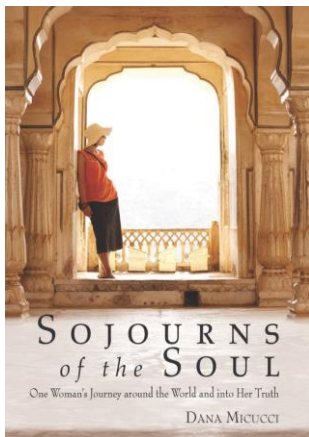


SOJOURNS of the SOUL

One Woman's Journey around the World and into Her Truth

By Dana Micucci

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SOJOURNS of the SOUL

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PRESS RELEASE

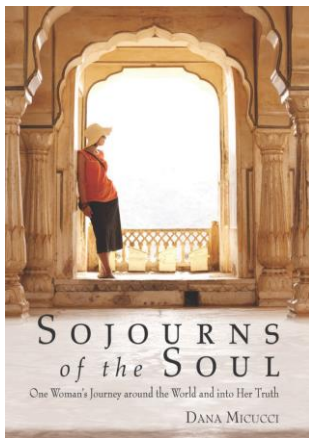
In a growingly skeptical and uncertain society, the search for meaning has become more urgent and critical than ever. While many of us may desire to achieve enlightenment, most of us don't know where to start. Celebrated journalist Dana Micucci's new memoir, *Sojourns of the Soul: One Woman's Journey around the World and into Her Truth*, explores this dilemma while chronicling seven trips that span 14 years of Micucci's life as she explores the connection of inner growth to world travel that eventually leads to her own self-actualization.

Sojourns of the Soul takes the reader on a journey through the world's most sacred and exotic lands, including the Australian Outback, Cambodia, Egypt, Tibet, the Yucatan, New Mexico and Peru. As she explores each "souljourney," Micucci finds herself in seven successive stages that correlate with each of the seven spiritual energy centers of the body, called chakras. These stages take the reader from an awakening all the way to activation.

This spiritual travel memoir gives readers an inside look into each destination through Micucci's eyes, observing not only the spirituality and lessons to be learned at each location, but also the intimate details of the landscape. While observing the Aborigines in the Outback with Micucci, readers will not only learn about their own connections to the oldest known human culture, but will also get detailed descriptions of the eucalyptus forests and galleries of millennia-old Aboriginal paintings.

"Now more than ever, current world crises demand that we develop a deeper understanding of diverse cultures and wisdom traditions and, therefore, ourselves. It is the first step in our collective spiritual evolution. I hope *Sojourns of the Soul* will encourage my readers to reexamine their beliefs and perceptions, as I have, and open them to new ways of seeing, thinking and feeling as they undertake their own inner journey," Micucci concludes.

Dana Micucci has enjoyed a decades-long career as a widely published journalist and author writing about culture, travel, and spirituality. She is the author of a new novel, *The Third Muse*, a metaphysical mystery inspired by Renaissance ideals and the divine feminine teachings of the Magdalene Order. Her memoir, *Sojourns of the Soul: One Woman's Journey around the World and into Her Truth*, was a gold winner in the 2013 Nautilus Book Awards. Based in Taos, NM, after many years in New York City, she has a private healing practice and conducts transformational events nationwide.



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ENDORSEMENTS

"In *Sojourns of the Soul*, Dana Micucci delves into the wisdom and spiritual traditions of other cultures. This is a powerful and rich book describing a passionate journey towards wholeness that emphasizes movement beyond fears and judgments. Dana's brilliant prose carries you along as if you were journeying right alongside of her. This is an important book in a time when the search for meaning is so urgent."

--Sandra Ingerman, author of *Soul Retrieval* and *How to Thrive in Changing Times*

"*Sojourns of the Soul* is a rainbow bridge through time and space. Dana Micucci uses her colorful journeys into diverse cultures to learn for herself and teach us, her readers, about the powers of transformation -- and the ecstasy of being fully present in every moment."

