

Foreword ONE by Russell Henley

*In Praise of **Seeds of a Lifetime***

by Dr. Carol P Vaccariello, Pilgrim

The spiritual journey through life is often confusing, if even recognizable, during the course of our busy lives. But when we become enlightened to our paths, whether we choose them or they are chosen for us, we may spiritually grow in understanding and richness of that life. Many of us find ourselves wandering aimlessly in search of our own truths and meanings. The journey through life is hard. Finding our way would be much easier with a mentor and guide. To that end Dr. Vaccariello selflessly offers her personal experiences to aid fellow pilgrims.

In *Seeds of a Lifetime* the pilgrim reader will be taken along a deeply meaningful, personal spiritual journey. Each story and poem strike to the core of existence as Vaccariello, as a pilgrim, actively searches deeper into the rich light and depths of mind, body, and spirit. Venture with her through dreams, visions, angelic encounters, and past-life flashbacks. Walk with her through ancient monasteries and modern churches, temples, and chancels, and on underworld treks as she serves and teaches those in search of meaning and peace. Dr. Vaccariello holds nothing back as she relates the wisdom, she has gained from her world travels and personal experiences. Nowhere will a seeker find a more loving and caring guide.

I have been blessed by *Seeds of a Lifetime*. I hope that you choose to follow the path Dr. Vaccariello has trod in order to find your own.

God Bless,
Russell Henley
The Writer's Life, Author's Group
Founder and Co-Organizer

Foreword TWO -- F. Christopher Reynolds, M.Ed.

*In Praise of **Seeds of a Lifetime***

by Dr. Carol P Vaccariello, Pilgrim

Carol Polizzi Vaccariello is a true cultural treasure here in Ohio. Her stories in *Seeds of a Lifetime* are an invitation into an authentic elder's soul-spaciousness and generosity.

Find here embodied sacred experiences of relationships with the planet, Ancestors, Animal Spirit Guides, dreaming, waking and shamanic journeys, ritual and healing spaces, and more.

The ethnoautobiographical through-line is her relationship with her Angel.

She is an initiate of the storms and beauty of human beings. It is an honor to welcome you to this harvest feast for mind, body, and spirit as you walk alongside her.

May her long-cultivated wisdom encourage you to remember that the seat of the divine is within and all around you, past, present, and future.

-- F. Christopher Reynolds, M.Ed.

-- www.urrealist.com

AFTERWORD
By Rev. Dr. Carl P. Wallace

The art of storytelling is a great gift from The Divine. Dr. Carol Vaccariello (Carol) is truly a great gift.

We graciously acknowledge that this gift has opened up seeds from which unbelievable encounters may arise. This *Seeds of a Lifetime* will no doubt open up encounters that will be life changing if we plant them with love.

This love journey of her stories in the independent ten chapters, will strengthen your personal relationship with spirit. As she clearly stated: "You have the potential to invite and open to learning about your personal Spirit-Council, who is there for the asking!"

All we need do is ask. Each and every one that has read this book must know it is not by coincidence but part of the Divine plan. I pray you find yourself in each of the stories. This masterful storyteller has given us the opportunity to not only ask but also to claim.

I respectfully claim with you (we touch and agree) that Dr. Carol Vaccariello's *Seeds of a Lifetime* will allow your own stories to be planted in fertile ground of mind, body, and spirit!

Enjoy the harvests of your life. You have a story to tell. Carol and her Spirit-Council have paved the way.

Rev. Dr. Carl P. Wallace
"Friend of the master storyteller"