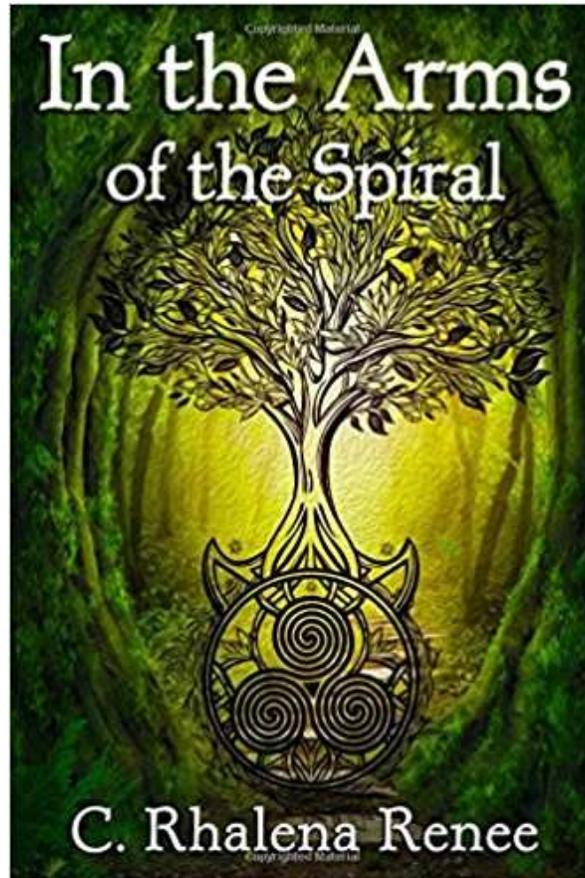


In the Arms of the Spiral



Media Kit

Thank you for your interest in my novel, *In the Arms of the Spiral*. I have compiled information designed to be helpful in understanding the book and finding out more about me. This media kit includes helpful blurbs and bios, as well as photos. If you need anything else, please don't hesitate to contact me. ~ Lena

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About the Book

Pagan Fantasy

Enter the world of a Wiccan Priestess as she seeks to bring balance to her work and create room for personal adventures. Cailleen Renae - Teacher, Healer and Priestess - is charged with righting an imbalance from a long ago lifetime. Just as she begins to unravel this mystery from the past, an attractive and possibly dangerous new neighbor arrives. Is he a distraction to tempt her away from her quest? Is he necessary for the quest? Or, is he simply a gift from the Universe? Join Cailleen and her circle as they seek out key players in the mystery through ritual, magick and deep abiding trust in one another.

It's more than just a good story; *In the Arms of the Spiral* introduces the reader to ways in which magick is used in the everyday as well as in ritual and celebrations. The characters offer insight into the cost of doing magick – both the doors it opens and the challenges it offers.

Romance

Teacher, Healer and Priestess, Cailleen Renae is at the top of her professional life. She travels, teaches, writes and does magick. She's created a wonderful life, but lately something feels out of balance. Her dreams are full of demands and voices she can't quite interpret, until an old recording from her great, great grandmother reveals a broken lineage - one that she is charged with healing. Just as she begins the quest of her life, James McEwen moves next door. He's sexy, commanding and inconvenient. He wants something from her, she can feel it, and he's hiding something. Will he try to interfere with her quest, or is he a vital part of it?

Teaching Novel

In the Arms of the Spiral explores the life of Spiritual Healer, Teacher and Priestess, Cailleen Renae. At the top of her professional life, she examines the costs of her work and wonders where Cailleen, the woman, gets to play. Get a peek into the everyday life of a Wiccan Priestess. Meet her circle and join them in ritual, magick and healing. Will Cailleen allow her circle to help on her quest to heal an imbalance from a past life? Or will she continue to walk her path alone? And what will she do about her sexy new neighbor, who arrives just as she is charged with this quest?

About the Series, *Spiraling Past*

The *Spiraling Past* series of books invites the reader into the intrigue of past lives and how they influence the present. Each book gives the reader a look into the everyday life of those with esoteric gifts, and through the characters, explores a life deeply connected to the natural world.

Book one, *In the Arms of the Spiral*, introduces you to Cailleen Renae and her circle of healing and magick. An imbalance from a long ago time threatens the life of a child. Cailleen is charged with healing this imbalance and must find the other key players to right the wrong. This quest comes at a time when Cailleen is questioning the balance in her own life and the somewhat lonely path she has walked. Will she allow her circle to help in her quest, or continue to walk alone? And why has the sexy new neighbor shown up at the same time the quest is revealed?

