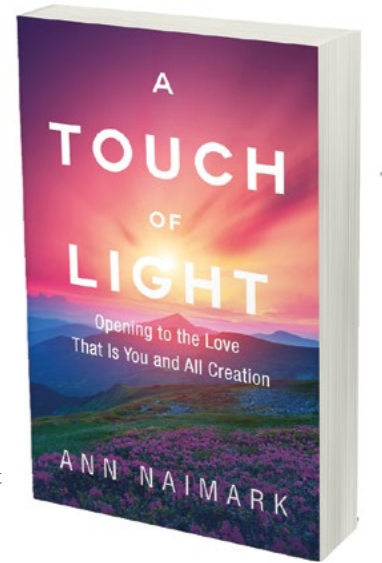




Ann Naimark, psychotherapist and spiritual guide, illuminating paths to self-discovery and holistic wellness in her enlightening interview with Reader's House magazine.

); Embark on a transformative journey of self-discovery and spiritual enlightenment with 'A Touch of Light' by Ann Naimark – a beacon of wisdom and compassion



Exploring the Spiritual Odyssey ANN NAIMARK

A Touch of Light, Opening to the Love that is You and All Creation

In the pursuit of understanding ourselves and our place in the universe, the journey of self-discovery often takes unexpected turns, leading us toward realms of spirituality and intro-

invites us into her world of profound insight and personal growth in an exclusive interview with Reader's House magazine.

With a background rich in diverse experiences, Naimark's journey is a tapestry woven with threads of psychology, nursing, counseling, and spiritual exploration. Her relentless pursuit of holistic wellness, blending the realms of body, mind, emotions, and spirit, has shaped her into a beacon of wisdom and compassion in the realm of psychotherapy.

From her early years as a skeptic to her transformation into a fervent advocate of spirituality, Naimark's story is one of evolution and enlightenment.

She shares pivotal moments that reshaped her worldview, igniting a quest for spiritual understanding

that continues to unfold with each passing day.

Integral to Naimark's approach is the seamless integration of spirituality into her therapeutic practice. Recognizing the profound yearning for spiritual fulfillment among her clients, she emphasizes the importance of addressing the spiritual dimension alongside the psychological and emotional realms.

In this enlightening conversation, Naimark offers sage advice to those embarking on their own journey of self-discovery and spiritual exploration. She champions the uniqueness of individual paths, urging readers to heed the whispers of their hearts and find solace in communities of like-minded souls.

Central to Naimark's philosophy is the notion of self-love as a

catalyst for spiritual growth and fulfillment. Through introspection, healing, and nurturing, she believes that one can cultivate a profound sense of self-compassion and acceptance, laying the foundation for spiritual awakening.

Balancing the multifaceted aspects of life – mental, emotional, physical, and spiritual – Naimark exemplifies the art of harmonizing the diverse facets of existence. From daily rituals of gratitude to immersive experiences in nature, she shares practices that have been instrumental in her own spiritual journey.

As readers delve into Naimark's illuminating book, *A Touch of Light*, they are invited to embark on a transformative odyssey of self-discovery and empowerment. With each page, she encourages readers

to embrace their individuality, honour their unique paths, and seek out the sources of joy, peace, and fulfilment that resonate deep within their souls.

In a world where spiritual awakening is both a personal quest and a collective endeavour, Ann Naimark emerges as a guiding light, offering insights and inspiration to all who seek to illuminate their path toward spiritual enlightenment.

What inspired you to write *A Touch of Light* and share your spiritual journey with readers?

When I was 30 years old, my dad (a prolific writer) suggested I write the story of my life. I listened, but couldn't imagine why anyone would want to read it?

Many years later I was having lunch in San Francisco with Ron, a 40-year friend. He wanted to write his life story. I recalled my dad's words. I had been feeling urges to do that too. As we talked, it felt like the shape of our books began to form. We agreed to support each other using his nun-teacher's advice, "If you want to write just AIC – get your ass in the chair!" So we began, checking in with each other- "have you AIC?"

