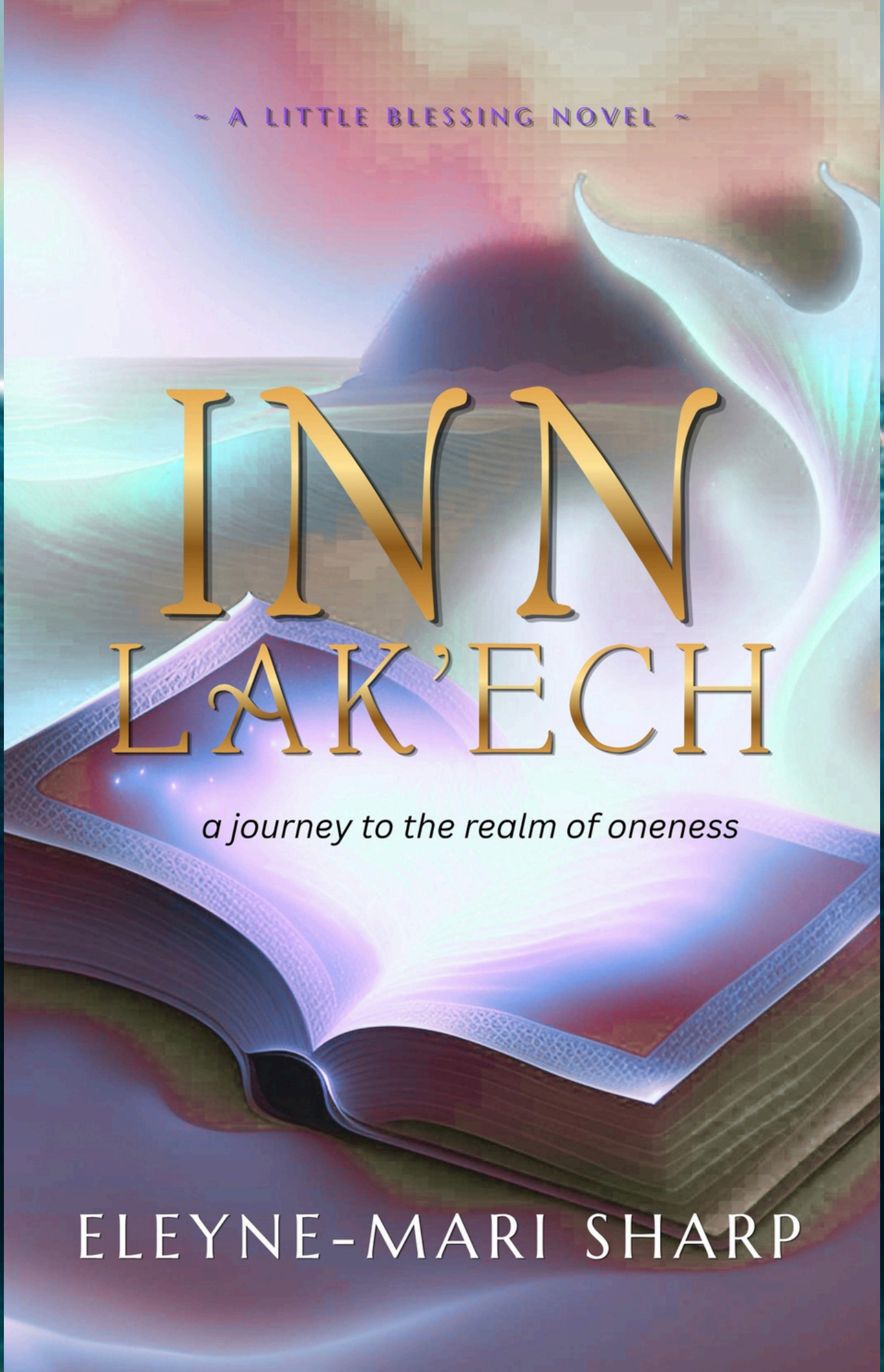

~ A LITTLE BLESSING NOVEL ~
INN
LAK'ECH
a journey to the realm of oneness
ELEYNE-MARI SHARP



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How to Create a Discussion Group

- Determine if your *Inn Lak'ech* group will be meeting online or in person.
- Schedule dates at a bookstore, restaurant, library, or group member's home.
- Share *Inn Lak'ech* purchase links for group members to obtain ebooks.

