

Radio, TV, and Reviews



Heidi Skarie has spoken on:

“Lights on with Nancy Lee” KCOL 600 AM News/Talk Radio
A one hour interview with Nancy Lee on August 5, 2000

Excerpts:

“It (*Red Willow's Quest*) is written so beautifully, so exquisitely and very, very entertaining, I might add, with so much inspiration and wisdom.

“It has a wonderful story on many levels from tribal custom to a love story... the spiritual wisdom is very profound. The way the painful experiences were expressed were truly deeply moving... With the losses she (*Red Willow*) went through in her life... it would have been easy for a regular person to have abandoned the quest, to give up.” -Nancy Lee

Radio for Change, Interview with Mike Flanagan, KWAB 1490 AM Radio in Boulder, CO
on August 23, 2000

NBC TV, Interviewer Todd, I Witness News, in Colorado Springs, CO on August 31, 2000,
Producer Chris Lightcap,

“Heartbeat on Health”, Interview with Gary Trexler, Independent Radio out of Boise,
Idaho and broad coast in Evansville, Indiana on October 9, 2000

Cable T.V. interview with Suzanne Coy, filmed in Minneapolis, to be broad
caste in January in Vancouver, B.C., 24 minute interview

Reviews

“In *Red willow's Quest* Heidi Skarie displays a talent for mystical and spiritual writing.... I
enjoyed *Red Willow's Quest* from beginning to end.”

By Kristen Woodruff ***The Bloomsbury Review*** July/August 2000

“Author Heidi Skarie possesses that rare power I find so inspiring in a writer, the power to
return to us the deepest, most authentic parts of ourselves.”

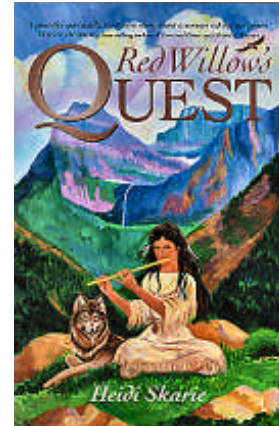
By Paul Baker, ***The Edge*** June, 2000

“The descriptive narration reads much like the passages of her diary, giving the reader an
intimate look inside *Red Willow's* mind, heart, and soul.”

By Chris Lashinski, ***Midwest Muse*** August 2000

Dear Media Professional:

Red Willow's Quest is a unique story because it is based on my own past life remembrances from a life time when I was Red Willow, a Shoshoni Indian maiden studying to be a medicine woman. The story is told from the intimate first person viewpoint and teaches us to live an adventurous life, following our dreams and heart, not letting any obstacles interfere with our inner guidance. Readers of *Mind, Body, and Spirit* books will be drawn to this book because of the spiritual insights Red Willow's gains on her spiritual journey.



**Red Willow's Quest
By Heidi Skarie**

272 pages, 5 1/4" X 8", Trade paper back
1888604107, \$14.95 Retail
SunShine Press Pub., Inc., 1-303-772-3556

Description

Action, romance and adventure set the tone for this uplifting story about a Native American maiden, Red Willow who sets out on a quest into the rugged Rocky Mountains on her spiritual journey to become a medicine woman.

Retail Availability

Red Willow's Quest is available through your favorite bookstores and popular online resources.

About the Author

I am a writer and storyteller who has taught classes and workshops on writing and spoken on television and radio. I graduated with highest honors from the University of Wisconsin with a major in education and minor in fine arts. I did graduate work at St. Thomas, Minnesota in education and studied art at the Minnetonka Art Center.

Enclosed you will find a press kit with a news release, title information, author photo, and other interesting facts. Please contact me at the number below for a complimentary review copy and to schedule an interview .



I feel that the way in which this book was written will fascinate people and encourage them to look into how they might research their own past lives to gain insights into how these lives affect them today.

Best Regards,

Heidi Skarie, *Blue Star Visions*

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Email: info@bluestarvisions.com
Web page: bluestarvisions.com

Author:

Heidi Skarie (pronounced "scary")

Red Willow's Quest

Sunshine Press Publications, Trade paper back
Available at your favorite bookstore and popular online resources

Book Description

This is a historical fiction/spiritual fiction book about a Native American woman on a spiritual quest to become a medicine Woman set in the Rocky Mountains in 1807.



