**Ephineah**

**Summary by Jodene Shaer**

**Your reason for writing the book:**I knew I wanted to write and had finished a writing course in 2004, with the intention of always writing in the same genre as Paulo Coelho. Earlier in my life, I was part of a lot of metaphysical and spiritual groups to find my way and one of them was shamanic. A woman within the group got very sick and they called for a fire burning ceremony for her healing. I was not comfortable with that, as deeply as I wanted to believe, and did not attend the ceremony. She passed away during that evening from meningitis. This sparked my desire to tell the story of healing as I understand it.

**When you wrote it – was there anything in your life that precipitated it:** My father was dying while I wrote the book and I was also very unhappy in the career I had chosen. Between not wanting to go the Day Spa I had opened and not knowing how to use the hours, waiting for my father to die, I wrote … endlessly! I finished the book in 2009, just after he passed and only published it in December 2018.

**Your inspiration:** Paulo Coelho is my inspiration as a writer and my deep inspiration is to share the stories which are so vividly told to me by the universe, through my meditations and automatic writing.

**A summary of the storyline:** Ephineah is a novel by Jodene Shaer and tells the story of Shavon who, at the peak of her career as a cutthroat political journalist, is struck by an illness which is a mystery to the medical profession and herself. Instead of embracing her mid-thirties, she suffers from a heart attack and is booked off for indefinite rest and recovery, while her doctors attempt to diagnose the combination of seemingly non-related ailments. Finding herself creating a temporary home at her wealthy cousin’s holiday apartment in a small seaside town, Shavon meets with a little girl who is filled with confidence and wisdom beyond her years and whimsically draws Shavon into her family. With little success from conventional medicine and her body raging against her, she unexpectedly finds herself entwined in the lives of the Briar’s and on a mystical journey of emotional and physical healing, which spans lifetimes.

**The intended message**: The intended message is that healing is deep and personal, has many layers and that no one is without their shame or shadow which they need to work through before it eats away at them.

**Why the book is uplifting and helpful:** I have quoted someone who emailed me after reading Ephineah: “I finished Ephineah last night and I truly loved it. I love how this name rings so close to the word 'epiphany' because that's the feeling I have after reading this book.

For me, it felt like an adult version of a fairy tale which takes us through all the impressions we collect as adults only to take us back to our childlike nature and to self-love.

Thank you for the inspiring words. I even screen shot them and saved them so I can refer to them.

And I too hope for the harmonisation between conventional medicine and natural emotional healing.”

**The key take-outs:** Every person who has read the book and shared their experience with me has told me that it became so deeply personal that they needed to stop reading and process, just as Shavon needed to process through her healing journey.

Thank you so much for loving Ephineah and for the beautiful opportunity for the story to reach more people.

Stay safe x

Jodene Shaer

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