style on an adventure to self-investigation. From beginning to end I connected with the narrative. I was held in wonder by Lynn's skill; she made me consider my own journey as I both laughed aloud and cried. Lynn's book is mesmerizing and poignant; her own life is there in the pages, and we are as novices against her mastery. I sense that she is someone whose essence will embrace us as we reflect about our ways of being, our spuriousness; we are as nothing when we do not know ourselves....

-- A. Mitchell, Teacher, Youth Coach (Croydon, Surrey. UK)

★★★★★ Breathtakingly lovely, 6 April 2009

The Garden of the Soul is a truly breathtaking piece of prose. A book to treasure forever and read over and over again. By page 5 of the Introduction, I could feel my heart racing and my whole body tingling in anticipation - hurry, hurry, the sense of urgency was almost overwhelming. I was so caught up, it felt as though my soul had recognised that our own personal journey was about to be stepped up a notch. And it did!

Lynn takes you gently along a perfectly-written journey along the "path of least resistance to the Self", her inimitable style showing the way through the four spiritual principles which leads you into the wholeness of the Self, using the four flowers to denote those spiritual aspects (the Rose signifies Give; the Iris signifies Receive, the Daffodil signifies Become, and the Lily signifies Be).

Step into another world as you enter the fairytale entitled The Very Good King and suspend reality; come out the other side thinking deeply about the life stories that are held within that magical tale. Hold onto those thoughts, those feelings which started to circulate as you danced alongside Lynn through The Very Good King and take your time to smell the flowers garden as you progress through the book and into your very own soul.

I have read numerous spiritual texts and self-help publications in my quest to help myself, and my friends, family and clients, to grow - but it is fair to say that this incredible, moving book has left me in awe. Lynn's writing style is hypnotic and deeply moving, her own soul laid bare to help us move forward and embrace our own garden of flowers deep within us.

A profoundly beautiful experience, a real gem.

Are you ready to become the hero of your own life? If so, grab your own copy of The Garden of the Soul- and if my dearest friends are reading this review ... guess what you'll be getting as gifts?!

--Callie Carling, Therapist & trainer, Holistic Feathers (London, UK)

★★★★★ You ARE the Hero of Your Own Life, 13 April 2009

This book reminds you that by reconnecting with your self and your soul you can overcome, celebrate and be truly grateful for each and every experience in your life. Lynn's open and transparent writing style leaves the reader feeling close and connected to the author and to themselves. This book will have you laughing, crying, reflecting, contemplating and will ultimately leave you empowered and inspired to be your self.

-- Fran Stockley. Naturopath/Speaker/Coach (Hertfordshire, UK)