



# WATKINS

## WATKINS BOOKS

19-21 Cecil Court, London WC2N 4EZ  
tel: (020) 7836 2182  
fax: (020) 7836 6700

## WATKINS ESOTERIC CENTRE

13-15 Cecil Court, London WC2N 4EZ  
tel: (020) 7379 4554  
fax: (020) 7836 6700

email: [service@watkinsbooks.com](mailto:service@watkinsbooks.com) • website: [www.watkinsbooks.com](http://www.watkinsbooks.com)

**Susan Phoenix**

Re: Out of the Shadows

18th August 2005

Dear Susan,

I would like to feature *Out of the Shadows* in *The Watkins Review*. I am therefore writing to find out if you would be interested in writing an article for us to help promote and sell the book through the Review. The article would need to be around 700-800 words in length. *The Watkins Review* goes out free of charge to around 20,000 customers worldwide and has a readership of over 50,000.

*The Watkins Review* is the magazine/catalogue of Watkins Books ("Britain's premier esoteric bookshop" - *The Independent*). Established in 1894, Watkins Books is probably the oldest and largest esoteric bookshop in Europe. *The Watkins Review* is the leading Mind, Body and Spirit magazine for new releases and titles in this field. It contains over fifty pages of new titles, reviews, articles and features from top authors in the Mind, Body, Spirit field. It goes out free of charge three times a year to over 20,000 loyal customers in the United Kingdom, Europe and throughout the rest of the world.

Previous contributors include: **Dan Millman, Doreen Virtue, Ken Wilber, Louise L. Hay, Colin Wilson, Dr Wayne W. Dyer, Richard Bach, Caroline Myss, Robert Anton Wilson, Susan Jeffers, Coleman Barks, Marion Woodman, John Matthews, Laurence Gardner, Marianne Williamson and Eckhart Tolle.** We would include the books price and details, and feature a full-colour cover of the book alongside the article. Please let me know if you would like to go ahead with the article.

Yours sincerely,

**Stephen Gawtry**

Editor, *The Watkins Review*

Please reply to: **Watkins Books, 19 Cecil Court, London WC2N 4EZ.** Or fax me on: 020 7836 6700 (F.A.O. Stephen). You can also contact me by e-mail at: [service@watkinsbooks.com](mailto:service@watkinsbooks.com)

## Out of the Shadows – A Journey Back from Grief by Susan Phoenix

*When Susan's beloved husband Ian was killed in a helicopter accident in June 1994, she faced overwhelming despair. Then her parents died just months later. But Susan had two children, a fighter's spirit and was on a mission to testify to the important work Ian had done in the struggle to bring peace to Northern Ireland. She thought she could recover, but three years later she realised she was still in terrible pain. Gradually, though, Susan came to understand through the power of her angel guides and with help from clairvoyants that Ian was indeed, as she had suspected, still very much a real part of her life. This is a unique testimony of the inspirational help available to all of us from the spirit world. Susan tells the story of her journey back from grief with warmth, humour, candour and faith, to inspire us all.*

*Out of the Shadows* describes the pain felt when I lost my husband and both parents in the space of 6 months in 1994 and my son also, almost died in a car crash. It is a journey of recovery without drugs (apart from good wine of course!) shared to give hope to others suffering the same grief.

It began with the death of my soul mate of 28 years in a helicopter crash on the Mull of Kintyre in Scotland.

The mystery of the crash continues to this day.

For me, however, the mystery of why one body was not badly burned in the same way as most of the other passengers was to become a beautiful sign of comfort in later years...

You see the PHOENIX really did rise from the ashes - and Ian Phoenix's body survived to give us comfort. His heart had also flown out, as if it were trying to come home to us. Such signs became important to me as I looked for reasons to personally survive.

The enigma of my husband's death began a series of events that changed many people's lives – not just for my children and myself.

I initially wrote his life story that became a very controversial best seller in 1996. But after 3 years my job for him was done and I became seriously depressed.

I was living in a new home in France, using a new language, with many new friends who had not known me in my old life. I thought that I had the pain under control. My children were in new careers with new loves and I was my own independent woman. Friends felt that my world should have been perfect!

I started to burst into tears in the middle of an ordinary conversation. What had I done wrong? I had been busy reassuring everyone that I was doing well and forgotten to look inside myself. People want to be reassured. They do not want to cope with the tears or pain of another – friends prefer you to smile and act the part of “getting better”.

Most medical doctors offer tranquillising drugs or sleep sedatives for such pain. I state that they **do not work - anti-depressants are not like anti-biotics**. They only temporarily suppress - they do not cure. I refused the well-meaning help from the doctors, as I felt in my heart that there had to be a better way.

I discovered that the soul does continue after death. We cannot kill ourselves - we need to keep going until we get it right. How do I know? My dead husband came back to tell me. He and I had made a pact that if either of us died before the other, then we would try to let the other know. This he did about 10 hours after his death, although it took several years for me to realise what a comfort it had been.

He died at 6pm. At about 4am, I suddenly had this wonderful feeling all over me like electricity tingling at the ends of my fingers and toes. There was a silly smile on my face. I felt warm and very happy. “This can't be right”, I said to myself. “My husband is dead. I should not feel like this!”

When I asked my children how they had slept the next day, my daughter described feeling just like me at the same time. My son replied, "I slept, but you know that Dad knows I never wake up for anything!"

When I related this story to other people I could see that they really thought grief was already sending me mad – so I obeyed the societal norms for a while and did not discuss it for several years.

Three years later, at my lowest ebb, I discovered the natural path to feeling peaceful. I tried aromatherapy oils, kinesiology, and reflexology to help ease my pains. I went on to research other ancient healing methods. Most importantly though, I felt energy from the Universe channelled by angels or positive spirits. I also felt and heard my husband's soul - from the voices of clairvoyants and eventually by accepting my own intuition.

I now know that bodies come and go, but souls continue. So we should listen to our inner selves, using that inner wisdom.

We ALL need to acknowledge ourselves as important contributions to this world - and accept that we may have to suffer on our journey. Feeling our pain helps us to use our own brain chemicals (our bodies are perfectly designed to produce all the comfort we need, if we allow them) - that's why we cry. This helps us to own our souls and to be in touch with the wider Universe.

My first letter from a reader was a great comfort to me. It said: "Your book has been an inspiration to me and it has made me start to look at life differently."

If this is what a few words can do, then I am very happy – and so is my dead husband. I have tried to give comfort with humour and sensitivity in an area that is often treated as taboo.

**Dr Susan Phoenix**

September, 2005

**OUT OF THE SHADOWS – A Journey Back from Grief** by Susan Phoenix, published by Hodder Mobius, £10.99 Paperback (236 pages).