



Spirit Knows

Larrein Trudeau

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"Larrein Trudeau is a member of Victoria Monthly Meeting, a member of Ministry and Counsel, and a friend of mine. Since I met her four years ago, I have been impressed by her simple assertion that Spirit speaks to her -- tells her what she should do. If she does not hear His voice, she waits until she does. She has learned through hard experience what to do next -- she celebrates, and follows His directions. "I believe the answers to our pain stem directly from emotional injuries received as small children or even in the womb," she says in her introduction. "I unravel my life in these terms. . .My story is universal. I quashed my spirituality to deal with my pain." Her book, *Spirit Knows*, is the story of her journey, from an unhappy childhood, a confused and painful early adulthood, alcoholism, moving from place to place in northern B.C., to her present certainty. The story is touching. Her achievement is impressive. She has been helped along the way, and she has helped others, as a friend, as an Alcohol and Drug Counsellor, as a member of the Religious Society of Friends, and finally by writing this book." - *by Constance Mungall, of Canadian Friend Magazine*

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Contessa Watkins:

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