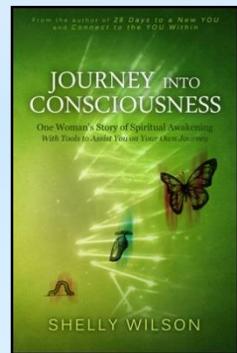




FOR IMMEDIATE RELEASE

Bluebird House Publications Contact:

Shelly Wilson
918-782-4778
shelly@shellyrwilson.com



New Release: *Journey into Consciousness*

Vinita, OK—December 1, 2013—Bluebird House Publications is pleased to announce that author **Shelly Wilson** has released her third book, *Journey into Consciousness*.

Journey into Consciousness may revolve around Shelly's story, but within each one of us is a story that is being written each and every day. We are constantly writing the story of our lives based on *choices* – whether we make these choices ourselves or they are made for us. The directions those choices take us form the foundation for our learning, spiritual growth, and even our happiness. As we become more aware and mindful of our own personal power, we are better able to make conscious choices, and give ourselves permission to take control of our destiny instead of leaving it up to fate.

"Shelly is a remarkable and gifted woman whose passion in life is to help others understand more about what faces us on our journey, about our loved ones on the other side and also the growth that we have to go through in this physical life that we live. She is a blessing to many." ~ **Lisa Williams**, International Psychic Medium and Teacher, author of *Life Among the Dead* and *The Survival of the Soul*

"Shelly has an amazing talent that she shares that takes you on a journey into consciousness. Her gifts and abilities help empower your soul to a new and higher level of spiritual insight. She is truly an angel among us." ~ **Nikki Pattillo**, author of *Children of the Stars: Advice for Parents and Star Children* and *A Spiritual Evolution*

Psychic Medium and Reiki Master Shelly Wilson, a resident of Vinita, OK, studied with world-renown psychic mediums Lisa Williams, James Van Praagh, John Holland and Tony Stockwell and is the author of three books (*28 Days to a New You; Connect to the You Within*; and *Journey into Consciousness*). For more information about Shelly Wilson, her books, workshops, and readings, please visit her website at www.ShellyRWilson.com.

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Language: English

ISBN-13: 978-0615932217

Paperback: 304 pages

Price: \$14.95

Intuitive Medium ~ Reiki Master ~ Spiritual Growth Coach ~ Author



Shelly Wilson



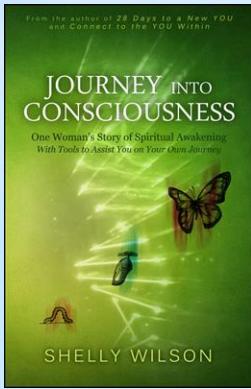
Shelly Wilson is an author, intuitive medium and conscious creator who is passionate about helping people wake up to their greatness. She supports others as they navigate their own journey into consciousness to experience aliveness. She offers private readings, intuitive coaching, small business coaching, Reiki sessions, and teaches workshops. Shelly's books, *28 Days to a New YOU*, *Connect to the YOU Within* and *Journey into Consciousness*, are available in paperback and eBook. She is the host of *Incomparably Comparable with Shelly Wilson* on VividLife.me Radio.

ShellyRWilson.com
Journey-into-Consciousness.com
Facebook.com/IntuitiveMediumShelly
[@ShellyRWilsonRM](https://twitter.com/ShellyRWilsonRM)



Book layout and cover design by Lloyd Matthew Thompson of StarfieldPress.com

28 Days to a New YOU, *Connect to the YOU Within* and *Journey into Consciousness* available in paperback and eBook.



Journey into Consciousness

One Woman's Story of Spiritual Awakening with Tools to Assist You on Your Own Journey

By Shelly Wilson

Why Shelly wrote *Journey into Consciousness*

- 1) To assist in bringing an understanding of one's life experiences and the consequences of choices made *without* blaming others
- 2) To learn to heal from the past through forgiveness and shifting perception
- 3) To allow ourselves to realize our full potential through empowerment and love

*"Shelly is a remarkable and gifted woman whose passion in life is to help others understand more about what faces us on our journey, about our loved ones on the other side and also the growth that we have to go through in this physical life that we live. She is a blessing to many." ~ Lisa Williams, International Psychic Medium and Teacher, author of *Life Among the Dead* and *The Survival of the Soul**