--John Perkins, New York Times bestselling author of *Hoodwinked* and *Confessions of an Economic Hit Man*

"*Sojourns of the Soul* is neither a theoretical tome nor an otherworldly quest; rather, Micucci takes you on an actual journey as she interacts with the wisdom on the earth in a natural and colorful manner. She returns 'home' with wonderful insights and a clearer vision of what matters most. The same thing will happen to you as you tag along with *Sojourns of the Soul*. This book has universal appeal. You will appreciate this delightful journey as a skillful, professional writer engages those magic places and people that continue to live in our souls."

--Dr. Don Beck, founder of the Center for Human Emergence and CEO of Spiral Dynamics Integral

“Nothing opens the eyes of a soul like a dive into an unknown pool. Dana Micucci's journeys into the unknown have transformed her life and she unravels the exciting details in these masterful tales. ***Sojourns of the Soul*** is an uplift to the spirit of any armchair traveler.”

--Jan Phillips, author, *No Ordinary Time—The Rise of Spiritual Intelligence and Evolutionary Consciousness*

“An easy read, elegantly written, this is the gripping story of a woman’s profound transformation, with travel as a spiritual teacher. It is a vivid experience, both well researched and inspiring.”

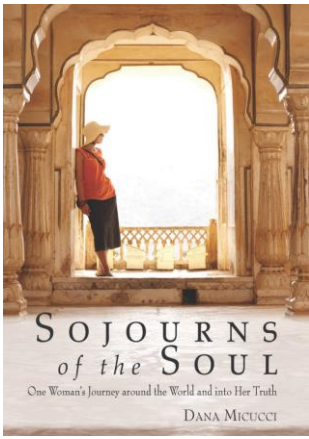
--Gay Luce, Ph.D, transpersonal psychologist, author and three-time recipient of the American Psychological Association Award for Journalism

“Reading Dana Micucci’s memoir, ***Sojourns of the Soul***, was like ‘being there too’, as she eloquently describes her powerful and evocative life changing experiences at some of the most sacred and ancient energy centers on the planet.

On one hand her story is extremely entertaining. It makes me laugh. It brings tears to my eyes. I see myself more deeply and gain greater clarity of my own journey of the soul through her words. Dana also gives the reader much interesting background information about each of the ancient civilizations she profiles. These people are no more, but they have left their legacy and their messages in stone for us to find and decode.

On a deeper level I am reminded of the timeless nature of my own sojourns of the soul and of the guiding lights within each of us that assist all of us on our eternal journey. I am reminded that faith, love and the trust to follow my own inner light is the generative power that will allow me to create all that I am and all that I have the potential to become, now and forever. “

--Judy Satori, Spiritual Channel, Author, Teacher



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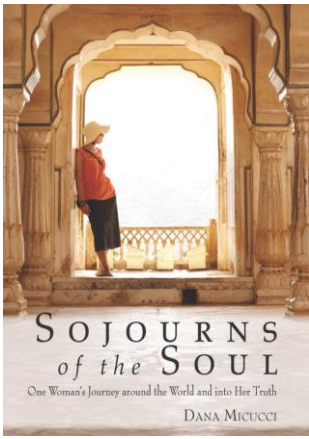
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EXCERPT FROM *SOJOURNS OF THE SOUL*

From Chapter Two:

The Heart of Angkor *Surrender*

Each day, Bob and I and the other conservators return to the conservation house in Siem Reap for lunch. We dine in a modest room at a long table on delicious grilled fish, rice and vegetables with a subtle sweet and sour flavor, which the Cambodian cooks prepare in an adjacent open-air kitchen that also happens to accommodate three toilets! (I try not to think about this.) I enjoy conversing with Isabel, a French architect, Juan, a charismatic stone specialist from Guatemala, and Nala and Sophea, two bright young Cambodian architects. It feels good to be part of a community, after focusing so much on my work and being alone at the bungalow each night. Sometimes we eat dinner together, too, after which Bob and Norma, a generous, good-natured woman who looks after me with a quiet maternal charm, invite me to their apartment upstairs for a nightcap. We relax on the veranda with a few beers and talk and laugh about our travels. The nights are humid and extremely dark, infused with the sweet scent of jasmine and illumined only by the distant glimmer of starlight.