Can you describe a pivotal moment in your life that significantly influenced your perspective on spirituality?

I was raised an atheist. At 15 years old, one afternoon I was sitting outside in our backyard. A question appeared within, "Did my parents know all there was to know about spirituality?" I wanted to know. After college I began to explore different versions of spirituality.

How do you integrate spirituality into your work as a psychotherapist?

In my psychotherapy practice, I discovered that many clients wanted to talk about their spirituality. To meet their needs, I began asking

them about the subject. I had felt from my 20's that we are physical, mental, emotional and spiritual and that we need to attend to all these parts in order to balance and become more whole as a person. I embraced this addition!

Now I ask as a matter of course. Many of my clients come work with me because I lead meditations and know meditative tools. Sometimes they want me to do that work with them.

What advice would you give to someone who is just beginning their journey of self-discovery and spiritual exploration?

Tune into what makes your heart sing! What do you love? Nature? Church? Singing? Praying? Yoga?

Be in community with like-minded folks who will support you and you, them. Explore. Read on spiritual subjects that interest you. Meditate with different groups to see how it feels to you. This is your journey, and it must fit your nature, your inclinations. It may change along the way. No matter. Go with your own flow. Tune into your feelings – does it feel right?

One way I know that something is good for me is when I get a calm feeling. Does the experience meet an emotional, mental, spiritual need?

In your experience, what role does self-love play in achieving spiritual fulfillment?

Self-love grows as you get to know yourself; you release your wound pain; you give yourself the benefit of the doubt. We all have some kind of emotional, mental, spiritual and/or physical pain.

This pain is there for a reason. It isn't because we are less than or flawed as a human in some way. I have found that all negative opinions, beliefs we have about ourselves, comes from some painful experience we've had, that we weren't helped to heal from. We carry

these ideas, sometimes for years. Working with your inner child and helping that part of your psyche get what you needed those many years ago helps to grow compassion for yourself; helps self-love grow.

To me all of us is spiritual. When we attend to all aspects of ourselves we grow in self-love. When we find the spiritual focus that nurtures us and helps us to feel love from spiritual Sources, self-love grows even more.

My experience has been that when we hang out in Spiritual energy (to me, Source, Pure Love energy) we are automatically being cleaned up, like taking a shower or bath in Light. And the negative ideas, beliefs, etc. about ourselves begin to loosen up and release.

How do you balance the different aspects of your life—mental, emotional, physical, and spiritual?

I love to balance all of me. Waking up and being grateful for the day. Relating to nature – the trees, flowers, birds, animals. Talking to them and being grateful for them. Eating healthy for my body. Finding doctors that are on the same wavelength as I am. Exercising every day. Surrounding myself with people I love. Meditating every day.

I lead meditations and the people who come to those meditations nurture me.

All the above helps when I get thrown off course; when fear comes up. Talking to close friends I trust. Going to acupuncture, a chiropractor, getting a massage. Hearing live music or seeing a show. Anything that gives me breaks from the routine of life that is fun for me.

Could you share some of the most impactful practices or techniques that have helped you on your spiritual journey?

EMDR (eye movement desensitization and restructuring) is very

helpful. I've done it personally and I use it a lot with clients. Tapping (EFT) helps to balance all parts of us and release stress.

Hatha Yoga was one of the first techniques I learned in my 20's. I loved the deep relaxation at the conclusion of the practice where you are focused on your body and paying attention to every part; getting to know how each part feels.

What do you hope readers will take away from *A Touch of Light* after reading your book?

My goal for *A Touch of Light* is to encourage readers to pursue their own life path their own way. We are all different. We're drawn to different spiritual styles. What works for one won't work for another. Find what helps YOU emotionally, spiritually, mentally and physically. I am not a marathon runner, but some people love it and gets them into a meditative state where they feel joy and lightness. It feeds them. What feeds you and brings you joy, peace, freedom, balance, love?

spection. Ann Naimark, a seasoned psychotherapist and spiritual guide,