



ANNOUNCING THE PUBLICATION OF:
THE MEANING OF THREE: THE MASK

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IF YOU'VE READ *A NEW EARTH* BY TOLLE, OR *THE SECRET* BY BYRNE AND FOUND THE MESSAGES IN THEM TO BE VALUABLE, THEN *THE MEANING OF THREE: THE MASK* IS A MUST READ!

- **Tolle** presents the need to reconnect with the EXPANSIVE power of SPIRIT within
- **Byrne** addresses the need to understand the CREATIVE power of the MIND...
And...
- **Sela-Smith** focuses on the EXPRESSIVE power of the BODY, thus completing the mind/body/spirit triangle of our wholeness.

THE MASK EXPLAINS WHY WE HAVE TROUBLE ACCESSING THE FULL POWER OF BODY MIND AND SPIRIT—EVEN WHEN WE KNOW THE TRUTHS TOLD TO US BY THESE OTHER AUTHORS—THEN REVEALS HOW WE CAN RECONNECT WITH OUR TRUE SELVES AND THE POWERFUL WHOLENESS UNDER THE MASK.

- Early unresolved emotional, psychological, and physical trauma cause us to separate from ourselves and put on masks of protection to keep us from feeling the pain of the trauma.
- The patterns represented in the mask separate us from experiencing our wholeness and prevent the body from developing into the powerful potential it was intended to express.
- Without understanding why we live with pain and without flow or why difficulties keep reappearing like toxic waste leaching into our lives, we continue to replicate the patterns caused by separation as we live with the false belief in masked protection.
- We remain separated from our true selves despite all that we might have learned about the power of who we are and all we have discovered about the profound things we can do.
- To become the powerful, whole being we were born to be, we must choose to remove the mask, face the pain, and reconnect with the part of ourselves with whom we have been separated.
- Not only will we benefit; but also, the world will greatly benefit, when we face the inner pain, remove *The Mask*, and reconnect with our authentic self, finally, to become whole.

THESE TALKING POINTS ARE NOT NEW. BUT WHAT IS NEW IS HOW SELA-SMITH TELLS THE STORY OF THE WOUNDING, THE MASKING, AND THE UNMASKING OF US ALL BY USING THE SOUL-GRIPPING REALITY OF HER MOST UNUSUAL LIFE, AT TIMES THAT READS MORE LIKE A NOVEL THAN AN AUTOBIOGRAPHY.

- She uses her own journey into painfully disturbing memories of childhood that created her mask and formed deeply rooted patterns, and of a 23-year marriage to her **soul mate** that despite its ending, continued to imprison her for years, to give readers real examples of how unresolved past issues can create contracts that keep them from living their own lives.

- She embraces the **complexities of relationship**, as well as the pain of **eating disorders** and **unhealthy weight** by explaining what her journey taught her about protections and **addictions**, which are a part of the masks we wear. She, also, reveals **issues of the heart** that we all face, and how unresolved emotional pain can lead to physical illness.
- She has written *The Mask* in a way that allows us to find our own issues, to discover our **path of healing**, and to take the leap into the depths of our self to remove *The Mask* that is destroying the connection to our authentic self and life, whether we will admit it or not.
- She includes what most autobiographies do not include:
 - The significance of working with **dreams** to bring deep level healing
 - The experience of healing from our past, from **past lives** and **past life contracts**
 - The entry into **the dark side** and what we try to hide from others, as well as from ourselves, attempting to bury it all behind the mask
 - The internal processing that leads us out of the darkness and into the **true self**
 - The **amazing powers** we possess when we live from our true self...
 - And much more

Dr. Sandy contents that far too many of us come to the end of our lives never knowing we are not *The Mask* we wore, nor were we what we tried to hide **behind the mask**—hiding what we feared others, as well ourselves, might see. Too often, the essence of our magnificence flows silently as an untapped current, deeply buried and unavailable to us throughout our lifetime.

The Meaning of Three: The Mask offers a pathway and provides hope for you, the reader, so that you won't have to come to the end of your life without finding your true self **under the mask**.

AFTER READING THIS BOOK, YOU WILL NEVER AGAIN LOOK AT YOURSELF... OR YOUR LIFE...THE SAME AS YOU DID BEFORE.

Contact Information:

- To purchase a copy of her book: <http://www.53251.authorworld.com>
- To browse through her web site: <http://www.infiniteconnections.us>
- To arrange an interview with Dr. Sandy or to discuss conducting workshops directed toward the discovery of the true self: sselasmith@aol.com
- To seek individual consultations in person/by phone: 303-838-2329/727-744-4976

Dr. Sandy Sela-Smith is a licensed Mental Health Counselor in Florida and Washington State, (FL MH 6984, WA LH 00010277) and a licensed professional Counselor in Colorado (#5184); she is a part time faculty member of two graduate schools in psychology and author of *E Pluribus Unum: Out of Many...One*. She has, also, produced relaxation CDs, available on her web site.