After lunch one afternoon, Nala, Sophea, and I take a walk along the dirt road near the conservation house. Recent graduates of Cambodia's School of Architecture, they are petite, attractive, and clever. Sophea is slightly taller and more reserved than Nala, who asks me many questions about life in America. Their English is excellent, and they have radiant smiles. Of course, I'm also eager to learn from them. Though they were just children during the Khmer Rouge's reign, they still remember the chaos and destruction. Sophea's father, a doctor, died in the genocide, as did many of their relatives.

"I worry so much," Nala says. "The situation here is still not stable. I'm afraid everything will be taken away from us again." Her face tightens with anxiety. Sophea nods in agreement, her eyes tearing.

"I'm sorry." I don't know what else to say, realizing that any attempt at consolation must seem empty and inadequate.

Sophea links her arm in mine. "Don't worry." She smiles lovingly.

"I wouldn't blame you for not liking us very much," I say, ashamed.

"Who, you mean the Americans?" Nala asks.

"Yes, all of us who contributed to what happened."

"Oh, no, we like the foreigners," Sophea says.

"Cambodians think they are good people," Nala chimes in, without the slightest trace of resentment.

I'm surprised by this unexpected show of compassion and forgiveness.

"C'mon," Nala grasps my other arm. "Let's go to the temple!" She points down the street to a whitewashed bell-shaped structure crowned with a tapering spire.

“But what about the Khmer Rouge and Pol Pot?” I ask. “How can you forgive them?”

“What’s done is done,” says Sophea, waving her hand as if banishing forever all painful memories. She meets my eyes with a sparkling smile.

“Married?” Nala asks.

“No, not yet.” I’m surprised yet tickled by her instant familiarity.

“Good. Neither are we,” Sophea says.

“Men. Too much trouble!” Nala giggles.

“But you must have a boyfriend.” I glance at each of them. “You’re both beautiful.”

“No boyfriends,” Sophea states flatly.

“Not good to have a boyfriend unless you want to marry,” Nala adds.

“I understand. So you are true feminists,” I tease. Then I realize that this word likely does not exist in the Khmer language, so I explain it.

They nod in agreement, and we burst out laughing as we walk arm in arm to the stupa. Once inside, we light some incense sticks and place them before the Buddha statue, which is surrounded with additional offerings of colorful flowers and fruits.

“We came last week,” Nala whispers, as she and Sophea bow their heads in prayer.

“When our friend died.”

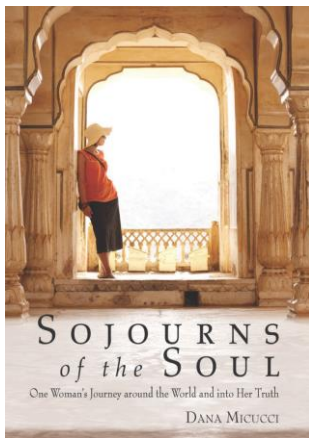
“Hepatitis,” Sophea adds solemnly. “We all passed around a candle and blew the flame toward her ashes in a jar.”

“Why?” I ask.

“Because we are blowing in her spirit for her next life,” Nala replies.

“We don’t believe life ever ends,” Sophea reflects. “Unless you become enlightened and don’t have to reincarnate.” In Cambodia, I have been continually reminded of the fine line between life and death. At times, the two have seemed almost indistinguishable.

The following morning, we all take an excursion to Rolous, one of the oldest temple sites at Angkor, dating to the ninth century. It is less intact than the others and further afield. We are planning to spend the day there, and Norma has packed a picnic lunch. Though I’m excited about the adventure, I have never been so anxious about a casual drive through the countryside. For about an hour we bump along in the scorching heat in a big pick-up truck. The dirt roads are particularly rough as we head into what seems like an infinite no man’s land of dry, lifeless fields. We pass several military checkpoints and bunkers with machine guns pointed toward the road. I shudder as a tank rolls past. Again, the reality of this lawless, war-scarred country weighs heavily. And again, I wonder what I am doing in such a strange, inhospitable place. I remain slightly on edge the rest of the day, as we wander about the ruins inspecting the preservation work.



