

Author shares sacred wisdom in debut novel

BY SIMA SARRAF
CONTRIBUTING WRITER

Is the dream of a big house and lots of money what life is all about? Aliso Viejo resident Helga Schroder helps readers look beyond materialism, and dig deeper into the mind and soul in her debut novel "Sacred Wisdom."

Originally from Germany, Schroder's path that led her to this novel includes coming to the U.S. by herself at the age of 27 with only a single backpack, studying healing work at the San Diego School of Enlightenment Healing, and even studying with a Tibetan lama.

Schroder's novel is a journey of life that she hopes others will share. The book was written for those looking for inspiration in their lives or "anyone who wants to take a step beyond the ordinary."

Q: What is the book about?
A: "Sacred Wisdom" is a young man's journey to fulfill a promise he does not recall

Helga Schroder

Age: 51
Residence: Aliso Viejo
Favorite Book: "Sacred Wisdom"
Hobbies: Writing, being outdoors, swimming, animals
Pets: Two cats



but must fulfill.

It is a promise to help the Earth, the elderly and the children, different from his own goal of becoming successful in his career.

The book describes Lou's struggles in dealing with its challenge. In the book, you will meet a Brazilian padre, a Tibetan lama, and the Novemvirat. You will learn about divine law and inner peace and discover true love. It is an inspiring journey of the mind and soul.

Q: How long did it take to write?
A: It took about two years to

write the novel.

Q: Why did you write it? What was the inspiration for your book?

A: About seven years ago, I had a stirring dream. I woke up in the middle of the night, got out of bed, turned on the light, went into the kitchen and drank some water.

When I returned to bed, the dream continued. That's when it caught my attention. In the semi-darkness, I went in and out of the dream state taking notes.

When I awoke in the morning, I realized I had written 18

pages. That dream became the basis of "Sacred Wisdom."

Q: What was it like studying with a Tibetan lama?

A: You can feel his inner power, his radiance. These monks are very humble, unassuming and nonjudgmental, yet they have more insight, depth and compassion than any of us can fathom.

Being in the presence of a man who is that evolved spiritually gives me faith in humanity. It helps me realize that we, as people, have so much untapped potential, if we could just get our act together.

Q: Is the book self-published? If not, how hard was it to get the novel published?

A: I formed a publishing company, Suka Press.

Q: Where can people get more information about your book?

A: "Sacred Wisdom" has its own Web site at www.suka-press.com. It is also available through Amazon.

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