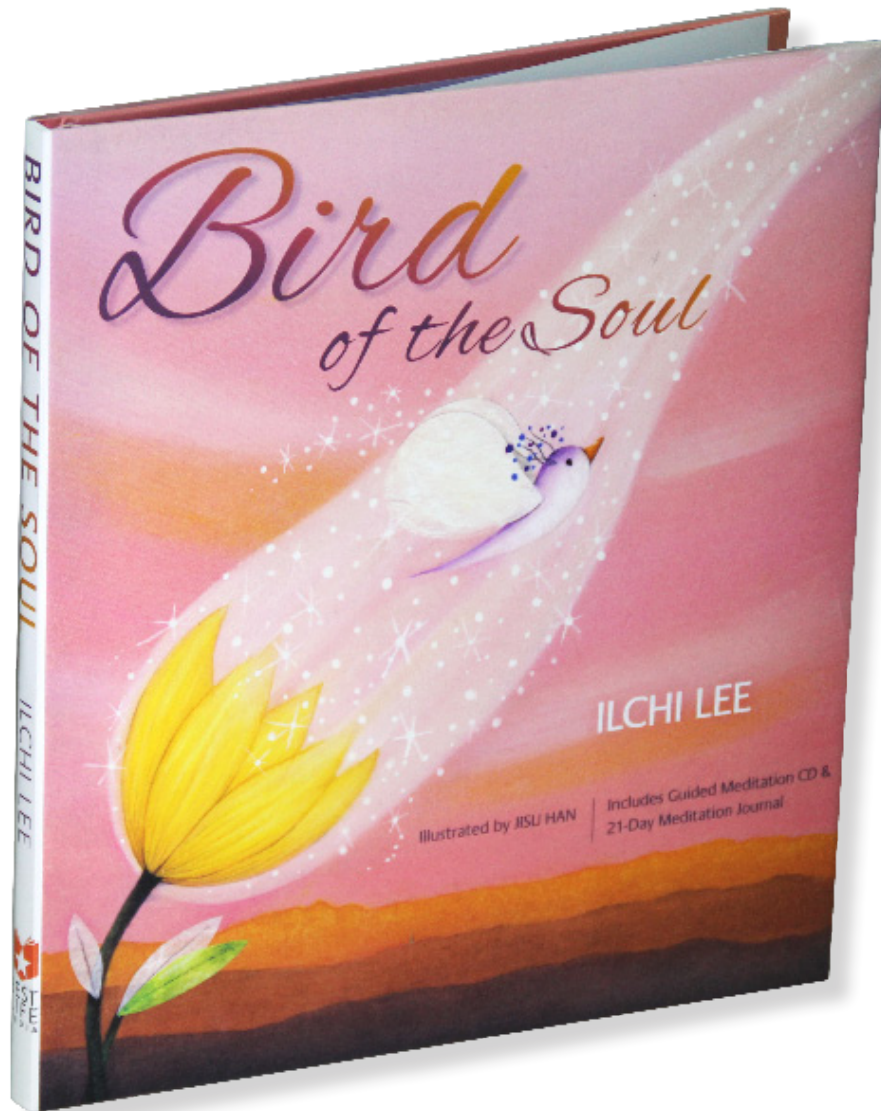


Bird By Ilchi Lee *of the Soul*



New York Times Bestselling Author

"... extremely heartwarming!"

BirdoftheSoul.com

Bird

By Ilchi Lee

of the Soul

In the course of our lives, we get caught up in our hectic schedules, financial worries, family responsibilities, and more, and lose our hope and passion for life. *Bird of the Soul*, by *New York Times* bestselling author Ilchi Lee, is a simple, heartwarming story on how we lose that hope and how we can get it back.

Appealing to the pure inner child within all of us, this inspirational fable is for all who have come through difficult times and feel distanced from their own souls. It is a book for those who believe there is more to life than just surviving day to day. *Bird of the Soul* speaks to anyone who wants to fill the feeling of emptiness that comes when we no longer hear our souls' voice.

The book includes a 21-Day Meditation Journal and a CD with two guided meditations that help readers reestablish their intimate relationship with the soul.

The hand-painted illustrations and sweet style of *Bird of the Soul* take the reader back to the security and freedom of childhood, when most of us felt supported as we became anything we wanted through our imagination.