Activities

- Practice drumming, color therapy, and crystal therapy.
- Host your own "Come As You Think You Are" party.
- Serve a seafood buffet.
- Create dreamcatchers or sea glass jewelry.
- Conduct journaling sessions to release fears.
- Research your female ancestors on your mother's side of your family tree.

Book Summary

Elm Sunday goes with the flow.

Her father is the mayor of Little Blessing, her mother owns a mermaid gift shop, and they live happily together with seven dogs at Sunday's Marina, overlooking beautiful Creation Cove.

But the tide turns when Elm's sailor boyfriend is murdered and her beloved father is swallowed by the sea.

During a Halloween sailing party, a drugged-out Elm causes the boat to capsize and her eighteen-year-old body is never found. She "awakens" to find herself rescued by a mysterious old woman who takes her to a remote luxury inn.

After enduring a series of inn-lightening treatments, Elm receives an important assignment. If she succeeds, it could advance her soul level.

But is she ready to face the traitor element of Water, to help the one person she vowed never to forgive?

50 Possible Topics

- Alzheimer's
- Angels
- Anger
- Bath, England
- Carousels
- Coastal Living
- Color Therapy
- Crystals
- Death
- Divine Feminine
- Divination
- Dragons
- Drumming
- Ecology
- Enlightenment
- Fear
- Forgiveness
- Glastonbury, England
- Grief
- In Lak'ech (what it means)
- Hurricanes
- Jewelry Making
- Kites
- Loch Ness, Scotland
- Love
- Lyme Disease
- Magic
- Native Americans
- Octopus
- Oneness
- Parallel Lives
- Power
- Protection
- Puritanism
- Reincarnation
- Reiki
- Relationships
- Religion
- Sailing
- Sea Glass
- Sea Magic
- Seashells
- Self-Love
- Shadow Self
- Shape Shifting
- Soul Families
- Synesthesia
- Treehouses
- Water
- Words

Glossary

Alzheimer's
A deteriorating disease that causes dementia.

Ascension
A spiritual awakening where a worthy soul is rewarded to a higher dimension.

Aura
The electromagnetic energy field surrounding all living things.

Color Therapy
Used for thousands of years to release physical, emotional, mental and spiritual blockages. May include applying colored gemstones to the problem areas, colored light sessions, color breathing, color aromatherapy, color journaling, color affirmations, color visualization, art therapy, and colorful diets.

Heartsong
The name a person identifies with, often not their given name but a name of their own choosing.

Glossary

In Lak'ech
An ancient Mayan expression that means "I am another yourself."

Lyme Disease
A neurological disease which is caused by a tick bite.

Oneness
The belief that everything and everyone is connected.

Parallel Lives
A soul's additional lifetimes that occur simultaneously in multidimensions.

Pinkie
A soul who has achieved the Pink level of self love and compassion.

Sensitive
A person who can sense the energy around living things.

Shadow Self
The dark thoughts and impulses each soul attempts to hide or deny.

Glossary

Shapeshifting
The act of changing your shape at will.

