

FOREWORD

by Jim Britt



*Jim Britt, author of *Unleashing Your Authentic Power and Rings of Truth*, speaker and human behavior specialist, is a seasoned organizational executive and an internationally recognized leader in the field of personal-development training.*

For those who have ever had times when you felt totally alone and didn't know where to turn, when the betrayal of a friend cut you to the core, when you felt you could never feel joy again or when you felt overwhelmed with the responsibility of life, Sharon Kay's story with its healing reassures us that our journey is not in vain and the rewards are usually far greater than we could ever have anticipated.

Each of us is born with a natural tendency to focus on the joy around and within us. As children our imaginations flourished and we knew how to use them. We perceived the world then much differently than then we perceive it today.

So what happened? Did we reach a certain age when the enchantment of life just vanished? Not at all; it's still there, buried within. We were simply unknowingly taught an incorrect philosophy that contradicts who we are at the core. We were taught to believe in things like competition, sickness, limitation, guilt and scarcity. As we were taught these things they became a part of our lives. We were taught that being right, success, money, material things, competing to get ahead, were more important than self-love.

Through the sharing of her own story, Sharon demonstrates the power of love. She shows us that love is always within us. It cannot be destroyed. It's simply hidden, ready to be awakened.

Certainly Sharon's experiences shaped the outcome of her life. But more important, how she chose to handle her experiences is what made her the woman she is today... a healer, an example of what can be done under the most difficult circumstances.

Recently a reader of my book, *Rings of Truth*, emailed me and asked if certain parts of the story were true. Over the course of several days of communication, sharing with him the truth behind each story, he asked, "Why you, Jim? Why were you chosen to share this work? Why not me or someone else?"

My response was, "Why *not* me?"

I then told him that I believe we are all teachers in some way; that we are all here to learn from one another, some as an example of what to do, some as an example of what not to do.

Often there are healers who go absolutely unnoticed until the timing is right for their introduction to the world... until time, fate and circumstances bring them to light. Sharon Kay is that kind of healer. Although I believe it is up to each of us as individuals to work toward self-healing by addressing our own human weaknesses and exercising our will power that has been gifted us, at times may we feel the need to seek others for help. Through her personal experiences recounted in *A Mother's Journey* and the way she meets each challenge, Sharon shines a light on the path ahead, for each of us to follow.