



Valerie's spiritual journey



Valerie with her two published books and a third on the way.

Photos by Dominica Sanda.

EVERYONE has mentors that guide them, but Valerie Barrow's mentors are out of this world. The Moss Vale resident is an experienced medium who has been guided by spiritual mentors to write and publish books. Valerie was contacted by ghostly guides when she was younger that prompted her to write about other divine worlds and her own spiritual insights. "It all started when a voice woke me at night, it felt like a voice was calling to me. The voice asked me to have paper and pen beside my bed so that if I was awakened, these spiritual mentors could teach me how to write and that's what they did," Valerie said. "They said that they would like me to write a book and that sort of freaked me out because I didn't think I had the ability to write a book or have it published. I had no idea where to start but I went ahead and did my best and they helped me."

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For Valerie, her involvement with spiritual beings really started when she had a near-death experience in her mid-30s. At that time, she was diagnosed with a skin disease that required a significant change in diet. The diet she was put on by her doctor lacked essential proteins that made her collapse. "I couldn't move or open my eyelids but I was conscious," she said. "I left the body and was aware of everything and I felt so free. I did ask God if I could stay on earth because I was worried about my children. The next thing I knew, I was awake again and from then on I knew that my real role was to integrate that other world I was

connecting to with what happens here on earth." Seven years after Valerie had this near-death experience, her mentors began calling her to learn about past lives and outer body experiences. She participated in a series of lessons from her guides that taught her all she knows about being a medium today. "I learnt quite a lot. It was like I was going to a university and it was a wonderful experience," she said. Through these spiritually guided lessons, Valerie has written and published two books named *The Book of Love* and *Alcheringa*. Her new book came about during a trip to Egypt, where Valerie was

asked by her mentors to write about her travels with her husband and the spiritual insight they gained on their journey. "It has taken me three years but I've done it," she said. "I got to the stage where I realised I couldn't financially publish it myself again. I told my mentors that they would have to find a publisher for me." "I happened to see one of the Society of Women's Writers newsletters open to a page with an advertisement for a publisher in Hong Kong who was accepting manuscripts. The company wrote to me and said they would like to publish it. The book has now gone to print and will be out in November or December and will be going all around the world." This is Valerie's third book and if it receives enough attention, will be translated into other languages like her other two books. For more information and to buy her books visit www.valeriebarrow.com.

• By Dominica Sanda