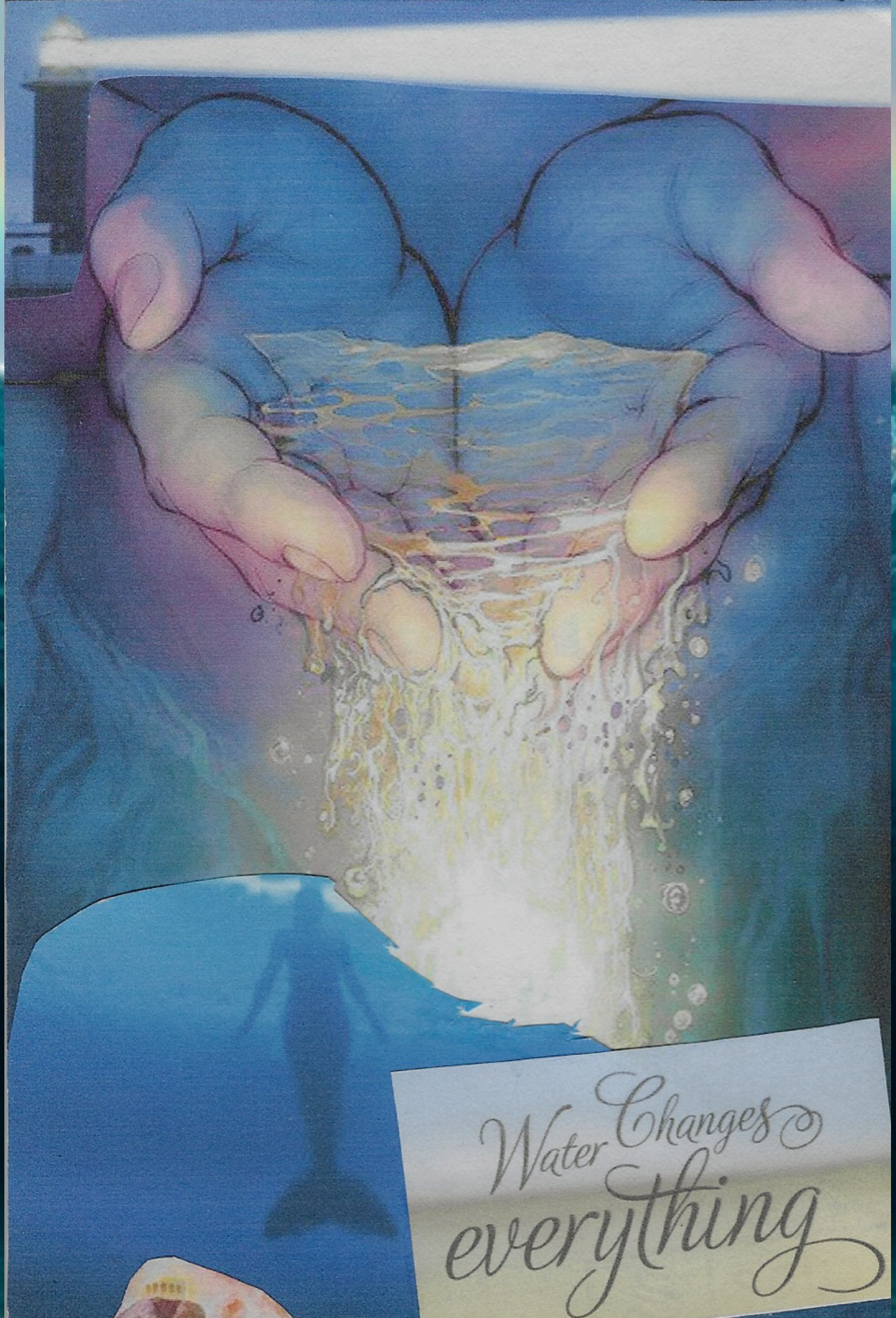
Soul Family
A group of souls who have a karmic connection throughout many lives.

Synesthesia
A condition where the patient associates taste, sounds, numbers, and letters with a specific color.

Telepathy
The ability to read another's thoughts.