Author Background

Heidi Skarie is a writer and storyteller who has taught classes and workshops on writing and spoken on television and radio. She graduated with highest honors from the University of Wisconsin with a major in education and minor in fine arts. She did graduate work at St. Thomas, Minnesota in education and studied art at the Minnetonka Art Center. She has studied in the Mind, Body, Spirit field for 28 years and is a clergy member.

SAMPLE INTERVIEW QUESTIONS

1. What is the significance of the word quest in your book *Red Willow's Quest*?
2. *Red Willow's Quest* is based on your past life. What is the story behind writing it?
3. What did you learn about yourself from writing *Red Willow's Quest*?
4. Do you have any tips for helping others learn about their past lives?
5. How does remembering a past life help you with your current life?
6. Animals are a big part of the story. Can you tell us about some of the significant animals in the story?
7. Why is *Red Willow's Quest* a good book for teenagers and young adults especially women?
8. What kind of background do you have in the mind, body and spirit field?
9. How would our audience purchase a copy of *Red Willow's Quest*?
10. Are you working on any other books?



Red Willow's Quest

by Heidi Skarie

Sunshine Press Publications, Inc.,
ISBN 1888604107
Trade paperback, 272 pages, \$14.95

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1. What is the significance of the word quest in the title *Red Willow's Quest*?

Red Willow's story is a parable that inspires each of us to have the courage to follow our dreams and inner guidance, and to discover our special purpose or quest in life. The story inspires and compels the reader to partake of life's opportunities.

2. What is the purpose for writing your book?

I wrote Red Willow's Quest as part of my process of learning about myself. I had started writing it as a fiction story. I was well into it when I realized the culture was like the Plains Indians. I was wondering if I should change the story from fantasy to Native American when I received a manuscript in the mail from a friend. The story was about a woman who remembers her past life as a Native American. I had read one page and then went out to get the mail. One the way to the mailbox I found a hawk feather standing up in the yard. The next day I found another hawk feather and the third day I found a third one. To the Native American's the cry of a hawk means clear spiritual vision. I took this to mean I should write the story as a Native American story. As I continued writing I realized that I was writing about my own past life. I knew what the clothing looked like, what the culture was like, and that it was a nomadic tribe living in the Rocky Mountains.

3. How did you figure out what tribe you belonged to?

I started doing research on all the tribes that lived in the Rocky Mountains until I found one was like the one I remembered. In the story I travel with a warrior from another tribe. When I was writing the story as a fantasy I had called his tribe Kootenai. I when doing research for the story I traveled to the Rocky Mountains and bought a children's book for my kids. When I got back in the car and turned over the book I saw that is was abut a little girl who was from the Kootenai tribe. I had never heard of the Kootenai Indians. I took this as another sign that I was writing about a past life.

4. Why is it beneficial to remember a past life?

We gain a deeper understanding of who we are in this life. We may have a fear of heights based on an experience from a past life. Just remembering this past life can help us over come this fear. We can also have an affinity for people or places based on a past life or a dislike from a past life. Many talents that we

have are things we developed in a past life. For example, a child who is a good artist or musician might have learned this talent from a past life.

Understanding that we live many lives helps us to be less fearful of dying. We can accept death as a natural part of life. A friend of mine's brother died and within a year he was reborn as her child. She had many signs that he was her brother and a close bond with him. There are numerous other stories about people remembering their past lives.

5. Had you studied past lives before writing this book?

Yes, I had studied esoteric subjects for many years. I first started studying them when I was in college. I was searching for the greater meaning in life. I had been raised Christian but Christianity didn't seem to answer all my questions. The idea of reincarnation made a lot of sense to me. It explained why some people were born handicapped or poor while others were brilliant or rich. Basically we as Souls need to have many different kinds of experiences and it is impossible to get them all in one life, so we are born many times in all different countries and in all different circumstances. We're all been rich and poor, beautiful and ugly, had hard lives and easy lives.

