

# HELLO OTHER

## Book One – DISCOVERY

By S C Dinsdale

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*“Fear outs when the Truth is out of alignment, and  
opinions prevail.”*

- for J M Doe. 2018

**Based on historical events, this book is a work of fiction,  
because truth is a perspective. Personal details, such as  
names, age, gender, and circumstances of real people have  
been changed in order to maintain confidentiality.**

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# Introduction

Dear Reader,

This book is narrated by the main character, Jane Doe. Her story documents extraordinary moments in an ordinary life.

*Hello Other* is unapologetically candid, because Jane is a survivor. Some of you may at times find her experiences confronting, and aspects of Jane's story could trigger uncomfortable memories and negative emotions. I ask that you take positive action. Please seek the immediate support of a trusted listener, and if necessary arrange to talk with an experienced health professional.

*Hello Other* is a spiritual story, because Life is Spirit. Divisions between mind and body are arbitrary, as Jane soon discovers. Beyond discovery, the answers to life's big questions are revealed incrementally, as her destiny unfolds. Jane must reconcile her own soul progress, and the recognition of other souls and soulmates, with whom her journey is aligned.

Nature endows us with the experience of Life. Life allows us to exercise our free will, and in every given moment, we have the power to awaken, love, create, and share. Alternatively, we can exert our power to deny, hate, segregate, and destroy. Learning through experience, Jane steadily expands her own field of awareness, further developing her acuity for co-creation in her everyday life.

My hope is that Jane's story will inspire others who may not yet be at peace with the past, to take positive steps toward releasing unresolved trauma.

I do hope that you enjoy reading about Jane's endeavours as much as I am enjoying writing her story.

With Love and Gratitude,

S C Dinsdale.

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