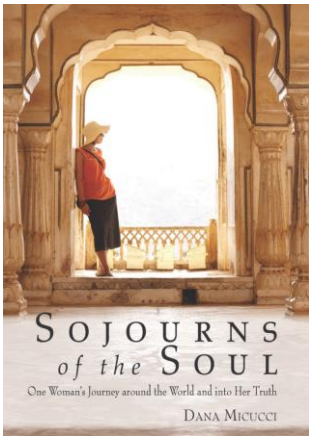
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DANA MICUCCI

Dana Micucci is an award-winning author, journalist, speaker, and healing practitioner. Over the past twenty-five years, she has written for the *International Herald Tribune*, the *New York Times*, the *Chicago Tribune*, *Architectural Digest*, *House Beautiful*, *Town & Country*, *Harper's Bazaar*, *Art & Antiques*, *Spirituality & Health*, and many other well-known publications, having served as a contributing editor at several of them, specializing in culture, travel, and spiritual and social issues. She is the author of a new novel, *The Third Muse*, a metaphysical mystery set in the international art world. Her memoir *Sojourns of the Soul: One Woman's Journey around the World and into Her Truth* was a gold winner in the 2013 Nautilus Book Awards. Both books serve as a platform for her inspirational talks and workshops nationwide. Her other books include *Artists in Residence: A Guide to the Homes and Studios of Eight 19th-Century Artists in and around Paris*; *Best Bids: The Insider's Guide to Buying at Auction*; and *Collector's Journal*. Reviews, articles, and interviews about her books have appeared widely in radio, television, and print media. She was formerly a senior publicist at Christie's, the international art auction house. Ms. Micucci holds a B.A. and M.A. in English from Northwestern University and a certificate from Columbia University's Creative Writing Program, where she was a senior writing fellow. She is also trained in a variety of healing modalities by many noted teachers and has a private healing practice.



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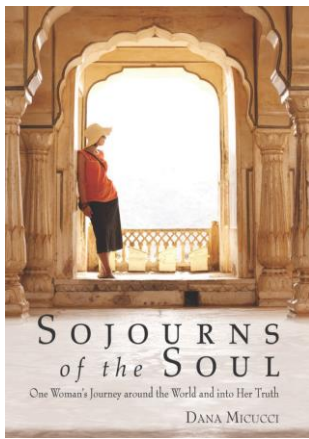
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INTERVIEWS FOR *SOJOURNS OF THE SOUL*

Questions:

- 1) Why did you write *Sojourns of the Soul*?
- 2) Why did you choose these seven particular sacred sites/destinations to write about?
- 3) Your travel memoir is about spiritual growth and transformation. How did you change as a result of these journeys?
- 4) What were some of your peak experiences/revelations?
- 5) What are some of the common threads of the wisdom traditions you explore?
- 6) What specific truths are you trying to communicate?
- 7) What do you hope readers will gain from *Sojourns of the Soul*?
- 8) Why is the idea of the sacred quest important to you?
- 9) Who is the audience for this book?
- 10) How does this book differ from *Eat, Pray, Love*?

Video Link: https://www.youtube.com/watch?v=_OqZ_CUYBDk



SOJOURNS of the SOUL

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DANA MICUCCI EVENTS

Dana's spiritual travel memoir *Sojourns of the Soul: One Woman's Journey around the World and into Her Truth* (Quest Books), and her novel *The Third Muse*, a metaphysical mystery set in the international art world, have become catalysts for talks and workshops in which she weaves together teachings and practices from diverse wisdom/spiritual traditions, showing their inherent similarities. Dana provides a roadmap for others to approach their own spiritual path with clarity, focus, and passion. The main focus of her books and events is transformation of the self at the deepest level. She inspires people to strip away all previously limiting beliefs and perceptions and step into their true essence and power.

Dana's energy and her words, whether written or spoken, carry a healing vibration that have led many who have attended her presentations to experience deep shifts in consciousness, an expanded awareness, and a recognition of their soul's true mission. One of her greatest gifts is communicating authentically from her heart and her own spiritual guidance and relating to others in a warm, personal, down-to-earth way. She transmits timeless truths and wisdom that people can apply in daily life. Dana's extensive background in art and literature, and training in a variety of healing modalities, also inform her work, while her sense of humor adds a lightness and joy to her presentations. She is passionate about encouraging others to ignite and accelerate a fearless journey toward wholeness.

Read more about Dana's events:

<http://www.danamicucci.com/events.php>

Find Dana's upcoming events:

<https://www.facebook.com/DanaMicucci>