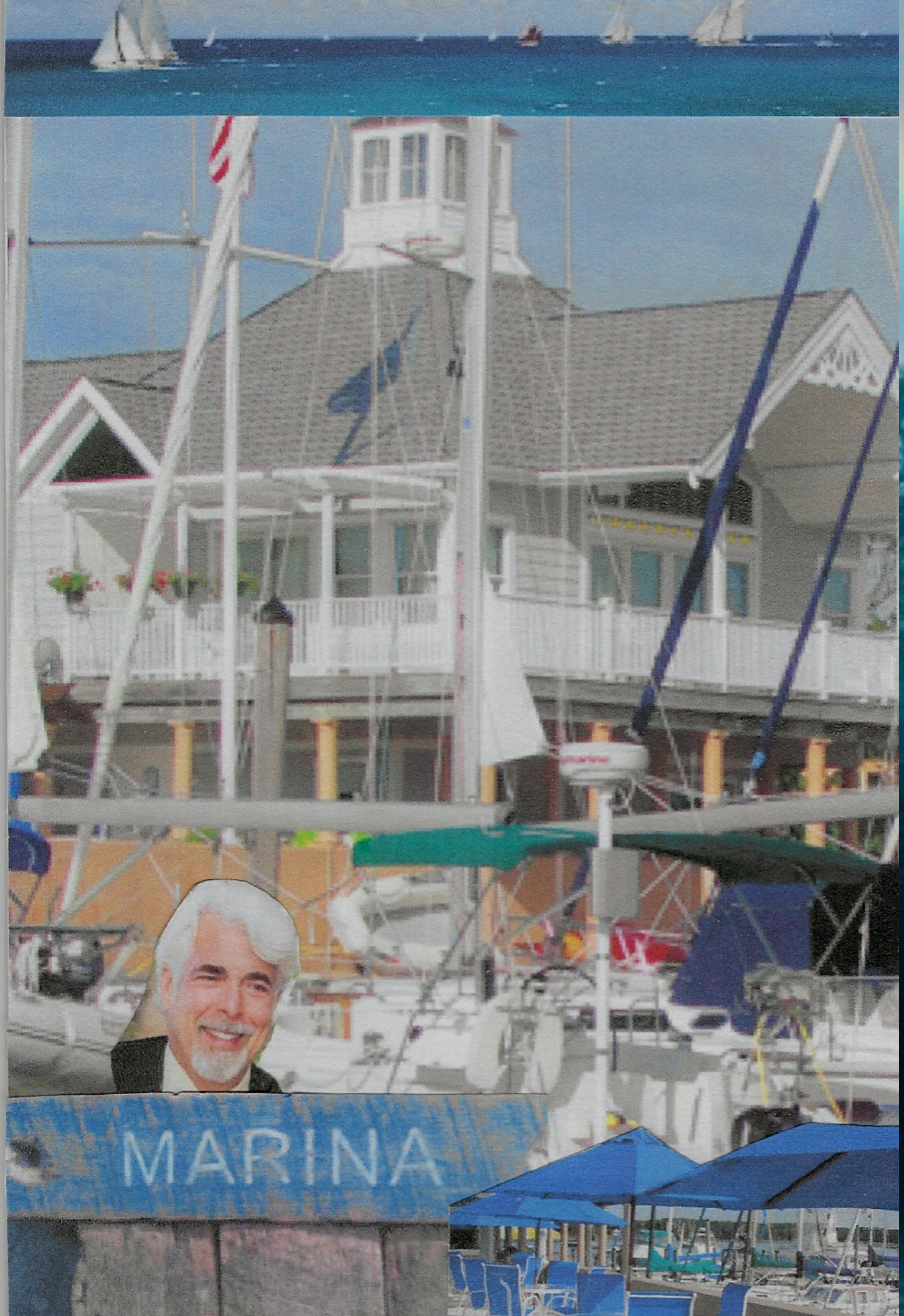
3-D
Of the Third Dimension.

Unify
To merge or become one with an object, animal, plant, mineral or person.