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*"At its core, *Journey into Consciousness* is a moving personal story of spiritual growth that will no doubt inspire all who read it to follow Shelly's lead and create better lives for themselves. The 'so much more' is that Shelly doesn't just tell her story: Interspersed within this heart-opening, life-changing story are revelations, quotes, affirmations, and meditations that give "we seekers of a better life" important make-sense tools that we can use to formulate our own plan of action and take control of our destiny. Whether you are just now putting your first foot forward, or you are already firmly on the path of spiritual growth, this book will facilitate your personal journey into consciousness." ~ Sherri Cortland, ND, Spiritual Growth Expeditor and Author of *Windows of Opportunity, Raising our Vibrations for the New Age*, and *Spiritual Toolbox**



Email:
Shelly@ShellyRWilson.com
Website:
ShellyRWilson.com
Facebook:
[/IntuitiveMediumShelly](http://IntuitiveMediumShelly)
Twitter:
@ShellyRWilsonRM

Intuitive Medium, Reiki Master and Spiritual Growth Coach Shelly Wilson would love to assist you on your spiritual journey. With respect, truth, integrity and love, Shelly honors your free will and recognizes that you are co-creating your reality with the Universe.

Shelly is the author of *Journey into Consciousness, Connect to the YOU Within*, and *28 Days to a New YOU*.

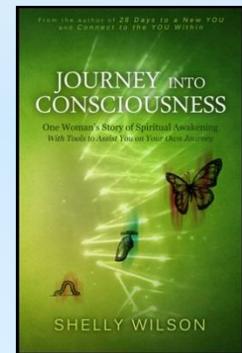
Bluebird House Publications; ISBN #:978-0615932217; 304 pages. \$14.95

36511 S 4450 Rd, Vinita, OK 74301; Phone: 918-782-4778

Contact: Shelly Wilson, 918-782-4778, ShellyRWilson.com



Reviews



❖ “To ascend even the tiniest step, we must look at ourselves openly and honestly – both our “Light” and our “Dark.” In *Journey into Consciousness*, Shelly has provided us with an outstanding illustration of just that. Within these pages, she has boldly exposed herself, offering herself as a living, here-and-now example to us all on just what it takes to... journey into consciousness. Yet, Shelly takes us even further than the story of her own journey; she continues on, suggesting tools and practices that may help shine light on our own unique paths!” ~ **Lloyd Matthew Thompson**, Author of *Lightworker: A Call to Authenticity* and *The Galaxy Healer’s Guide*

❖ “*Journey into Consciousness* is more than a concept of spiritual life – it is both a sharing of one woman’s experience through the lens of living out her sacred contract in this lifetime and a guide to doing the same in your own life. We are each given the energies, challenges, and gifts needed to assist us in carrying out the work we are here to accomplish.

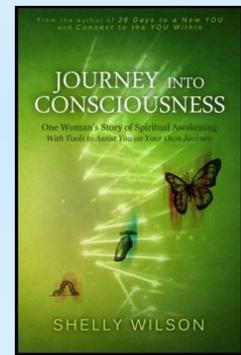
Shelly’s ability to see her life through the eye of a sacred contract no doubt shifted emotions, beliefs and sensations about who she is. The journey into consciousness is one of both healing and awakening. There is an element of each in Shelly’s story. As a spiritual teacher for our time, she goes on to share tools that are simple in nature, but mystical in their power to transform your life. Using her own life experience and the wisdom of her spirit, coupled with a regular spiritual practice, Shelly offers a new way of seeing yourself. There are powerful affirmations, meditations and suggestions for releasing points of stagnancy on your journey.

Journey into Consciousness is not only one woman’s story, but also a powerful tool to assist you in opening your heart, mind and spirit to all that is possible. Shelly is a powerhouse of positive vibrations, spiritual support and encouragement.