Through the lessons and exercises of *Bird of the Soul*, readers can take the journey to rediscover and heal their souls by expanding the energy of the heart and learning to listen to the soul's innermost desires.

A heartwarming fable for all ages that helps reestablish our relationship with the soul

You Will Get from this Book

- Renewed joy and passion for living
- Peaceful rest
- Rediscovery of your inner child
- Deep inner contentment
- The means for an authentic life



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ILCHI LEE is an impassioned visionary, educator, mentor, and innovator. For over 30 years, his life's mission has been to empower people and to help them harness their own creative power and personal potential.

To help individuals achieve that goal, he has developed many successful mind-body training methods, including Dahn Yoga and Brain Education. His principles and methods have inspired many people around the world to live healthier and happier lives.

Lee is a *New York Times* bestselling author who has penned 36 books, including *The Call of Sedona: Journey of the Heart*, *Change: Realizing Your Greatest Potential*, and *Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life*.

He is also a well-respected humanitarian who has been working with the United Nations and other organizations for global peace. For more information, visit his personal website, ilchi.com.

“My heart sings to be able to tell the story of discovery of the soul with beautiful illustrations. This book is a powerful messenger of love.” - Ilchi Lee

JISU HAN is an accomplished illustrator who has worked on various children books, adult fables, and inspirational books. All of her illustrations are hand painted using various media.

Jisu's meditations on the bird of her soul and the personal growth she gained from them made her the perfect choice for this project. Her soul connection inspired and informed her work throughout the creative process.

Jisu dreams of a world in which the souls of all people are awakened and all life forms dance together in oneness. She desires to express that world in her illustrations.



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Interview Questions

1. What inspired you to write *Bird of the Soul*?

The book's main message is what I've been trying to communicate through my work since I first began developing mind-body meditation methods over 30 years ago. Searching for my own answers to life's big questions—Who am I? What is the purpose of my life?—I discovered my soul and realized that my soul, which is my true self, is a part of all of the energy of the universe.

I discovered the infinite potential of my brain and that its faculties, especially that of imagination, are most potent when I have a conscious connection to my soul. Making this connection reveals our soul's value system, and acting on those values is what I believe is the answer to the earth's problems.

2. Why did you make this book an illustrated story?

The messages this book communicates are so simple yet profound and important that I thought words were not enough. So I searched for just the right illustrator to make the energy and feeling of the story easily visible. I'm happy I found Jisu Han, who formed a close relationship to her soul through the meditations I developed and was able to demonstrate that experience in her paintings for the book.

I also chose a storybook format because I wanted the message to be accessible to as many people as possible. This book is easy and fun to read. Its playful feeling provides the sense of fun, joy, and freedom we have when we are steady friends with our soul.

3. What would you like to readers to get out of *Bird of the Soul* and doing the meditations?

I think when people read this book, they can feel confident that they can have an encounter with their soul. The meditations will help them clear any emotional baggage that is preventing them from hearing their soul, and then guide them to experience seeing the bird of their soul, flying with it, and listening to its message. The soul is a certain something that's hard to describe that is not an emotion; it's deeper than emotion. It is perfect, pure, and complete, always there, waiting for us to set it free with enough care and attention. No matter what happens in life, our soul can never be hurt, corrupted, or destroyed.

When they do reveal their pure and wise soul, people can feel complete and lose the desire to compare themselves to others. They have a sure sense of their value without regard to any other person or circumstance. In realizing how precious they are, they respect themselves more. With this awareness, people can discover their values and purpose in life and then find fulfillment in manifesting them. I really wish that every person can have this experience.

"I hope every parent and grandparent shares this story with their beloved Little Ones."