Water Changes
everything

Theme Questions

- What is the overall theme of *Inn Lak'ech*?
- Has the book's environmental message changed the way you think about your role and responsibility for Planet Earth?
- Why is Water so important in the book?
- How difficult would it be for you to apply the lessons of love and forgiveness mentioned in this book?
- *Inn Lak'ech* is a story about a teenager's spiritual journey. How does it compare with your own spiritual journey?
- What are the major differences between religion and spirituality?
- Love and self-love are constant themes throughout the book. Are these things you personally practice?


MARINA

Main Characters

- Mercy-Faith "Elm" Sunday ~ the teenage protagonist
- Glorie "Mermie" Sunday ~ Elm's mother
- "Big Dave" Sunday ~ Elm's father
- Ruth Abbott Sunday ~ Elm's paternal grandmother
- Miss Vi ~ a beloved tree at Purity Park
- Snow Whitedove Smith ~ Elm's best female friend
- Noah Skyfeather Smith ~ Elm's best male friend
- Royce ~ the sailor Elm believes is in love with her
- Seraphina ~ the mysterious Inn Lak'ech innkeeper

"What I am hoping is that readers of Inn Lak'ech and other visionary fiction works will be inspired to open their hearts and minds to see the bigger picture, that we are all connected—In lak'ech. I would be overjoyed if my books helped heal and raise the vibrations of young adult and adult readers because that was always my INNtention."

~ Eleyne-Mari Sharp

Character Questions

Elm

- Have you ever wanted to be a member of a prominent family? Do you think Elm had more pressure to be good because she was the mayor's daughter and a minister's granddaughter?

- Like Elm, do you prefer being called by a name that is not your birth name? Do you think names make the person?

- Do you think Elm over-reacted about her reasons for hating her mother? Do you remember a time that you over-reacted to a situation?

- Color plays a big part in Elm's experiences at Inn Lak'ech and other settings in the book. How has color influenced your life?

- Have you ever made a drastic change in your physical appearance?

- Would you be comfortable watching your life review? Which experiences do you wish you could change?

Character Questions

Glorie

- How important is Glorie's Southern heritage?
- Glorie has Lyme disease. Have you ever had to deal with a major health issue yourself?
- Do you think Glorie deals with Elm's dark transformation in the best way possible?
- Why is it so difficult for Glorie to forgive her own mother?

Big Dave

- What do you think about the relationship between Big Dave and Glorie?
- Should he have intervened more during disagreements between his mother and wife?
- Have you ever known anyone dealing with Alzheimer's?

Character Questions

Ruth

- Why does she dislike Glorie?
- How do you feel about people who are judgmental and close-minded like Ruth? Have you ever judged someone, based on their race, sexual preference, or upbringing?
- Would you have been able to forgive Ruth, especially after the baptism incident?

Miss Vi

- Do you think trees communicate with each other?
- Miss Vi is Elm's sacred space. Do you have a sacred space? How would you create yours?
- What important lessons does Elm learn from Miss Vi?

Character Questions

Snow

- What is the profession that Snow Whitedove hopes to secure that has to do with water?
- In what ways could she have been a better friend to Elm?