*Journey into Consciousness is an embodiment of the spiritual journey. As you read through it, allow yourself to feel into what is true for you. Quiet the mind and let your inner voice be your guide. Open yourself to the possibility that your life is so much more than you may have recognized up to this point. There is a sacredness to who you are and how you came to be in this place—at this exact moment, you are exactly where you are meant to be.” ~ **Jackie L. Robinson***



Reviews



- ❖ “Shelly has given a voice to her *Journey into Consciousness* as well as given her readers valuable tools to assist them on their own spiritual journey into consciousness. Shelly is truly a beautiful soul teacher and embodies this truth as quoted by Edward George Bulwer-Lytton, “The best teacher is the one who suggests rather than dogmatizes.” She inspires her reader with the wish to teach her/himself.” ~ **Anthony Hidalgo**

- ❖ “*Journey into Consciousness* is the fascinating story of Shelly Wilson’s journey into spiritual enlightenment. Shelly takes the reader on an emotional roller-coaster ride as she vividly recalls the momentous events in her life, beginning with her early childhood years. Shelly courageously bares her soul as she describes the sorrowful incidents that defined her life during a time when she concedes that she merely “existed.” It is easy to empathize with Shelly since most of us have experienced similar events in our own lives.

Shelly is a warrior – she never gives up – and this determination allowed her to expand her consciousness and spiritual awareness, so that she could start to “live” and not just “exist.” With a lot of hard work and persistence, she re-created herself into the happy and fulfilled spouse, mother, and intuitive medium she is today. And the good news for all of us is that we can learn much from Shelly’s journey as we strive to reshape our own lives for the better.

Journey into Consciousness is not just a great read; it is also a road map for all of us to follow as it describes many of the practical tools that Shelly used to achieve her remarkable transformation. I found this book to be comforting and inspiring, and I know that everyone who reads it will be energized to cast aside their negative emotions and embrace love and compassion for everyone.”

~ **Garnet Schulhauser**, Author of *Dancing on a Stamp*

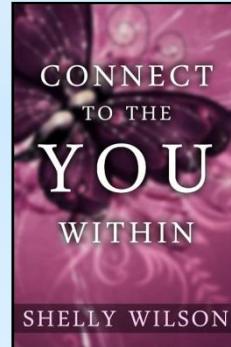


Bluebird House Publications Contact:

Shelly Wilson

918-782-4778

shelly@shellyrwilson.com



Connect to the YOU Within

Connect to the YOU Within is a spiritual self-discovery book pertaining to all aspects of mind, body and Spirit and has been written to assist individuals in recognizing that their soul is already awake. Their mind and physical body simply need to connect with the knowingness of their soul – the YOU within.

As an Intuitive Medium, Reiki Master and Spiritual Growth Coach, Shelly's personal mission is to assist others on their own journey into consciousness while encouraging them to live an authentic life through awareness and empowerment. Coming from a place of respect, truth, integrity and love, she honors your free will and recognizes that you are co-creating your reality with the Universe. Her intention is to bring understanding, help you to heal from the past and realize your full potential.

Psychic Medium and Reiki Master Shelly Wilson, a resident of Vinita, OK, studied with world-renown psychic mediums Lisa Williams, James Van Praagh, John Holland and Tony Stockwell and is the author of three books (*28 Days to a New You*; *Connect to the You Within*; and *Journey into Consciousness*). For more information about Shelly Wilson, her books, workshops, and readings, please visit her website at www.ShellyRWilson.com.

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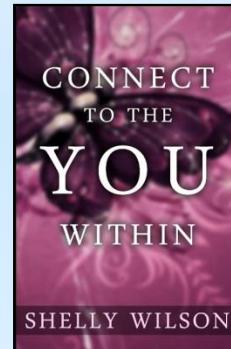
ISBN-13: 978-0615806389