— Neale Donald Walsch

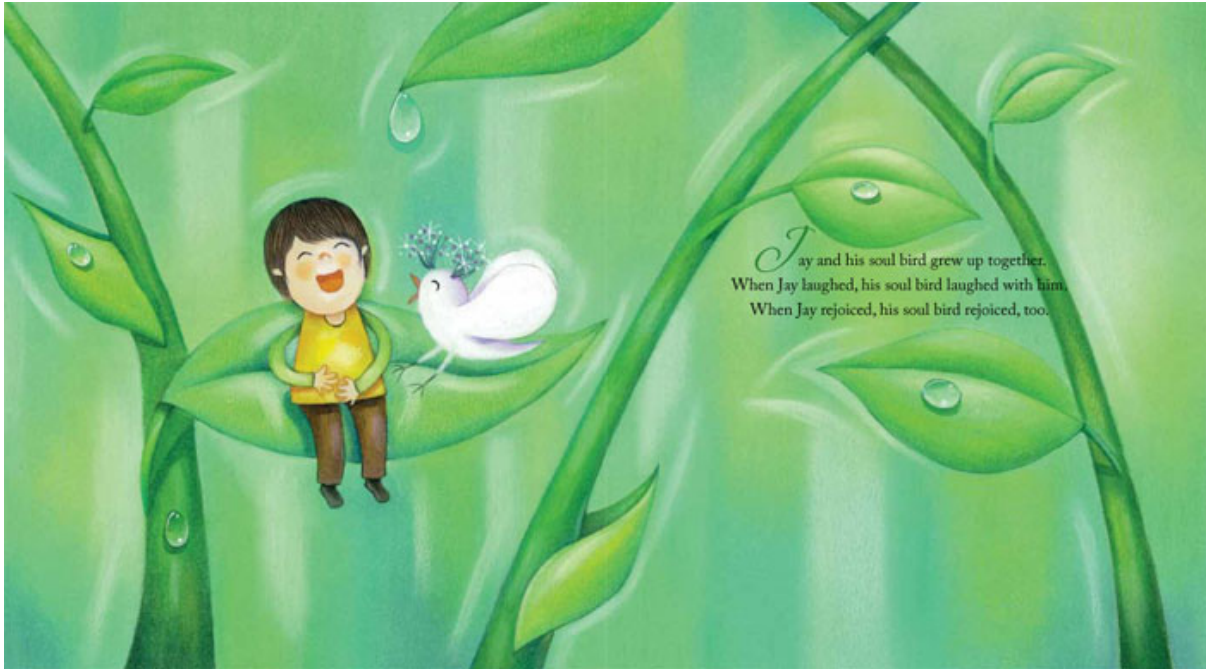
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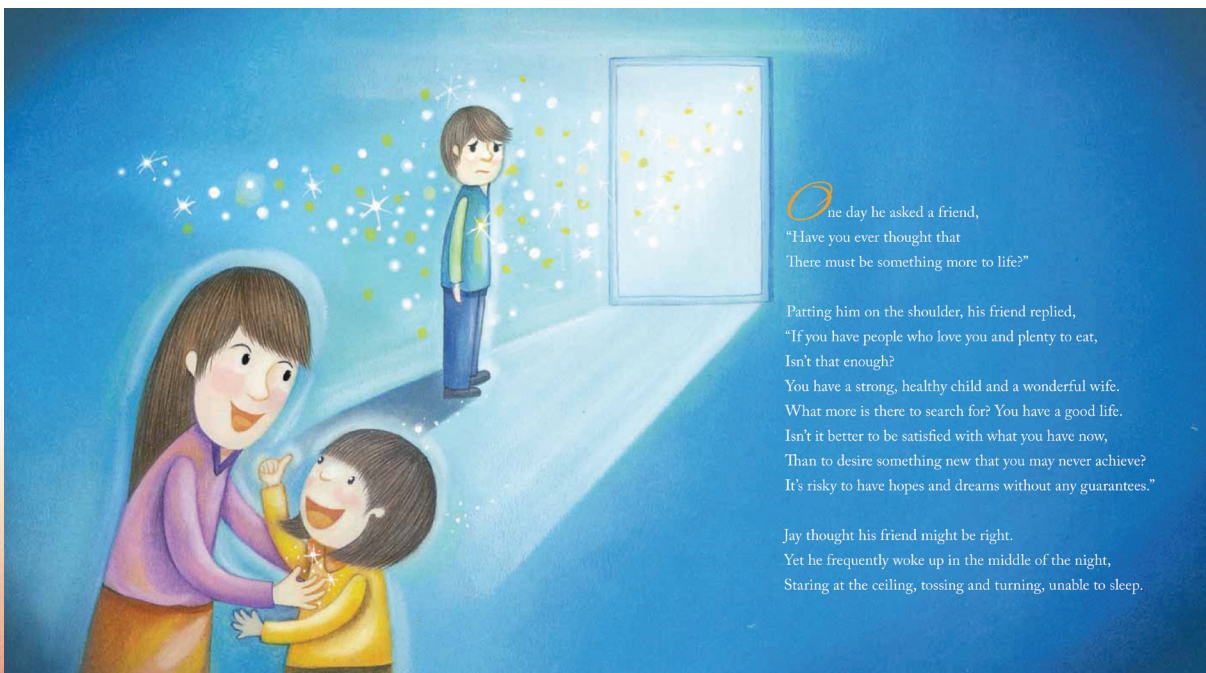
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of the Soul