Noah

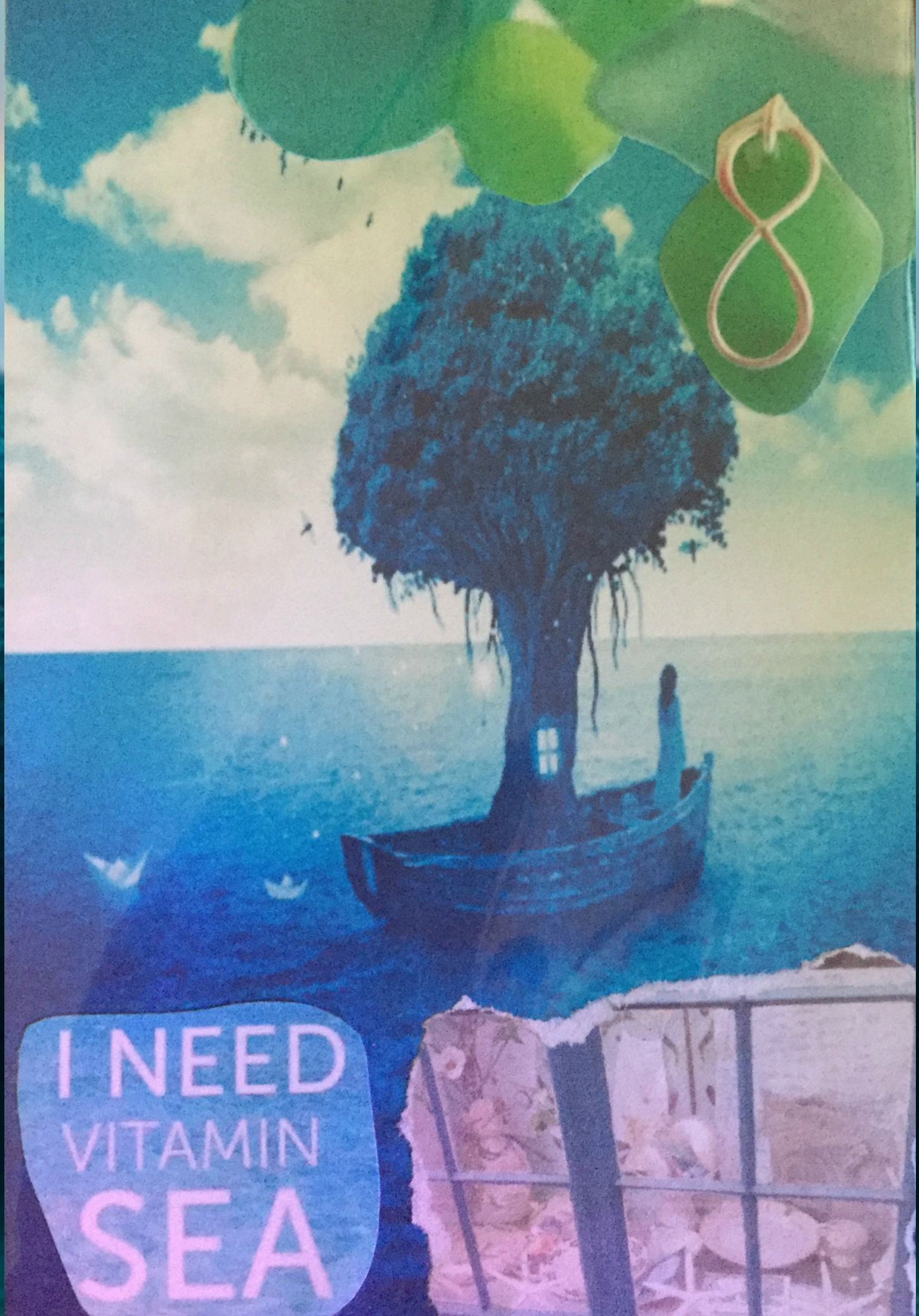
- Does he genuinely love Elm or is he just a big flirt?

Royce

- What are your feelings about Royce? Do you think he was drugging Elm?
- Do you think Elm was truly in love with Royce or infatuated?
- Have you ever been attracted to an older person?

Seraphina

- How many different personas does Seraphina have?
- What is her relationship with Archangel Zadkiel?


I NEED
VITAMIN
SEA

Plot Questions

- Do you believe that words (written or spoken) have magical power?
- What are your impressions about dimension hopping? Would you like to meet your other self?
- *Inn Lak'ech* talks about honoring our ancestors. In what ways have you honored your ancestors?
- What is your opinion about angels? Do you believe they exist? Have you experienced any angel encounters?
- What is the name of the boat that Elm often uses for her seaglass expeditions?
- The Little Blessing Clean Regatta is a popular event, attracting thousands of tourists each year. Besides the boats, one of the features is an outdoor craft fair. What is the name of the park where this is held? *(Hint: This is where Elm meets The Shell Seer.)*

