

Foreword



I was twelve years old when my mom and I met Helena and Wendy. The opera singer who lived upstairs from us in our DC apartment building introduced us. I'll never forget it.

Helena and Wendy were fun and interesting. Immediately we all became fast friends. In fact, my mother and I had so many things in common with both of them, we were surprised we had not met before. We were all looking for a change; we were all trying to let go of our pasts. For me, my father Sean had died when I was eight and I was still devastated. My mom had been trying to contact his spirit since then, which was a lot more work than she had anticipated. She always told me that she and my dad had spent many lifetimes together and that we would always be in contact with him somehow. I didn't know just what that "somehow" meant.

Through our individual quests to find strength within ourselves we ended up finding it in each other. Helena and

Wendy were on the brink of adulthood. My mom, who was 32 years my dad's junior, was trying to start a new life, which included working with spirit guides, Sister Kenny and Maude Gonne, to try and contact my father. She wanted desperately to communicate with him. As it turned out, Helena and Wendy had been given a Ouija board only one month before and had already developed their talent for channeling a pair of British brothers named Rytes and Five, much to the dismay of their religious parents. Their natural ability to work the Ouija board caused their parents to worry, and it was suggested that they seek professional help. There was even talk of an exorcism. This created a deep longing on their part for guidance and a support system. My mom provided a beautiful, artistic dwelling in the middle of a cosmopolitan city where the young mediums could escape their conservative religious upbringings and develop their talents.

Helena and Wendy would come over, and we would have delicious meals by candlelight, listening to my mom tell stories about Sean and me. They were enthralled by the tales of this dapper gentleman who had given up his life as a government assassin and spy to marry an eighteen-year old California beauty and have a daughter together. I think they learned to love Sean even though they had never met him in the flesh. I thought they were the best friends my mom could ever have, and I immediately wanted to spend more time with all of them. At first, I did not know they were working with my mom on a spiritual project or that they were channeling my father, Sean. I understood soon enough though, as it was difficult to hide the laughter and occasional chanting behind the sliding kitchen door.

For the first two years we worked together channeling sessions, performing elaborate cleansing ceremonies including eating pizza and ice cream, wrapping ivy around windows, doors, and our heads, putting salt around the house, and sometimes even dancing down grocery store aisles. We all knew we had begun an important project that would change

our lives forever. We all felt that we were meant to come together. For the next twenty years we channeled this book.

Believe me, it was not all rainbows and kittens, it was a long road, but we all grew together. The days of wearing tin foil hats and burying the remnants of our ceremonies in the front yard are long gone, but the memory of how we have struggled to overcome our own fears of judgment and persecution are still very much close at hand. We watched ourselves develop as artists, musicians, poets, and dancers. Right before our eyes we began to mirror the characters that were in the book, but after twenty years it is easy to see the parallels.

To have committed so much of our lives to this project, and to see it as a completed manuscript, is a miracle in itself. The paper napkins we saved with early sessions and doodles evolved into computer files over the years. It is amazing we ever figured out what scenes went where, because the whole book was given to us in random chunks. Letter by letter the book was channeled, and luckily, Helena and Wendy were very open with the spirits that wrote this book. They easily channeled Sean as well as other friends. They said it was like a cosmic telephone. Of course, it took twenty years to finish, but that's because we were having so much fun doing it. We spent a lot of our sessions talking about our love lives, coincidences, dreams, and what the future would bring. We often channeled rhyming prose that always hinted at a future of feasting not famine, which we were all periodically on the brink of.

Now, Wendy can hear really well and we can transcribe over the phone instead of on the board, which is good because we all live thousands of miles apart. She says it's just like tuning into a radio station. There are a lot of fuzzy channels and then one will just pipe in really clearly. We started another book, too. It's called *January Peace*. It's about a war torn mining town surrounded by a Fairy forest.

I think everyone has experienced a synchronicity or a psychic connection with someone at some point in their life.

It's just a matter of focusing on that sensation and like any muscle, practicing and developing it as part of your daily activity. Whether it's through the meditation arts or the culinary arts, whether you choose to recite words that have spiritual connotations, or whether you choose to just eat cereal, the things you do define who you are. Being and doing are symbiotic. You are flesh but you are also soul. Your heart tells you so.

This book is the culmination of many years of hard work and dedication. All of our lives have been amazing and magical because of this project. I don't think any of us planned on becoming witches, but I don't think there is any other word for the way we live our lives. We are four strong women who feel connected to each other through our work and our spiritual beliefs. We had to learn to focus toward making this book. It really took a lot of commitment. As an added benefit we just happened to get along really well, too.

What we ask is that you read this book for yourself and then see what you think. Don't make up your mind about it until you have read the whole thing, and then pass it along to someone else to read. Maybe there is someone you know who needs a little modern day fairy tale to lift their mood. Maybe they just like witches and ghosts. Either way, you have the power to change your own life just by reading this book. I know it changed mine.

Sincerely,
Seana Carroll