



COMING HOME

- awakening through the stillness into the living light

by Fi Sutherland

This is an exciting time for the ISIS School with the imminent publication of Fi's book.

Coming Home: Awakening through the Stillness into the Living Light is Fi's inspirational memoir of her recovery from a near-death experience in Peru in 2009, and a how-to guide about the awakening process through personal development, spirituality and meditation.

Fi emerged from a coma in the enlightened state of unconditional love, joy, and inner peace. In this blissful state and free from fear, she was present in

each moment, and only that moment mattered. The luminous experience strengthened Fi's resolve to follow her heart and help others to consciously achieve the awakened state. Through five parts and twenty-five chapters, Fi's book charts her journey from ignorance to self-awareness and shares techniques to mentor readers to set aside old mindsets, gain awareness, and move into a heart-centred approach to living.

Coming Home rouses the inner calling to live life in an authentic, meaningful, and inclusive way, and helps each reader reveal their hidden gifts and find joy.

Writing what was in my Soul

Fi says, "This book has been a labour of love that has gone through many incarnations. I first started writing the book in 2008 while I was on a two-week solitary retreat. Over the years as I wrote and re-worked the text, I could see that I was writing from a more expansive and intimate perspective as my own inner journey deepened.

In the book I take the reader on a path of increasing self-awareness and insight to understand and activate the mind, body, spirit, and heart. The knowledge, and the practices and exercises included, are based on my personal experience of awakening, my training as a therapeutic counsellor, my clinical observations with clients, and my awareness of others as a meditation and spiritual teacher."

Online Book Launch - 10.00-11.00am (UK time) Saturday, 31st Oct

Kim Macleod, IndieAuthors Worldwide, is interviewing Fi about her book in an online event on Saturday 31st Oct, 10.00-11.00am (UK time). If you wish to attend, the link below will let you register for the event, free of charge, and then you will receive the information about how to join the zoom room via email from Event Brite.

<https://www.eventbrite.co.uk/e/fi-sutherlands-book-launch-celebration-tickets-121388774091>

(10am UK: - 11am mainland Europe, 5am USA central time, 6am USA eastern time)