Plot Questions

- At the Soul Spa, Elm learns the importance of Self Love. Which color does this relate to? *(Hint: It's the first soul level at Inn Lak'ech.)*
- What is the name of the beach where Elm performs her rituals with her water drum? (Hint: It's also the name of her best friend's tribal society.)
- Snow Whitedove and Noah Skyfeather are Elm's closest friends. What is the name of their tribal society? *(Hint: It's also the name of the town beach.)*
- What does Big Dave say to Elm about how she should treat the water?
- What is the name of the beach where Elm performs her rituals with her water drum? *(Hint: It's also the name of her best friend's tribal society.)*
- What happens to the water when Elm is visiting the Circular Bath in Bath, England?
- What is Elm's greatest loss when Hurricane Jonas strikes Little Blessing?

Plot Questions

- What is the profession that Snow Whitedove hopes to secure that has to do with water?
- In which suite does Elm meet Flo, her guardian element?
- Which chapters did you feel most emotional about while reading Inn Lak'ech?
- What surprised you most about the ending of Inn Lak'ech?

“When I first got "the nudge" to write "INN LAK’ECH: A Journey to the Realm of Oneness," I was learning about Unity and Oneness. Like all of my writing projects, one thought led to another and another. Before I knew it, I had written a rough draft about a place where people meet their soul families. It was fun being able to create different worlds and colorizing them in the process. But I didn’t expect to be including angels, mermaids, fairies, dragons, and shapeshifting in the story!”

~ Eleyne-Mari Sharp

Eleyne-Mari Sharp

Eleyne-Mari Sharp has been a professional writer since 1980. *INN LAK'ECH: A Journey to the Realm of Oneness* is her first visionary fiction novel for young adults.

Born in St. Louis, Missouri, she is a former Air Force brat who lived in Texas, Alaska, Mississippi, Italy, and Germany during her first seventeen years.

From the time she could walk, Eleyne-Mari wanted to be the next Shirley Temple. She sang in school talent contests, churches, community centers and coffee houses, performed in her high school honor choir and played her beloved 12-string Framus guitar at local libraries and military facilities.

After high school graduation in Germany, she returned to her St. Louis birthplace where she was hired as the lead singer for a band that played jazz and old standards like *Misty* and *The Way We Were*. By the time Eleyne-Mari had reached her early twenties, she was living in Boston and singing with a Top 40s band (think Olivia Newton-John, Linda Ronstadt, and Fleetwood Mac) whose gigs were mostly hotel lounges, nightclubs, and weddings.

Eleyne-Mari Sharp

One day when she was 23, Eleyne-Mari took a daytrip to Rockport, Massachusetts and while strolling along Bearskin Neck, she saw a flashing, purple “Palm Readings” sign. Thinking she had nothing better to do, Eleyne-Mari walked into the shop and was greeted by a gypsy fortune teller with a bad cold.

Surprisingly, the gypsy predicted that Eleyne-Mari would become a writer. A few years later, she abandoned her singing career, enrolled in a creative writing class, entered a statewide short story contest and won first place!

It wasn't long before she was off to seek her writing fortune in California, only she wound up in Boulder, Colorado instead. In Boulder, Eleyne-Mari met an actor/writer who owned a singing telegram service. With his encouragement, she decided to try freelance writing and her actor friend became the subject of her first published article for *The Daily Camera*.

After spending nearly a year in Boulder, Eleyne-Mari returned to the East Coast in 1980--and has been writing ever since!