Paperback: 144 pages

Price: \$11.95



Reviews



- ❖ “If you want anything outside yourself to be different, look first inside yourself. In **Connect to the YOU Within**, Shelly does a magnificent job of guiding us toward this habit in a smooth and logical manner that is as gentle as it is humbling.”
~ **Lloyd Matthew Thompson**, Author of *The Galaxy Healer’s Guide* and *The Energy Anthology* chakra series
- ❖ “With loving insight and gentle, yet firm, guidance, Shelly fills each chapter with personal experiences, practical wisdom and even meditations, journaling exercises, affirmations and “uplifts” that are sure to have you feeling more empowered and more connected to that inner light you may have been ignoring. Shelly helps you free that light and let it shine.” ~ **Marie D. Jones**, Bestselling author of *Destiny Vs. Choice: The Scientific and Spiritual Evidence Behind Fate and Free Will*
- ❖ “This is not a book you'll read leisurely and ponder taking action steps to change your life at some distant point in the future. This powerful book will immediately catapult you into meditations, journaling, affirmations and new insights that reconnect you to your higher self, your soul's mission, and your purpose here on earth.” ~ **Sue Frederick**, Intuitive and Bestselling author of *I See Your Dream Job; I See Your Soul Mate & Bridges to Heaven: True Stories of Loved Ones on the Other Side*
- ❖ “In a world of outer authorities aplenty, Shelly Wilson invites us to open the door to our own hearts, our own wisdom – our teacher-within. However, she doesn't just drop us off at the train station; she sits alongside us guiding us ever inward through meditation, affirmation, journaling, inspiration, and most of all, her loving presence.” ~ **David Bedrick, J.D., Dipl. PW**, Author of *Talking Back to Dr. Phil: Alternatives to Mainstream Psychology*

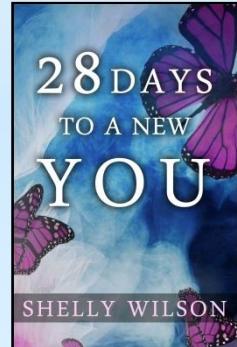


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Shelly Wilson

918-782-4778

shelly@shellyrwilson.com



28 Days to a New YOU

28 Days to a New YOU is a spiritual self-discovery book pertaining to all aspects of mind, body and Spirit. There is a belief that it takes 21 days to change a habit. This is an average assessment as some individuals may take longer to modify what they wish to change; whereas some people can do so very quickly.

As an Intuitive Medium, Reiki Master and Spiritual Growth Coach, Shelly's personal mission is to assist others on their own journey into consciousness while encouraging them to live an authentic life through awareness and empowerment. Coming from a place of respect, truth, integrity and love, she honors your free will and recognizes that you are co-creating your reality with the Universe. Her intention is to bring understanding, help you to heal from the past and realize your full potential.

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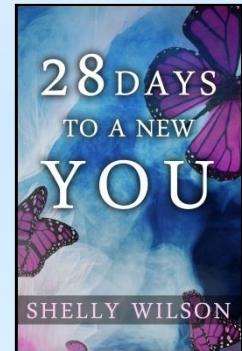
ISBN-13: 978-0615793405

Paperback: 162 pages

Price: \$11.95



Reviews



- ❖ "...Change is what is called for in order to grow, and change means letting go of something else, such as old ways of thinking and acting. This takes effort and work. So you want a new you? You would not be holding this book if some level of your being did not!...Open your Heart. Examine your Soul. Choose who you wish to be. No one but you can do this for you." ~ **Lloyd Matthew Thompson**, Author of *The Galaxy Healer's Guide*, and *The Energy Anthology* chakra series
- ❖ "If truly understanding yourself, loving yourself, and living an authentic life are on your to-do list, then you are synchronistically in exactly the right place: start investing in yourself right now by turning to page one of this enlightening and insightful book." ~ **Sherri Cortland, ND**, Spiritual Growth Expeditor and Author of *Windows of Opportunity*, *Raising our Vibrations for the New Age*, and *Spiritual Toolbox*
- ❖ "Shelly's book is chock full of deep wisdom and powerful exercises to assist you to shift your vibration. You are encouraged to use what resonates with you by tuning into your guidance. Get ready to... discover who you really are, fall in love with your True self, learn to trust yourself, and above all know that all is well." ~ **Jill Lebeau**, Co-Author of *Feng Shui Your Mind~Four Easy Steps to Rapidly Transform Your Life!*
- ❖ "28 Days to a New YOU is an informative, practical, and fun read that is your personal guide to transforming every aspect of your life. This book is an absolute must read for those who are looking to empower themselves to change their reality." ~ **Larry Flaxman**, Bestselling Author of *11:11 - The Time Prompt Phenomenon: The Meaning Behind Mysterious Signs, Sequences and Synchronicities*