Jay and his soul bird grew up together.
When Jay laughed, his soul bird laughed with him.
When Jay rejoiced, his soul bird rejoiced, too.

Heal and free the energy of your heart.
Listen to your soul's yearning.



One day he asked a friend,
"Have you ever thought that
There must be something more to life?"

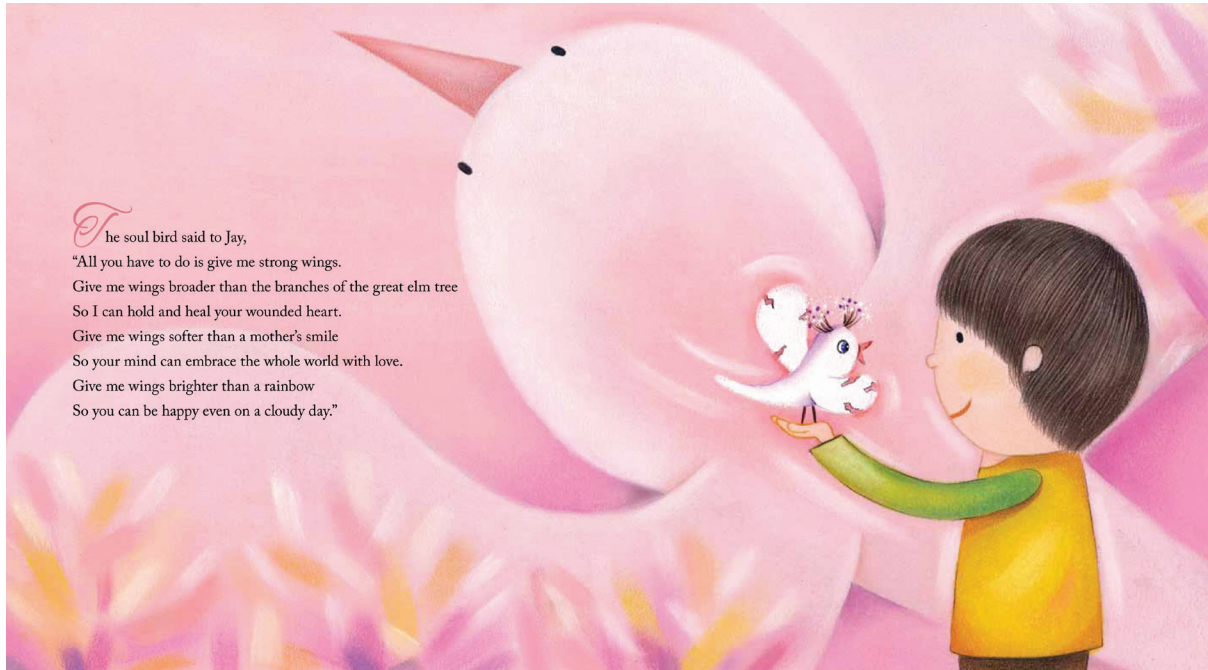
Patting him on the shoulder, his friend replied,
"If you have people who love you and plenty to eat,
Isn't that enough?
You have a strong, healthy child and a wonderful wife.
What more is there to search for? You have a good life.
Isn't it better to be satisfied with what you have now,
Than to desire something new that you may never achieve?
It's risky to have hopes and dreams without any guarantees."

Jay thought his friend might be right.
Yet he frequently woke up in the middle of the night,
Staring at the ceiling, tossing and turning, unable to sleep.

Bird

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To all the beautiful people who seek to genuinely love themselves and live the life their souls truly want.