Book 2, *Where are the Beloveds*, continues the story of the circle and their expanding family as they discover new gifts and ways to use them. The students have become colleagues and must discern their individual paths. No longer their Teacher, Cailleen struggles with where to focus her energies.

The call of past lives is explored again, this time with a focus on our relationship to the land. *Where are the Beloveds* takes us into the world of the Fey and the power of nature to teach us long forgotten technologies.

Book 3, *The Initiates*, finds the members of the circle at cross purposes. As they walk their individual paths, can they maintain the integrity of the circle? Will some of them walk away? Despite deepening connections through shared past lives and the fact that the work they've done together has strengthened them personally, the circle has come to a crossroads they may not be able to navigate together.

Their personal paths take them in new directions and into the unknown territory of the initiate. They face death. They anticipate joyful births. Can they face the unknown without the power of the circle?

About the Author – Bios

(The first is a general bio – the rest are more specific to types of classes or workshops)

C. Rhalena Renee (Lena) is a Spiritual Healer, Teacher and Storyteller. She celebrates an earth-centered spiritual path where she answers her calling as a priestess. Lena inherited her gifts as dreamer, psychic, empath, intuitive and Wayshower. However, her family has denied these gifts for several generations, so she found other teachers to help her understand and develop them. After more than a decade of study, Lena now teaches tools and programs for discerning, developing and living with such gifts in our modern day world. She feeds her own soul by leading SpiritSong circles, creating ritual celebrations, gardening and talking to the land in Kittitas County, Washington. Lena has authored two books, *Choices for Joy* and her new novel, *In the Arms of the Spiral*. Find out more about her at CRhalenaRenee.com.

Nature Centered

C. Rhalena Renee (Lena) grew up farming, hiking and camping. She is connected deeply to the land and knows the bounty of lessons one can learn from Nature. She followed this connection into graduate school in anthropology and studying the wisdom of indigenous healing traditions. In the early 1990's, Lena took her knowledge and experience into healing work. In her 25 years as a spiritual healer, teacher and storyteller, she has witnessed the power of making choices to connect with the land and move into active relationship with the natural world. Lena teaches tools for connecting to nature and through it connecting more deeply to oneself. She helps students and clients learn to read the signs of their life and to find their path and purpose. Lena now lives in the Pacific Northwest where she writes, continues her healing work and bathes in the beauty of mountains, forests and beaches of Puget Sound. Lena has authored two books, *Choices for Joy* and her new novel, *In the Arms of the Spiral*. Find out more about her at CRhalenaRenee.com.

Connecting to the Divine and Sacred Feminine

C. Rhalena (Lena) Renee, Spiritual Healer, Teacher and Storyteller, traveled her own path of resurrecting the divine within from the cultural expectations of over giving and over responsibility. Her deep desire to serve had to be balanced by revealing and celebrating the sacred feminine. Tapping into what brought her joy was the key that helped her follow the trail of her true path and purpose. Lena now weaves this joy with her gifts of healing, teaching and storytelling. She understands how to use her gifts to serve in a way that truly serves her own spirit. C. Rhalena Renee offers her gifts to the world through personal healing sessions, workshops, circles, her book, *Choices for Joy* and her new novel, *In the Arms of the Spiral*. Find out more about her at CRhalenaRenee.com.

Circle Work and Community Development

C. Rhalena (Lena) Renee brings the tools of an anthropologist, the heart of a healer and the magic of a storyteller to a world hungry for connection and in deep need of supportive community. Her cross cultural perspectives and the insight she's gained from her work with indigenous healing traditions allows her to offer experiences that open the mind, calm the spirit, heal the heart and ease the body. Sharing story, witnessing others and opening to the joy of community are her greatest tools. She invites us – through circle work, one-on-one coaching and relevant community experiences – to acknowledge our gifts, reclaim our power in using those gifts and offer them in service to the world in a way that brings us joy and feeds us personally. Lena's wisdom and teachings are now available in her book, *Choices for Joy* and her new novel, *In the Arms of the Spiral*. Find out more about her at CRhalenaRenee.com.