6. If a person is interested in learning about their own past lives how would they go about it?

I would recommend starting with what you have a strong attraction for or dislike of. It could be a person or a place. Ask for inner guidance to help you remember why this place or person is familiar to you. Go and visit the place as this will often bring up past life memories. Pay attention to your dreams. Often you will get glimpses of past lives in your dreams. I have had very vivid dreams of my past life during World War 2 and helping smuggling Jewish people out of Germany.

“A powerful spiritually invocative story about a woman taking her power.”

--Lynn Andrews, best selling author of *Love and Power and Medicine Woman*



“Red Willow takes us on a heroine’s spiritual journey living her life as a squaw in the early 1800s. Animals play an intricate part throughout her journey with a half-wolf named Wind Chaser being Red Willow’s constant companion and protector. Strong, intelligent, and caring, Red Willow is a woman who speaks to us from the past and inspires each of us to find our true selves today.”

--Allen Anderson, best selling co-author of *Angel Animal, Exploring Our Spiritual Connection with Animals*.

“Spiritual adventure, physical adventure, love and honor fill this book and lead the reader into the secret caves of mystical awareness. I loved the feeling that I was with Red Willow every step of her journey. I never wanted it to end. I highly recommend this book for anyone with a love for the Native American culture and a thirst for more depth and knowledge of it in a very pure form.”

-- Debbie Johnson, best selling author of *Think Yourself Loved*

“An authentic, gritty tale of survival and spiritual triumph set in the wild splendor of the early American west. A sensitive, unromanticized portrayal of Native American life that offers timeless lessons for infusing everyday life with divine guidance”

--Jan Whiteley, author of *The Shimsara*

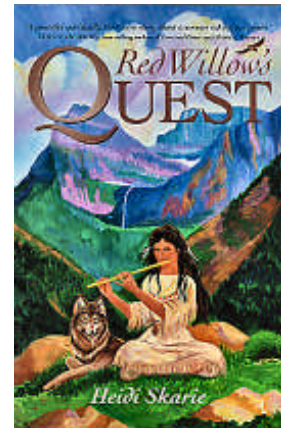
“Exquisitely stretches the spirit as the reader travels along on Red Willow’s sacred, heartfelt vision quest to find her unique gift. Constantly challenged, she must find how to give her gift at the right time, place and to the right people. The rich imagery engages mind, body and spirit to experience soul’s search for true fulfillment by following its highest wisdom to embrace the freedom of divinely human love. Heidi Skarie is a welcomed addition to the arena of visionary authors. Looking forward to reading more from this fresh new talent.”

---Alamaia Will author of *Wind Dancing in the Light and Sound*

SunShine Press Publications, Inc., P.O. Box 333, Hygiene, CO 80533-0333
www.sunshinepress.com

Dear Book Reviewer:

Red Willow's Quest is the unique story of Red Willow, a Shoshoni Indian maiden studying to be a medicine woman. The story is told from the intimate first person viewpoint and teaches us to live an adventurous life, following our dreams and heart, not letting any obstacles interfere with our inner guidance. Readers of Mind, Body, and Spirit books will be drawn to this book because of the spiritual insights Red Willow's gains on her spiritual journey.



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Enclosed you will find a press kit with a news release, title information, author photo, and other interesting facts. Please contact me at the number below if you would like a complimentary review copy and for scheduling an interview.



Thank you for your consideration. I look forward to your review of the book.

Best Regards,

Heidi Skarie, *Blue Star Visions*

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Web page: bluestarvisions.com

“I just want to thank you for writing this Native American story from a female point of view and making it as realistic as possible. It must have taken lots of research... Amazingly, several days after reading it, I am still glowing with Red Willow's story and the lessons she imparted to me. I identified with her in many ways, because of my own experiences... I believe Red Willow has given me deeper respect for myself and other women. It's not easily put in words, but I feel awakened to the sacred inherent awareness of purpose I felt as a child. She reinforced or validated ways I used to look inwardly for guidance. And she valued her inner guidance enough to follow it... Red Willow reminded me of the strength and love of aloneness, and that respect for self (and my inner worlds) is part of Soul awareness. I stand straighter, believe in myself and take my own quest more seriously. I'm sure many women, young and old, will be lifted by your telling her tale in Red Willow's Quest.” Valerie in TX



“I loved the book (*Red Willow's Quest*). I just did not want to put it down. Filled with love, compassion, adventure, and devotion. It filled my heart with gladness and peace.... I will enjoy reading the book again and again. It lifts my heart.”
Kathleen in MA

“I read Red Willow's story with much enthusiasm and was completely drawn into the story. It was such a special experience for me. I haven't been able to stay with a book, a story, for some time. Your book took me on a beautiful journey, for which I wanted to thank you from the heart. I forgot all about my everyday worries, felt as light and passionate as a child. Maybe the impact was such because of my own strong bond with the native past.” Christine W.

