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“It is time to let go of all that holds you back from radiating your brilliance into the world.

It is time to surrender all the old habits and mindsets that have constricted you and made you smaller than who you really are.

As you release all that does not support your growth and healing, space will open up allowing you to stretch towards your most authentic and free self.”

Even from a young age Kim’s spirit urged her to walk a path well beyond her comfort zone. *Spirit Embraced* highlights the journey that unfolds as Kim allows her spirit to lead as she releases the painful memories of her past, follows her deepest dreams and creates a life that is in alignment with her spirit.

Kim shares the transformational tools that illuminate her path and provide essential support for her to live her most authentic and free self. Divided into four sections, Kim offers the simple yet powerful exercises to **Release** our limiting beliefs, **Listen** to the still, quiet voice within, **Manifest** our dreams, and **Tend** our hearts and relationships.

Spirit Embraced weaves together Kim’s powerful story, transformational tools, soul psalms and photography to create an inspiring memoir and guide for her readers.



Kim Colella is a Spirit Doula. Her purpose is to be an evocator of the Sacred and to help others celebrate its magnificence in themselves, their relationships and their world.

Here is a book for all those who feel tentative and a little unworthy about pursuing the depths of the spiritual journey. Through sharing her own honest experience of seeking God, Kim invites and guides us to discover and embrace the Divine that lives within our own whole and holy self - ultimately a journey from pain, to letting go, to trusting, to joy!

Affirming, authentic and transformative!

-Edwina Gateley, poet, author, retreat leader and social activist.

This book is a powerful testament to Spirit’s movement in one’s life—if only we listen. Kim Colella listened and embraced Spirit’s whispers. She takes us on a courageous journey of discovery as she says Yes to opportunities that appear in her life. Each yes shows her courage to step beyond her boundaries of fear and doubt. This book offers an exploration of both the inner and outer landscape of her life.

You will want to keep *Spirit Embraced: A Guided Memoir for a Life Authentic and Free* nearby for the myriad of tools and teachings she used to transform her life. These are tools any of us can use as we journey through life.

-Ardine Martinelli, Author
Listening to My Life