You can also find Lena at:

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Websites:

CRhalenaRenee.com
ChoicesForJoy.com
WhispersOfTheSoul.us

Blogs:

CRhalenaReneeWriter.blog

Facebook:

C. Rhalena Renee
Linked In

Interviews

Voices of Women with Host Kris Steinnes:
Can I Really Trust Joy to Lead My Life? with C. Rhalena (Lena) Renee. 9/25/15
Listen to the archive recording at: <http://www.thedrpatshow.com/host/host,16.html>

Teachings (for classes, workshops, retreats and speaking engagements)

C. Rhalena Renee (Lena) writes about what she knows. A high empath and intuitive psychic, Lena practices an earth-centered spiritual tradition that keeps her grounded and centered. When she was younger, her inherited gifts were challenging to work with and understand. Lena has spent the last 25 years learning to use her gifts and helping others learn to live with theirs. She offers talks and classes on:

Living with, or as, a Sensitive (Empath, Intuitive, Psychic) - Short attention spans, inability to focus, environmental sensitivities, nightmares, trouble dealing with people, resistance to authority, mood swings, lethargy, insomnia, addictive behavior, and exhaustion can all be signs of unbalanced gifts. Learn tools for creating an environment and life style that support your gifts. (These tools will be helpful for anyone dealing with these issues, even if not a sensitive.)

Connecting with Nature

A spiritual practice is unique to each person and sensitives do not need to have an earth-centered spiritual practice. However, Lena has discovered how vital it is to spend time in natural settings in order to balance the gifts, whether or not one chooses to use those gifts. Connecting with nature actually brings healing and balance to everyone, regardless of their path and purpose.

Sound healing

The power of the human voice to heal through sound is an ancient technology. A Certified SpiritSong Teacher, Lena offers tools for using sound to engage the muse, heal the body, and create/deepen connection. Her work includes the use of drums, rattles, story and movement.

Circlework

Within sacred circle we are witnessed and healed. Lena offers sound circles, story circles, SpiritSong circles and healing circles. She is a Circlework facilitator and also offers training on creating and maintaining strong and sacred circles.

Storytelling

Lena works from the Celtic Bard tradition of teaching stories. Through individual and group work, she helps us tell our stories in ways that empower and heal. She guides us to frame the stories we tell about ourselves in ways that lead us to living the life we wish to live. This work is relevant to individuals, groups, organizations and corporations.

Talking Points

Being an Author

- ④ At heart, I am a storyteller and a teacher. Writing flowed naturally from that.
- ④ I work from a Bardic tradition of 'teaching stories'.
- ④ I am inspired as a writer by the questions and concerns of those around me. I want to write a story that helps them find their own answers.
- ④ I write in the fantasy genre because it gives my readers permission to let go of our cultural rules and sometimes restrictive belief systems. I invite them into a world of possibility and give them a place to explore personal truths.
- ④ I write Pagan fiction because it most closely reflects where I am in my own life. Also, because I want to offer a balanced, not "Hollywood", view into the life of a Pagan.
- ④ I'm quite practical by nature. A good story is a great way to learn tools in the context of living life through its characters. I also write How To books for self development and personal exploration.

About the Book

- ④ Writing *In the Arms of the Spiral* started as a bit of personal magick, but then the characters that emerged took it to an entirely different place.
- ④ For the most part, the novel is pure fiction – at least in this world.
- ④ Sometimes I feel I'm channeling the stories, rather than writing them. Characters walk in with their own agendas and the story moves itself along. Elizabeth Gilbert talks about this as the co-creative process.
- ④ Without consciously choosing to, the novel incorporated teachings around issues that frequently come up in my private session with clients and in classes with student.

Story Themes

Earth-centered Life Rhythms

- ④ Connecting with nature is vital to our well-being, the integrity of our immune system, a clear mind and an open heart.
- ④ Tuning into the natural rhythms of the seasons helps us balance our lives.
- ④ Spending time in nature increases our ability to problem solve, to create solutions for our world.
- ④ Celebrating the seasons is a joyful way to mark our lives and gain perspective.

Circlework

- ④ We need places to be witnessed, held and heard. Circles provide sacred and safe experiences.
- ④ Circles provide wonderful containers for co-creation, for sharing our resources and for celebrating our lives.
- ④ Until we share our stories, we will not be able to heal our world.

Magick

- ④ What is magick and why was it important to the book?
- ④ Using magick personally. What does it look like in my life?
- ④ If this book is about magick, why is there no spell casting?

Past Lives

- ④ My personal experiences as well as my work with clients/students inspired me to include past life influences in this series.
- ④ Many of the unconscious patterns that seem to weave their way into our lives are ties to past lives. Some are helpful, some are not.
- ④ Past life influences show up in our lives in several ways, including people we're drawn to - as well as fears, desires and knowing that have no connection to our current incarnation.
- ④ Past lives can be accessed through dreams, recurring patterns, the assistance of a professional
- ④ Past life influences can be cleared.

Photos