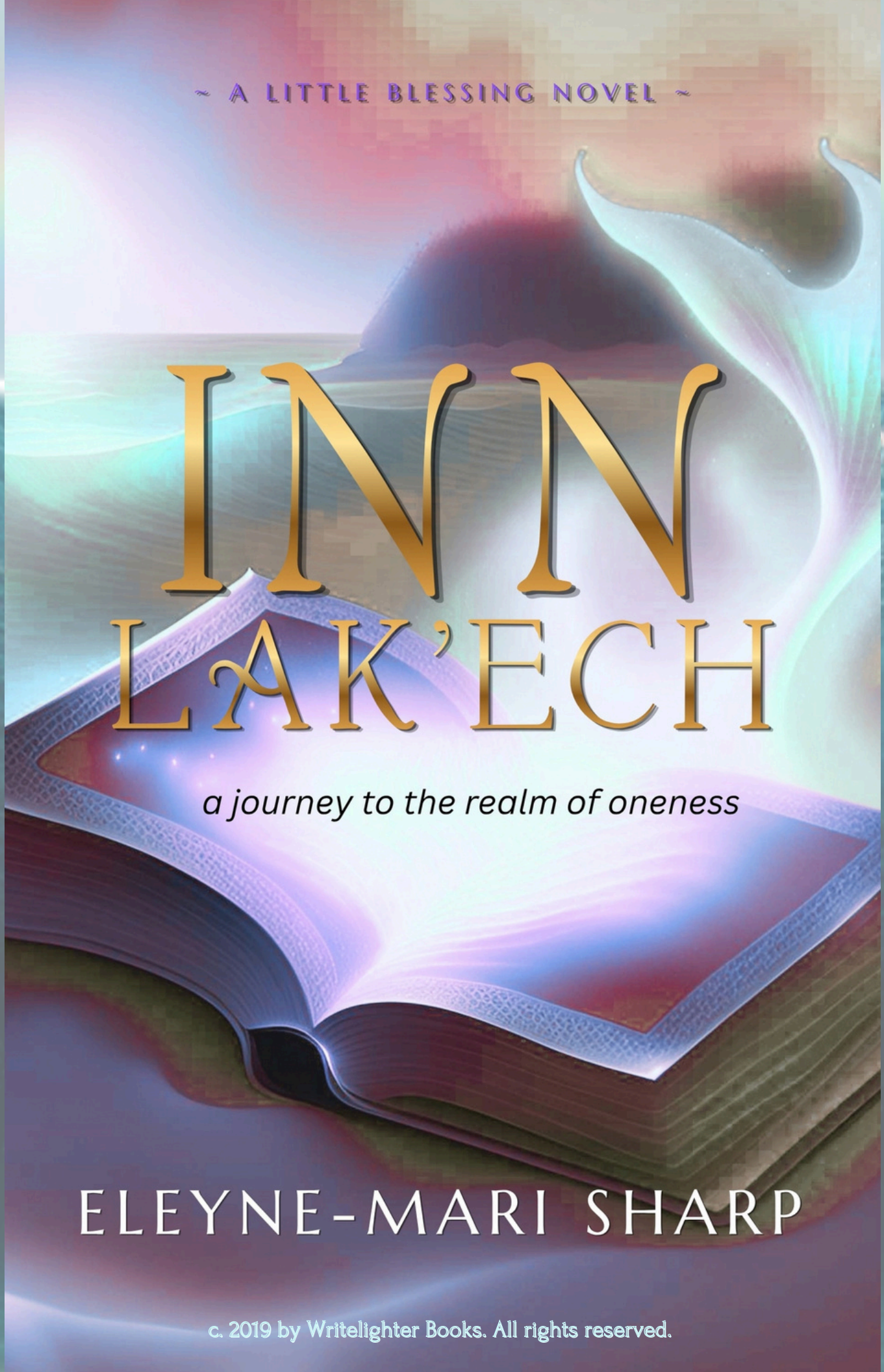
Eleyne-Mari Sharp

Eleyne-Mari is also a certified color therapist, spiritual aromatherapist, crystal worker, jewelry designer, events organizer, radio show host, and radio show producer.

She lives in New England with tons of crystals, her yacht captain husband, Nicholas, and their mischievous little furbabies.

Eleyne-Mari Sharp's official website:
www.writelighter.com





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