“When I first heard you talk about Red Willow several years ago something went straight to my heart. There was a connection. It's the way I still feel about this book—Red Willow's story. I can't put it down. Kicking Horse, Masheka, and others:c all are alive as I read about them. These characters have a life of their own. Red Willow is a remarkable woman. You certainly did a lot of research... It is a pleasure to read you.”
Josette in WA

“Congratulations on a wonderful book. I sat down and finished it right away. Excellent read! I have found out and I know you know, that when you believe in something, it is worth the personal sacrifice to see your dream realized. Not only does Red Willow fulfill her quest but she gets her man! I love it. It should be a movie. Seriously.” Corrine MN

“I thoroughly enjoyed reading Red Willow’ Quest and have been recommending it to friends. It’s a captivating and special, spiritual story and I hope it receives a wide audience.” Gerry in WI

“Wonderful book I couldn’t put down until I finished. It really made me understand what’s really important in life. Thank you.” Jan Fitzgerald in MA

“I really enjoyed Red Willow’s Quest—a **wonderful love story and it’s sure to appeal to many, many readers.**” Good going, Heidi! Lura in Oregon

“I thoroughly enjoyed this lyrical, bittersweet tale of spiritual survival and human triumph...” Jan Whiteley in Virginia

“I have just finished reading your new book and want to tell you how much I enjoyed it! ... I found it hard to put down. In fact, I was sorry to reach the end! I can see a sequel there... Didn’t you tell me that it was a past life of yours?... I’ve had several lives as an Indian... **Your writing is very clean and effective. No waste. No overabundance of description or filler words. Just lots of good action, good pacing, interesting events.** I especially loved the great sequences. Thank you very much for writing it.” Reader in CO

“Wow! I am impressed! I read your book last month and it was SO good, **it reminded me of *The Clan of the Cave Bear* stories—I really felt like I was there, and the story flowed so smoothly.** I liked the ending, too—where things weren’t all wrapped up and it wasn’t the “goody-goody” ending.” Carol in CA

“I just wanted to tell you how much I enjoyed your book... As much as I wanted to see Vision Woman with Masheka, **I didn’t want the book to end.** I hope there will be more about her in addition to the other books you are working on.” Eve L

“Hi! It was very exciting to receive a copy of your book and it felt like a blessing. Thank you so much. I couldn’t wait to read it and have almost finished it. **It rolls along so easily and I felt so at home with it.** I have remembered 3 lifetimes as Native American and a couple during the Viking era.” Margaret in Canada

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Price: \$14.95 Retail

Format: Softcover
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No. of Pages: 272 pages

Publisher: SunShine Press Pub. P. O. Box 333,
Hygiene, CO 80533
Phone and Fax: 303-772-3556
Distribution: Ingram, New Leaf, Baker & Taylor,
Partner's West, Book West, Mother Pickle in Canada



Retail Availability: At bookstores and through popular online resources
Shipping Date: March 22, 2000
Publication Date: June 1, 2000

Description: Historical Fiction/ Spiritual Fiction book about a Native American woman studying to be a medicine woman. Set in the Rocky Mountains in the early 1800s.

Promotional Plan: Trade advertising starting in April 2000. Now scheduling local/national radio and TV shows and bookstore signings.

Market for this book: A romance, action, and adventure historical novel of particular appeal to readers of mind, body, and spirit and New Age literature, especially those interested in Native American or Shamanic titles. It is also a well researched historical novel about the Shoshoni and Kootenai tribes.

Publicity Contact: Heidi Skarie, *Blue Star Visions*
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